

**July 31, 2022**  
**“How to Get Back Up When We’re in Low Places”**  
**Psalm 119:25-32**

- 1) Find Life in His Word (v.25)  
Ps. 119:50; John 11:25
- 2) Learn His Word (v.26)  
Ps. 25:4-5; Ps. 119:18
- 3) Understand His Word (v.27a)
- 4) Meditate on His Word (v.27b)  
Ps. 145:3-5
- 5) Be Strengthened in His Word (v.28)  
Josh. 1:8-9; Isa. 41:10; 40:28-31
- 6) Find Protection from Deceit in His Word (v.29)  
Ps. 27:11; Gen. 1:27; Matt. 19:3-5
- 7) Set Your Heart on His Word (v.30)  
James 1:22-25
- 8) Hold Fast to His Word (v.31)  
John 16:1, 33
- 9) Run with His Word (v.32)  
Ps. 119:35