

STUDENT DISCUSSION GUIDE

Formed by the Word – Session 5

When You Need Direction

Guided by the Word

Psalm 119:105, 130, 133, 137–144

SESSION FOCUS

There are moments in life when the question is not whether you believe in God, but whether you know what He is leading you to do. Decisions need to be made, paths feel unclear, and options seem uncertain. Psalm 119 teaches that God’s guidance does not usually come as a detailed plan, but as light—enough clarity to take the next faithful step.

OPENING REFLECTION

Take a moment to reflect honestly.

- What decision or area of life currently feels unclear?
- Where do you feel the need for direction right now?
- What emotions come up when you think about making that decision?

Personal Notes:

SCRIPTURE READING

Read **Psalm 119:130** slowly.

“The teaching of your word gives light,
so even the simple can understand.”

As you read, notice how understanding is connected to God’s Word—not to circumstance or feeling.

KEY IDEA

God’s Word gives understanding,
but often as **light**, not a full picture.

PART 1: UNDERSTANDING COMES FROM GOD’S WORD



(Psalm 119:130)

The psalmist connects understanding directly to Scripture. Direction begins not with experience or emotion, but with exposure to God's truth.

Reflection Questions

1. According to Psalm 119:130, what produces understanding?
2. What does this verse *not* say gives light?
3. How does this challenge where people often look for guidance?

Personal Notes:

Read **2 Timothy 3:16–17** and **Psalm 19:7–8**.

4. What does Scripture equip believers to do?
5. How does God's Word bring clarity and wisdom for daily life?

Personal Notes:

PART 2: DIRECTION COMES ONE STEP AT A TIME

(Psalm 119:105)

God's Word is described as a lamp, not a spotlight. It gives enough light for the next step, not the entire journey.

Reflection Questions

6. What does the image of a lamp reveal about how God gives direction?
7. Why do you think God often gives guidance one step at a time?

Personal Notes:

Read **Proverbs 3:5–6** and **Exodus 13:21–22**.

8. What is required of us for God to direct our paths?
9. How does Israel's journey illustrate step-by-step guidance?

Personal Notes:

PART 3: OBEDIENCE CLARIFIES DIRECTION



(Psalm 119:133)

The psalmist does not only ask for light—he commits to follow it.

Reflection Questions

10. What does the psalmist ask God to do with his steps?
11. Why do you think clarity and obedience are connected?

Personal Notes:

Read **John 7:17** and **James 1:22**.

12. What connection does Jesus make between obedience and understanding?
13. Where might hesitation or partial obedience be affecting clarity in your life?

Personal Notes:

PART 4: DISCERNMENT COMES THROUGH GOD’S TRUTH

(Psalm 119:137–138)

Direction is grounded in God’s character. God is righteous, and His Word is trustworthy.

Reflection Questions

14. What do these verses reveal about God’s character?
15. How does knowing who God is help evaluate decisions?

Personal Notes:

Read **James 1:5** and **Hebrews 5:14**.

16. How does discernment grow over time?
17. Why does practice matter in recognizing God’s will?

Personal Notes:

PART 5: CLARITY THROUGH THE WHOLE COUNSEL OF SCRIPTURE

(Psalm 119:142–144)



God's Word is described as true, righteous, and enduring. Guidance comes through the consistent message of Scripture as a whole.

Reflection Questions

18. What does the psalmist say about the nature of God's truth?
19. Why is it important not to rely on isolated verses or impressions?

Personal Notes:

Read **Luke 24:27** and **Psalms 119:160**.

20. How do these passages describe Scripture as a unified story?
21. How does this shape wise decision-making?

Personal Notes:

SUMMARY – GUIDED BY THE WORD

Psalms 119 teaches us that God's guidance is not mysterious—it is grounded in His Word:

- God's Word gives understanding
- Direction comes one step at a time
- Obedience increases clarity
- Discernment grows through truth
- Guidance aligns with God's character

The question is not:

“Why doesn't God show me everything?”

But:

“Am I following the light He has already given?”

PERSONAL REFLECTION

Take a few quiet moments to reflect.

- What is one next step you sense God may be leading you to take based on His Word?

Personal Response:



CLOSING PRAYER

Ask God for trust, patience, and willingness to follow the light He provides—even when the full path is not yet clear.

OPTIONAL PRACTICE FOR THE WEEK

This week:

- **Read** – Psalm 119:113–144 slowly
- **Identify** – One truth each day that speaks to your life
- **Apply** – Take one step of obedience
- **Reflect** – Write what you learn as you follow

Additionally, ask each day:

“What did God show me today—and how did I respond?”

FINAL THOUGHT The goal is not just to seek direction, but to walk in the light God has already given.

