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VIRTUAL WINTER CAMP JANUARY 29-30



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WELCOME

DEAR STUDENT,

As you open this booklet, we hope you know that our Rock staff team has been praying for you. Yes, you.

We understand that this past year was tough for you. There were many monumental moments that happened in our world—some good, but most of them bad and hard. If there is one thing we can take away from 2020, it is the sure fact that we are broken people, who live in a broken world with other broken people. We are in desperate need of rescue, truth, and eternal hope. Thankfully, we can find all of these things in God's Word! The Bible tells us of a Savior who rescued us and offers us eternal hope in Him and Him alone. As we enter into this new year, our prayer for you is that you will fall in love with God and His love letter to us. We pray that as you open up His Word every day, you will be able to see His will for your life and the purpose for which He has so wonderfully created you for.

Psalm 119 is the longest psalm in the entire book! It is made up of 176 verses, all of which praise the Word of God and tell us of the benefits we can reap from it. You can feel the psalmist pouring out his love for God and His Word all throughout the passage and our prayer for you is that by the end of this reading plan, you too will come to love, desire, crave the Word.

Student, know that you are loved by the Creator of the universe and that you have the privilege of drawing near to Him daily. We pray that by the end of this reading plan you will be saying, "Oh how I love your law! It is my meditation all the day." (Psalm 119:97)

LOVE, THE ROCK STUDENT MINISTRIES STAFF

REFLECTION Day

We know that life happens and you may miss a day here or there in the reading plan. Then suddenly, it feels as though you need to play catch up! This is why we intentionally left Day 6 and Day 7 as Reflection Days. We want you to utilize these days to catch up, meditate, memorize, pray, and rest in God's Word. Don't view these days as "a break"; rather, use these days to further dig yourself into the previous passages you read that week. Read several commentaries. Apply those learned truths to your lives. Meditate on who God is. Pray for those around you and how you can share the Good News with them. Memorize a verse from the reading plan to use in times of distress or temptation.

Here some questions to help you spend these Reflection Days well:

- 1. What did I learn about God and His character this week?
- 2. In light of what I learned about God, what did I learn about myself this week?
- 3. How should this (answers to question #1 and #2) affect the way I live?
- 4. Do I find myself loving God's Word more this week? Why or why not?
- 5. Have there been any distractions this week hindering me from spending time with God?
- 6. What are some things I want to praise and thank God for?
- 7. What are some things I need to repent of and turn away from in my life?
- 8. Who in my life can I be praying for?
- 9. What are some verses I can be challenging myself to memorize this week?

WEEK 1

COLIN CURTIS, PRINCE WILLIAM RSM PASTOR

Have you ever written (or received!) a love letter? Think back to elementary school – it could be something as simple as "do you like me circle yes or no", or something as meaningful as a real letter to or from someone you really care about. When I was dating my future wife, we lived about 700 miles away from each other for four years. Over the course of our time apart, we wrote more letters to each other than I can count! And each one was special in it's one way – the words stirred our affections for each other, reminded each other of how strong our love was, and renewed commitments of faithfulness to each other, even though we couldn't be together often.

As we set out on this journey together through Psalm 119 this month, it might be helpful for you to think of this psalm as a love letter. Not to a specific person, but to God's word itself! Over and over again throughout the course of this psalm, the author continually expresses his love, admiration, devotion, and dependence on God's word.

This psalm truly is a love letter to the Bible, and ultimately to God! Seriously, almost every single verse has a reference to God's word. So, just like a love letter might stir up affection, or provide a reminder of faithfulness, or renew commitment, let the inspired words of Psalm 119 do that in your own heart, beginning this week.

Just like the psalmist, my prayer for you as you begin to read through this psalm is that you would delight in the word in as much as in all riches (v.14), that your soul would be consumed with longing for it (v.20), and that God would incline your heart to it (v.36). Rock students, my greatest desire for you is that you would become students who are passionate about God's word and God's gospel – the good news of Jesus Christ and his redemptive work on the cross for us. So, as we begin, let us pray with the psalmist the words of vs. 18: "Open our eyes, that (we) may behold wondrous things out of your law."

Psalm 119:1-8

- 1 Blessed are those whose way is blameless, who walk in the law of the LORD!
- 2 Blessed are those who keep his testimonies, who seek him with their whole heart.
- 3 who also do no wrong, but walk in his ways!
- 4 You have commanded your precepts to be kept diligently.
- 5 Oh that my ways may be steadfast in keeping your statutes!
- 6 Then I shall not be put to shame, having my eyes fixed on all your commandments.
- 7 I will praise you with an upright heart, when I learn your righteous rules.
- 8 I will keep your statutes; do not utterly forsake me!

Psalm 119:9-16

- 9 How can a young man keep his way pure?By guarding it according to your word.
- 10 With my whole heart I seek you; let me not wander from your commandments!
- 11 I have stored up your word in my heart, that I might not sin against you.
- 12 Blessed are you, O LORD; teach me your statutes!
- 13 With my lips I declare all the rules of your mouth.
- 14 In the way of your testimonies I delight as much as in all riches.
- 15 I will meditate on your precepts and fix my eyes on your ways.
- 16 I will delight in your statutes; I will not forget your word.

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Psalm 119:17-24

- 17 Deal bountifully with your servant, that I may live and keep your word.
- 18 Open my eyes, that I may behold wondrous things out of your law.
- 19 I am a sojourner on the earth; hide not your commandments from me!
- 20 My soul is consumed with longing for your rules at all times.
- 21 You rebuke the insolent, accursed ones, who wander from your commandments.
- 22 Take away from me scorn and contempt, for I have kept your testimonies.
- 23 Even though princes sit plotting against me, your servant will meditate on your statutes.
- 24 Your testimonies are my delight; they are my counselors.

NOTES		

Psalm 119:25-32

- 25 My soul clings to the dust; give me life according to your word!
- 26 When I told of my ways, you answered me; teach me your statutes!
- 27 Make me understand the way of your precepts, and I will meditate on your wondrous works.
- 28 My soul melts away for sorrow; strengthen me according to your word!
- 29 Put false ways far from me and graciously teach me your law!
- 30 I have chosen the way of faithfulness; I set your rules before me.
- 31 I cling to your testimonies, O LORD; let me not be put to shame!
- 32 I will run in the way of your commandments when you enlarge my heart!

NOTES		

Psalm 119:33-40

- 33 Teach me, O LORD, the way of your statutes; and I will keep it to the end.
- 34 Give me understanding, that I may keep your law and observe it with my whole heart.
- 35 Lead me in the path of your commandments, for I delight in it.
- 36 Incline my heart to your testimonies, and not to selfish gain!
- 37 Turn my eyes from looking at worthless things; and give me life in your ways.
- 38 Confirm to your servant your promise, that you may be feared.
- 39 Turn away the reproach that I dread, for your rules are good.
- 40 Behold, I long for your precepts; in your righteousness give me life!

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WEEK 1 DAY 6		
Reflection Day		
WEEK 1 DAY 7		
Reflection Day		
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PATRICK DOWNING, LOUDOUN ASSOCIATE PASTOR

PSALM 119:68 - "You are good and do good; teach me your statutes."

Amid all the crazy things happening in the world right now I am often comforted by two truths:

God is always completely in control of everything. God is always completely good.

Seriously. Stop right now and think about some of the news stories you might have heard or read recently. Think about some of the hard things that you, your family and your friends have had to walk through in the last year alone. A global pandemic. Political turmoil. Cancellations with school, sports, vacations, church... It's been a tough season for sure.

If you are a Christian though, it should give you a great amount of comfort to know that not one single difficult thing that has happened in your life has been outside of God's control, and that he is using all these things, ultimately, to do good to you (Rom. 8:28). No – sickness, disease, anxiety, riots, family tension – these aren't good things. But through them, God is working good things for his people.

If you find yourself asking, 'Yeah, but how can any of this stuff be good?!,' I think that's a fair question, and that's why I love the second half of Psalm 119:68. Understanding why God does what he does or allows what he allows can be hard. That's why I love the simple prayer, "teach me your statutes."

The word "statutes" is like another way of saying "laws" or "principles." I like to think about God's statutes as talking about the way that God operates in the world. So, it's kind of like the writer of this psalm is saying, "God help me understand how you operate and what you are doing!" When we don't see exactly how God is doing something good during a terrible situation, we should pray the same prayer! "God help me see who you are and what you are doing! I know you are doing something good, but I just don't understand right now. Teach me your ways." The good news is that as we pray that God will train us in his ways, he will! We'll trust him and love him more, and we will grow to be more like him in the process.

My friend, know this - God always acts according to his nature. And his nature is always, only, completely 100% good. In every situation, wonderful or difficult, you can stop and give thanks, not necessarily for the situation, but for the unshakable truth that, even though you might not understand exactly how, God is good, and he is doing good to you.

As you study God's word in Psalm 119 this week, I pray that you will hear God speaking directly into your life's circumstances, that you would grow in your love and understanding of Him and His word and His ways, that you would fall more deeply in love with Jesus and the good news of the gospel, and that by the end of this week your heart will cry out more deeply than ever before: "God, you are good, and you do good."

Psalm 119:41-48

- 41 Let your steadfast love come to me, O LORD, your salvation according to your promise;
- 42 then shall I have an answer for him who taunts me, for I trust in your word.
- 43 And take not the word of truth utterly out of my mouth, for my hope is in your rules.
- 44 I will keep your law continually, forever and ever,
- 45 and I shall walk in a wide place, for I have sought your precepts.
- 46 I will also speak of your testimonies before kings and shall not be put to shame,
- 47 for I find my delight in your commandments, which I love.
- 48 I will lift up my hands toward your commandments, which I love, and I will meditate on your statutes.

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Psalm 119:49-56

- 49 Remember your word to your servant, in which you have made me hope.
- 50 This is my comfort in my affliction, that your promise gives me life.
- 51 The insolent utterly deride me, but I do not turn away from your law.
- 52 When I think of your rules from of old, I take comfort, O LORD.
- 53 Hot indignation seizes me because of the wicked, who forsake your law.
- 54 Your statutes have been my songs in the house of my sojourning.
- 55 I remember your name in the night, O LORD, and keep your law.
- 56 This blessing has fallen to me, that I have kept your precepts.

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Psalm 119:57-64

57 The LORD is my portion;

I promise to keep your words.

58 I entreat your favor with all my heart;

be gracious to me according to your promise.

59 When I think on my ways,

I turn my feet to your testimonies;

60 I hasten and do not delay

to keep your commandments.

61 Though the cords of the wicked ensnare me,

I do not forget your law.

62 At midnight I rise to praise you,

because of your righteous rules.

63 I am a companion of all who fear you,

of those who keep your precepts.

64 The earth, O LORD, is full of your steadfast love;

teach me your statutes!

NOTES			

Psalm 119:65-72

- 65 You have dealt well with your servant, O LORD, according to your word.
- 66 Teach me good judgment and knowledge, for I believe in your commandments.
- 67 Before I was afflicted I went astray, but now I keep your word.
- 68 You are good and do good; teach me your statutes.
- 69 The insolent smear me with lies, but with my whole heart I keep your precepts;
- 70 their heart is unfeeling like fat, but I delight in your law.
- 71 It is good for me that I was afflicted, that I might learn your statutes.
- 72 The law of your mouth is better to me than thousands of gold and silver pieces.

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Psalm 119:73-80

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- 73 Your hands have made and fashioned me; give me understanding that I may learn your commandments.
- 74 Those who fear you shall see me and rejoice, because I have hoped in your word.
- 75 I know, O LORD, that your rules are righteous, and that in faithfulness you have afflicted me.
- 76 Let your steadfast love comfort me according to your promise to your servant.
- 77 Let your mercy come to me, that I may live; for your law is my delight.
- 78 Let the insolent be put to shame, because they have wronged me with falsehood; as for me, I will meditate on your precepts.
- 79 Let those who fear you turn to me, that they may know your testimonies.
- 80 May my heart be blameless in your statutes, that I may not be put to shame!

WEEK 2 DAY 6		
Reflection Day		
WEEK 2 DAY 7		
Reflection Day		



CHRIS SUAREZ, TYSONS MIDDLE SCHOOL PASTOR

Admittingly, I've never owned a Swiss-Army knife. I'm just not a "pocket knife" kind of guy (whatever that means), what can I say! But I can definitely see the appeal in owning and carrying a Swiss Army knife* around, because it's so multi-functional. In some ways, reading through this passage highlights just what an amazing, "multi-purpose tool" that God's Word is. The writer of Psalm 119 highlights in this section many ways that God's Word has been useful for him:

- Verse 81 A Word that you can put all your hope in
- Verse 89 A Word that is established forever
- Verse 92 A Word that is capable of bringing and sustaining joy in times of affliction
- Verse 93 A Word that gives life
- Verse 97 A Word that can be loved and meditated on
- Verse 98 A Word that makes you wise and is a constant guide
- Verse 103 A Word that is sweet and satisfying
- Verse 105 A Word that is a lamp and a light that can give direction to our life
- Verse 111 A Word that is a treasure and brings joy to the heart

These are just some of the things the author notes about God's Word and in all, it makes sense why the writer exclaims in verse 111, "Your laws are my treasure; they are my heart's delight." (NLT). Thinking through just this past week alone, my heart has delighted in many things such as good meals (I had Uncle Julio's steak and chicken fajitas this past week, hello!), good times with friends, a good TV show I really enjoyed, and more.

Yet, while I want to enjoy the many blessings that life has to offer, what I really want to do, and put in the time necessary, is to make sure that above all, God's Word is the joy and treasure of my heart. In full disclosure, it wasn't my best week at making this my top priority, so I have work to do. I have to put in the time. I read this passage of Scripture and think and pray, "Lord, your Word is so amazing and so useful! Open my eyes this week to see the wonderful things in your Word! (Psalm 119:18)."

Take a moment to look through the list above of the different functions of God's Word from this passage. Which is the one that you need to focus on most this week? How will you work to grow an attitude that treasures God's Word like the writer of Psalm 119?

*Note: The author of this devotional did research on Swiss Army Knives after this devotional was written, but did not make a purchase. He continues to be intrigued by their versatility and has not ruled out a purchase of one in the future.

Psalm 119:81-88

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81 My soul longs for your salvation;
I hope in your word.
82 My eyes long for your promise;
I ask, "When will you comfort me?"
83 For I have become like a wineskin in the smoke,
yet I have not forgotten your statutes.
84 How long must your servant endure?
When will you judge those who persecute me?
85 The insolent have dug pitfalls for me;
they do not live according to your law.
86 All your commandments are sure;
they persecute me with falsehood; help me!
87 They have almost made an end of me on earth,
but I have not forsaken your precepts.
88 In your steadfast love give me life,
that I may keep the testimonies of your mouth.
NOTES

Psalm 119:89-96

- 89 Forever, O LORD, your word is firmly fixed in the heavens.
- 90 Your faithfulness endures to all generations; you have established the earth, and it stands fast.
- 91 By your appointment they stand this day, for all things are your servants.
- 92 If your law had not been my delight, I would have perished in my affliction.
- 93 I will never forget your precepts, for by them you have given me life.
- 94 I am yours; save me, for I have sought your precepts.
- 95 The wicked lie in wait to destroy me, but I consider your testimonies.
- 96 I have seen a limit to all perfection, but your commandment is exceedingly broad.

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Psalm 119:97-104

97 Oh how I love your law!

It is my meditation all the day.

98 Your commandment makes me wiser than my enemies,

for it is ever with me.

99 I have more understanding than all my teachers,

for your testimonies are my meditation.

100 I understand more than the aged,

for I keep your precepts.

101 I hold back my feet from every evil way,

in order to keep your word.

102 I do not turn aside from your rules,

for you have taught me.

103 How sweet are your words to my taste,

sweeter than honey to my mouth!

104 Through your precepts I get understanding;

therefore I hate every false way.

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Psalm 119:105-112

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

106 I have sworn an oath and confirmed it, to keep your righteous rules.

107 I am severely afflicted;

give me life, O LORD, according to your word!

108 Accept my freewill offerings of praise, O LORD, and teach me your rules.

109 I hold my life in my hand continually, but I do not forget your law.

110 The wicked have laid a snare for me, but I do not stray from your precepts.

111 Your testimonies are my heritage forever, for they are the joy of my heart.

112 I incline my heart to perform your statutes forever, to the end.

NOTES		

Psalm 119:113-120

113 I hate the double-minded, but I love your law.

114 You are my hiding place and my shield;

I hope in your word.

115 Depart from me, you evildoers,

that I may keep the commandments of my God.

116 Uphold me according to your promise, that I may live, and let me not be put to shame in my hope!

117 Hold me up, that I may be safe and have regard for your statutes continually!

118 You spurn all who go astray from your statutes,

for their cunning is in vain.

119 All the wicked of the earth you discard like dross, therefore I love your testimonies.

120 My flesh trembles for fear of you, and I am afraid of your judgments.

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WEEK 3 DAY 6		
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CALEB MOORE, TYSONS HIGH SCHOOL PASTOR

Hopefully as you've been reading, the Lord has been showing you that there are some pretty great truths to be found in His Word. This week we will come across a passage that will, in some ways, encapsulate not only our theme for this camp, but also a desire for you.

In verse 127 it says, "Therefore, I love your commandments above gold, above fine gold." Did you hear that? The psalmist doesn't just like God's Word or appreciate God's Word, it's not just a respect for God's Word. No, it's a LOVE for God's Word... a love even above for gold! The question for us to ask ourselves is this: do I love God's Word? Beyond anything else and any other way, is there a genuine love for God's Word in your heart? Ultimately, the way we answer this question will dictate how we seek God through His Word. Far too many of us have a casual approach to time in His Word, but when you begin to think of what you've been reading and all that scripture shows about God and experiencing all that He desires for us, we see it's FAR GREATER than what the world could ever offer.

I think this is why in verse 128 it goes on to say, "Therefore, I consider all your precepts to be right; I hate every false way." There is a confidence that God's Word is right, but not just about some things, about ALL things. When the Bible speaks of history... it's right, when it speaks of prophecy... it's right, when it speaks of instruction... it's right, most importantly, when the Bible speaks about God... it's RIGHT. We live in a world where information can be so skewed by personal opinion, belief, preference, yet in God's Word what we find is that every little thing is right. It's the better way and because of that the psalmist can confidently say I hate every other way because it's a false way compared to God's Word.

So, ask yourself again as you prepare to enter into this week, do I love God's Word? As you spend time reading this week, contrast what you find in God's Word verses the false ways you see in the world. Then praise God that His way is BETTER!

Psalm 119:121-128

121 I have done what is just and right; do not leave me to my oppressors.

122 Give your servant a pledge of good; let not the insolent oppress me.

123 My eyes long for your salvation and for the fulfillment of your righteous promise.

124 Deal with your servant according to your steadfast love, and teach me your statutes.

125 I am your servant; give me understanding, that I may know your testimonies!

126 It is time for the LORD to act, for your law has been broken.

127 Therefore I love your commandments above gold, above fine gold.

128 Therefore I consider all your precepts to be right; I hate every false way.

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Psalm 119:129-136

- 129 Your testimonies are wonderful; therefore my soul keeps them.
- 130 The unfolding of your words gives light; it imparts understanding to the simple.
- 131 I open my mouth and pant, because I long for your commandments.
- 132 Turn to me and be gracious to me, as is your way with those who love your name.
- 133 Keep steady my steps according to your promise, and let no iniquity get dominion over me.
- 134 Redeem me from man's oppression, that I may keep your precepts.
- 135 Make your face shine upon your servant, and teach me your statutes.
- 136 My eyes shed streams of tears, because people do not keep your law.

Psalm 119:137-144

- 137 Righteous are you, O LORD, and right are your rules.
- 138 You have appointed your testimonies in righteousness and in all faithfulness.
- 139 My zeal consumes me, because my foes forget your words.
- 140 Your promise is well tried, and your servant loves it.
- 141 I am small and despised, yet I do not forget your precepts.
- 142 Your righteousness is righteous forever, and your law is true.
- 143 Trouble and anguish have found me out, but your commandments are my delight.
- 144 Your testimonies are righteous forever; give me understanding that I may live.

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Psalm 119:145-152

145 With my whole heart I cry; answer me, O LORD! I will keep your statutes.

146 I call to you; save me, that I may observe your testimonies.

147 I rise before dawn and cry for help; I hope in your words.

148 My eyes are awake before the watches of the night, that I may meditate on your promise.

149 Hear my voice according to your steadfast love; O LORD, according to your justice give me life.

150 They draw near who persecute me with evil purpose; they are far from your law.

151 But you are near, O LORD, and all your commandments are true.

152 Long have I known from your testimonies that you have founded them forever.

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Psalm 119:153-160

153 Look on my affliction and deliver me, for I do not forget your law.

154 Plead my cause and redeem me; give me life according to your promise!

155 Salvation is far from the wicked, for they do not seek your statutes.

156 Great is your mercy, O LORD; give me life according to your rules.

157 Many are my persecutors and my adversaries, but I do not swerve from your testimonies.

158 I look at the faithless with disgust, because they do not keep your commands.

159 Consider how I love your precepts!

Give me life according to your steadfast love.

160 The sum of your word is truth, and every one of your righteous rules endures forever.

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WEEK 5

COLIN CURTIS, PRINCE WILLIAM RSM PASTOR

"Great peace have those who love your law; nothing can make them stumble." (vs. 165) As we come to the end of our reading plan through Psalm 119, I hope that this verse has become evident in your life! There is nothing better for the soul than consistent intake of God's word – as you've seen, the peace it offers us far surpasses the constant flood of social media feeds and turmoil that the world waves in front of our faces.

As we finish up the psalm this week, we as a Rock staff have one final challenge for you: don't stop here. By now, if you've tracked with us through Psalm 119, (and even if you've missed a couple days, that's okay!) you've seen that God's testimonies are wonderful (v.129), his commandments make us wise (v.98), and his words are sweeter than honey (v.103).

So, don't stop with Psalm 119, keep reading! I'll make a bold statement as we close out this plan: it is impossible to grow as a Christian without consistent time in God's word. That's what this whole camp experience has been about; we want you to know that God's word offers us a better way – a better way of thinking, a better way of acting, and a more satisfying way of living than anything the world can offer us. So, hop on the MBC reading plan with us! Connect and dive into midweek groups at your location. We are sincerely proud of you for reading through this psalm with us this month. Now, follower of Christ, don't stop here.

Psalm 119:161-168

161 Princes persecute me without cause,but my heart stands in awe of your words.162 I rejoice at your word

like one who finds great spoil.

163 I hate and abhor falsehood, but I love your law.

164 Seven times a day I praise you for your righteous rules.

165 Great peace have those who love your law; nothing can make them stumble.

166 I hope for your salvation, O LORD, and I do your commandments.

167 My soul keeps your testimonies;
I love them exceedingly.

168 I keep your precepts and testimonies, for all my ways are before you.

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Psalm 119:169-176

169 Let my cry come before you, O LORD; give me understanding according to your word! 170 Let my plea come before you; deliver me according to your word. 171 My lips will pour forth praise, for you teach me your statutes. 172 My tongue will sing of your word, for all your commandments are right. 173 Let your hand be ready to help me, for I have chosen your precepts. 174 I long for your salvation, O LORD, and your law is my delight. 175 Let my soul live and praise you, and let your rules help me. 176 I have gone astray like a lost sheep; seek your servant, for I do not forget your commandments. **NOTES**

WEEK 5 | DAY 3 Reflection Day

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RESOURCES

BOOKS

- ESV Study Bible by Crossway
- ESV Scripture Journal by Crossway
- Living by the Book by Howard Hendricks
- Transformed by Truth: Why and How to Study the Bible for Yourself as a Teen by Katherine Forster
- The Good Book: 40 Chapters that reveal the Bible's Biggest Ideas by Deron Spoo
- Bible Doctrine: Essential Teachings of the Christian Faith by Wayne Grudem
- The Bible Knowledge Commentary: Old Testament by John F.
 Walvoord and Roy B. Zuck
- The Bible Knowledge Commentary: New Testament by John F.
 Walvoord and Roy B. Zuck

WEBSITES

- desiringgod.org
- studylight.org
- enduringword.com
- blueletterbible.org

OTHERS

- mcleanbible.org (reading plan)
- bibleposter.co