

FACILITATOR / TEACHER GUIDE

Formed by the Word – Session 5

When You Need Direction

Guided by the Word

Psalm 119:105, 130, 133, 137–144

SESSION PURPOSE

This session helps participants understand how God gives direction when decisions feel unclear. Psalm 119 teaches that guidance does not usually come as a full plan, but as light for the next step. Participants will explore how God's Word provides understanding, how obedience clarifies direction, and how discernment grows through consistent engagement with God's truth.

LEARNING OBJECTIVES

By the end of this session, participants should be able to:

- Recognize Scripture as the primary source of spiritual understanding
 - Understand God's guidance as progressive rather than immediate
 - See the connection between obedience and clarity
 - Evaluate direction in light of God's character and truth
 - Reflect on what it means to follow the light God has already given
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KEY PASSAGES

- Psalm 119:105, 130, 133, 137–144
 - 2 Timothy 3:16–17
 - Proverbs 3:5–6
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SESSION LENGTH

60–75 minutes (adaptable for group size and discussion depth)

MATERIALS NEEDED



- Bible (print or digital)
 - Student discussion guides
 - Pen
 - Quiet space for reflection and discussion
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SESSION FLOW

1. WELCOME & OPENING (5 minutes)

Facilitator Guidance:

Welcome participants and set an attentive, reflective tone. This session centers on discernment, not certainty.

Opening Thought:

There are moments when faith is not the issue—direction is. Psalm 119 speaks into seasons when decisions need to be made and the path forward feels unclear.

Opening Question (optional):

What decision or area of life currently feels most unclear for you?

2. INTRODUCTION – WHEN YOU NEED DIRECTION (10 minutes)

Teaching Focus:

Psalm 119 addresses guidance without offering a detailed plan.

Read Scripture: Psalm 119:130

Key Insight to Emphasize:

God's Word brings understanding—but often as **light**, not a full picture.

Facilitator Notes:

Highlight that Scripture shapes how we see before it shows us where to go.

Discussion Prompt:

Why do you think we often want a full plan instead of light for the next step?

3. MOVEMENT 1 – UNDERSTANDING COMES FROM GOD'S WORD (10 minutes)

Teaching Focus:

The psalmist connects understanding directly to Scripture.



Read Scripture:

- Psalm 119:130
- 2 Timothy 3:16–17
- Psalm 19:7–8

Key Truths to Emphasize:

- Understanding does not come from emotion or circumstance
- Scripture equips and prepares believers
- Clarity begins with exposure to God's truth

Facilitator Insight:

If we are not rooted in Scripture, we should not expect clarity in direction.

Discussion Questions:

- What produces understanding according to Psalm 119:130?
 - How does Scripture equip believers for daily life?
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4. MOVEMENT 2 – DIRECTION COMES ONE STEP AT A TIME (10 minutes)**Teaching Focus:**

God's guidance is often progressive, not immediate.

Read Scripture:

- Psalm 119:105
- Proverbs 3:5–6
- Exodus 13:21–22

Key Insight:

A lamp gives enough light for the next step—not the entire journey.

Facilitator Notes:

Help participants see the difference between trusting God and demanding certainty.

Discussion Questions:

- What does the image of a lamp reveal about how God guides?
 - What is required of us in order for God to direct our paths?
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5. MOVEMENT 3 – OBEDIENCE CLARIFIES DIRECTION (10 minutes)

Teaching Focus:

Clarity and obedience are connected.

Read Scripture:

- Psalm 119:133
- John 7:17
- James 1:22

Key Truth to Emphasize:

God often gives more clarity **after** we act on what He has already shown.

Facilitator Insight:

Disobedience clouds direction. Obedience sharpens it.

Discussion Questions:

- What does the psalmist ask God to do with his steps?
 - Where might hesitation be affecting clarity right now?
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6. MOVEMENT 4 – DISCERNMENT COMES THROUGH GOD’S TRUTH (10 minutes)

Teaching Focus:

Direction must align with God’s character.

Read Scripture:

- Psalm 119:137–138
- James 1:5
- Hebrews 5:14

Key Insight:

God’s guidance will never contradict who He is.

Facilitator Notes:

Discernment develops over time through consistent engagement and practice.

Discussion Questions:

- What do these verses reveal about God’s character?
 - How does knowing God’s character help evaluate direction?
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7. MOVEMENT 5 – CLARITY THROUGH THE WHOLE COUNSEL OF SCRIPTURE (10 minutes)

Teaching Focus:

God's Word is unified, consistent, and enduring.

Read Scripture:

- Psalm 119:142–144
- Luke 24:27
- Psalm 119:160

Key Truth:

Guidance is not found in isolated verses, but in the whole truth of Scripture.

Facilitator Insight:

Impressions and feelings must be tested against God's revealed truth.

Discussion Questions:

- What does the psalmist say about the nature of God's truth?
 - Why is it important to interpret decisions through the whole of Scripture?
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8. SUMMARY – GUIDED BY THE WORD (5 minutes)

Key Truths to Reinforce:

- God's Word gives understanding
- Direction comes step by step
- Obedience increases clarity
- Discernment grows through truth
- Guidance reflects God's character

Key Question to Emphasize:

Not "Why doesn't God show me everything?"

But "Am I following the light He has already given?"

9. FINAL REFLECTION & PRAYER (5 minutes)

Silent Reflection (optional):

Invite participants to reflect:

- What is one next step God may be leading you to take?



Closing Prayer (Facilitator-Led):

Pray for trust, obedience, and willingness to follow the light God provides.

PRACTICE FOR THE WEEK

Encourage participants to:

- Read Psalm 119:113–144 slowly
- Identify one truth from Scripture each day
- Apply one step of obedience
- Reflect on how clarity grows through action

Facilitator Reminder:

The goal is not just to seek direction—but to walk in it.

