

## **Beautiful Rules**

### **Ready:**

*"I am continually overcome with longing for your judgments." – Psalm 119:20*

### **Set**

Why are there rules in sports? Can you imagine competing in a sport without rules and regulations?

I certainly don't want to play basketball without rules. Even with regulations, players hurt one another intentionally. How could you ever score a basketball from range if a tall player kept tapping out the ball without a goaltending rule? Would basketball become more like football if there were no traveling violations? We can only enjoy our sport if we obey and play according to regulations.

Do you like to have rules in your life? Do you want to be restricted with dos and don'ts? How can the psalmist possibly be overwhelmed with a desire for God's regulations? (Psalm 119:17-19).

To the psalmist, to live and obey God's Word is a bountiful blessing. He asked God to open his eyes to see the wondrous truth in following God's instructions. He asked for God's commands not to be hidden from him! That is total trust in God's Word – acknowledging that our Creator, alone, knows the best way to live our lives (Psalm 119:21-24).

Regardless of the circumstances, the psalmist meditated on God's Word, for the Bible was his guide. It's like a playbook. We must believe that God's play, and the rules within those plays, are good and wise.

Knowing and following our sport's rules will help us enjoy it in the most beautiful way. Likewise, knowing and following God's commands helps us lead a beautiful life beyond what we can comprehend.

### **Go**

1. What rules do you need to work on to enjoy your sport better?
2. What are some truths in the Bible that will help you to lead a beautiful life?

### **Workout**

Psalm 119:105-112; Proverbs 3:5-6

### **Overtime**

“Dear Lord, help me to trust and obey Your Word, for I know there’s no other way to be happy in Jesus but to trust and obey. In Jesus’ name, amen!”



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