



FORMED BY THE WORD

A 6 PART STUDY ON THE BIBLE & SPIRITUAL GROWTH

Session 4: When My Soul Faints

*What do I do when my faith is
exhausted?*

Introduction – When Waiting Becomes Weariness

There is a difference between waiting and *wearing out while waiting*.

At first, waiting can feel hopeful.

You believe God will act. You expect something to change.

But when waiting stretches longer than expected, something shifts.

- Hope can feel strained
- Prayer can feel repetitive
- Faith can begin to feel heavy

Psalm 119 gives language to that moment.

Read Scripture: Psalm 119:81–82

The psalmist describes a soul that is fainting—worn down from waiting for God to act.

This is not weak faith.

This is honest faith.

And it raises an important question:

What sustains faith when strength begins to fail?

Reflection

Read Psalm 119:81–82.

What words or phrases describe the psalmist's condition?

Where do you relate to this kind of spiritual exhaustion?

Movement 1 – Naming the Exhaustion Honestly

The psalmist does not hide what he feels.



Read Scripture: Psalm 119:81–88

He speaks of:

- being worn out
- straining to see God’s promise fulfilled
- asking “How long?”
- feeling diminished and weakened

And yet, within the same passage, he says:

“I have not forgotten your decrees.”

This tension is critical.

He is:

- exhausted, but not detached
- struggling, but still anchored

Read Scripture: Psalm 13:1–2

David asks the same question: “How long?”

Read Scripture: 2 Corinthians 4:8–9

Pressed, but not crushed.

This reveals something important:

Faith does not remove exhaustion.

It anchors us within it.

Reflection

Read Psalm 119:83–85.

What images does the psalmist use to describe how he feels?

What does it mean that he says he has “not forgotten” God’s Word in the middle of this?



Movement 2 – The Unchanging Word in an Unstable Season

In the middle of this exhaustion, the psalmist shifts his focus.

Read Scripture: Psalm 119:89–91

“Your eternal word, O Lord, stands firm in heaven.”

Everything in his situation feels unstable.

But God’s Word has not moved.

Read Scripture: Isaiah 40:8

The Word of God stands forever.

Read Scripture: Matthew 24:35

Heaven and earth will pass away, but God’s words will not.

The psalmist contrasts:

- his changing condition
- with God’s unchanging truth

This becomes his foundation.

Read Scripture: Psalm 119:90

God’s faithfulness extends across generations.

This means:

- God has not failed in the past
- He is not failing now

Reflection

Read Psalm 119:89–91.

What does the psalmist say about the nature of God’s Word?



How does this contrast with his current situation?

Why is it important that God's Word is described as "fixed" or "firm"?

Movement 3 – The Word as Life and Sustenance

The psalmist then makes a striking statement.

Read Scripture: Psalm 119:92–93

"If your instructions had not sustained me... I would have died..."

This is not exaggeration.

This is survival language.

The Word did not:

- remove the hardship
- shorten the waiting

But it sustained him within it.

Read Scripture: Matthew 4:4

Man lives by every word from God.

Read Scripture: Deuteronomy 8:3

God's Word sustains life beyond physical needs.

This reveals something deeper:

God's Word is not just instruction.

It is nourishment.

When everything else feels unstable, the Word becomes:

- grounding



- sustaining
- life-giving

Reflection

Read Psalm 119:92–93.

What does the psalmist say would have happened without God's Word?

What does this reveal about the role of Scripture in his life?

Where do you tend to look for strength when you feel worn down?

Movement 4 – Growing Love for the Word Through Difficulty

Something begins to change in the psalmist.

Read Scripture: Psalm 119:97–100

“Oh, how I love your instructions...”

This is not casual appreciation.

This is deep affection.

Notice what follows:

- wisdom increases
- understanding deepens
- discernment grows



This growth does not happen apart from difficulty.
It happens *through* it.

Read Scripture: Psalm 119:98–100

The Word produces:

- wisdom beyond enemies
- insight beyond teachers
- understanding beyond experience

Read Scripture: James 1:5

God gives wisdom to those who seek it.

The psalmist is not claiming superiority.
He is pointing to the transforming power of God's Word.

Reflection

Read Psalm 119:97–100.

What are the results of meditating on God's Word according to these verses?

How does this passage connect wisdom with time spent in Scripture?

Movement 5 – The Word as Light for the Next Step

The psalmist then gives one of the most well-known descriptions of God's Word.

Read Scripture: Psalm 119:103–105

“Your word is a lamp to my feet and a light to my path.”

A lamp does not illuminate everything.
It gives enough light for the next step.



This challenges how we often want God to lead.

We want:

- the full plan
- complete clarity
- guaranteed outcomes

But God often gives:

- the next step

Read Scripture: Proverbs 4:18

The path grows brighter over time.

Read Scripture: John 8:12

Jesus as the light that leads.

This means:

Faith is not seeing the whole path.

It is trusting the light you have been given.

Reflection

Read Psalm 119:105.

What does the image of a “lamp” suggest about how God guides us?

Why do you think God often gives direction one step at a time instead of all at once?

Movement 6 – The Decision to Remain Steady

The psalmist concludes with a decision.



Read Scripture: Psalm 119:106–112

“I have promised... I will obey...”

His circumstances have not changed.

But his resolve has.

Waiting has forced a decision:

Will he drift away?

Or remain anchored?

Read Scripture: Hebrews 10:23

Hold firmly to hope without wavering.

Read Scripture: James 1:8

A divided mind leads to instability.

The psalmist chooses stability.

Not because everything is resolved—
but because God is trustworthy.

Reflection

Read Psalm 119:106–112.

What commitments does the psalmist make in these verses?

What does this reveal about the relationship between faith and decision?

Summary – Sustained in the Struggle

Psalm 119 shows us that when faith feels exhausted:

- We name the struggle honestly



- We anchor ourselves in what does not change
- We allow God’s Word to sustain us
- We grow through difficulty
- We follow the light we are given
- We choose to remain steady

The question is not:

“Why am I so tired?”

But:

“What is holding me up when I can’t hold myself up?”

Final Reflection

What is one truth from God’s Word that you need to hold onto in this season of your life?

Practice for the Week

This week, focus on allowing God’s Word to sustain you.

- **Read** – Psalm 119:81–120 slowly
- **Choose** – One verse each day that stands out
- **Write** – Record it and carry it with you
- **Return** – Reflect on it multiple times throughout the day

Additionally:

When you feel overwhelmed, pause and return to that verse before reacting.

The goal is not just to read the Word—but to rely on it.

