



2022-2023 Women's Bible Study
Psalm 119:1-56

**“I will delight myself in Your statutes;
I will not forget Your word.”**

Psalm 119:16 NKJV

Women's Ministry Bible Study On Psalm 119

The book of Psalms has been a delight and blessing to the people of God for a hundred generations. Many of its 176 verses you probably know well. **“Your word is a lamp to my feet and a light to my path.” Psalm 119:105 “Your word I have hidden in my heart, that I might not sin against You.” Psalm 119:11** and many more. We are excited to be starting a 3 year Study on Psalm 119. This year we will be covering verses 1-56, next year Psalm 119:57-112, and the following year Psalm 119:113-176. We want to take our time studying it, meditating on its verses and digesting its meaning so it becomes part of our lives. We hope you can join us!

“In many ways the 119th Psalm is one of the most remarkable chapters in the Bible. With 176 verses, it is by far the longest chapter in the Bible. Practically every verse is a testimony to the value of the Scriptures, a fact which is all the more remarkable since the writer of the psalm had only a small portion of the complete Bible available in his day. If the Scriptures were such a blessing to him, how much more should they be to us! The primary message of Psalm 119 is: the holy Scriptures are profitable in every way and able to meet every need in time and eternity. The psalm is divided into 22 stanzas of 8 verses each. Each of the 22 stanzas is headed by one of the 22 letters of the Hebrew alphabet. The psalm takes on beautiful significance if one will read it as sort of a spiritual diary, written at various times during the long life of the believer, one who has experienced many and varied circumstances of life, but has found the Word of God able to give guidance and victory in all situations. With this concept in mind, let us journey through his diary, comparing his circumstances with our own today, and noting with him that God can meet every need through His Word.” (*Treasures in the Psalms* by Henry Morris)

“The psalm is largely a collection of prayers and meditations on the Word of God. The psalmist was persecuted by men of rank and authority, who ridiculed his beliefs, seeking to put him to shame and make him give up his faith. But he strengthened himself by meditating on the Word of the Lord, which to him was his comfort, his prized possession, his rule of life, and his resource for strength—all of which drove him to desire it even more.” (*The Bible Knowledge Commentary*)

Oh how we need that same source of strength from the Word in the world we are living in today! We are excited about studying Psalm 119 together. Someone once said that, “A well-marked Bible means a well-fed soul.”

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Introduction Night to Psalm 119

September 27th will be our Introduction Night to Psalm 119 and we will have a Guest Speaker, Dr. Dominick Hernández, who speaks Hebrew and is an associate professor of Old Testament and Semitics at Talbot School of Theology, Biola University in California. Join us from 7:15-9:00 PM, doors open at 6:45 PM.



Dr. Dominick Hernández was born in New York City, NY, yet spent most of his formative years living in Warminster Heights (Lacey Park), PA. During his early teenage years, he became interested in athletics, music, learning languages, and especially, studying the Bible.

Despite his appreciation for the Bible, he did not immediately delve into the discipline of biblical studies. Dr. Hernández always wanted to be an educator which was a desire that initially led him into health and physical education with intent of coaching and teaching. This prompted him to attend West Chester University in Pennsylvania where he studied a Bachelor of Science in Kinesiology. He then continued his education at the Teachers College Columbia University where he focused on curriculum and teaching in the biobehavioral sciences and eventually earned a Master of Arts degree in physical education.

While studying at Columbia University, Dr. Hernández began attending a congregation that taught expositionally through the Bible. This experience fostered a desire in him to learn the Bible in its historical and linguistic contexts so that he too might be able to teach in both academic and congregational contexts. From this point on, his vocational pursuits focused on attaining practical training as well as achieving excellence in academia. From 2006-2008, he received ministerial training at the Calvary Chapel School of Ministry in Costa Mesa, CA. During his time at the School of Ministry, he was ordained at Voyage Calvary Chapel in Fountain Valley, CA (2008) and served as the congregation's youth pastor.

After the School of Ministry, he continued his studies at Princeton Theological Seminary, focusing on the Old Testament/Hebrew Bible, and was awarded a Master of Divinity degree in the spring of 2011. This educational experience opened the doors for doctoral studies at Bar-Ilan University in Ramat Gan, Israel where he concentrated on Biblical Wisdom and Semitic Philology. He resided in Israel for five years during which he taught as an adjunct professor at Israel College of the Bible and participated in other English, Spanish and Hebrew language ministries. Dr. Hernández was officially awarded the Doctor of Philosophy degree in the fall of 2016.

He currently serves as an associate professor of Old Testament and Semitics at Talbot School of Theology, Biola University. Prior to arriving at Talbot, he served at the Southern Baptist Theological Seminary (Louisville, KY), and at Moody Bible Institute-Spokane, WA. Dr. Hernández is deeply invested in the academic community in which he continues to research, write, and present the Bible in its ancient Near Eastern context. He remains committed to the church, and currently preaches and gives seminars in congregations.

He has been married to Gaby for the past twenty years and together they have two children, Yair (11) and Yael (6). The Hernández family currently resides in Los Angeles, CA.

Women's Ministry Bible Study On Psalm 119

We invite ladies, Jr. High age and older to attend our once-a-month Women's Bible Study from September-May (no Study in April). Registration is not required to attend. The Study will not be live-streamed but all of the Studies will be posted on the church website and app. Go to **resources.ccphilly.org** and click on Women's Ministry.

The format for the Study will be worship, teaching, small group discussion and prayer time. After the teaching, we will have small discussion groups that meet at tables in various locations to discuss what God spoke to our hearts about Psalm 119 and to pray together. Each month you may choose to sit at any table you would like that has seats available. You do NOT need to register to be in a discussion group as we have done in previous years.

NEW THIS YEAR!

This year we will be offering 2 new discussion groups specifically for Widows and Moms, including Moms with infants not yet crawling. **We are sorry, but no childcare will be provided and children are not permitted to attend with the exception of infants not yet crawling.**

DISCUSSION GROUP FOR WIDOWS:

If you are a widow and would like to be in a discussion group to meet other widows and to encourage one another through this season of life, we are offering this group to you. You do not have to be in this group, you can go to a regular discussion group.

DISCUSSION GROUP FOR MOMS & MOMS WITH INFANTS NOT YET CRAWLING:

If you are a Mom and would like to be in a discussion group to meet other Moms, we are offering this group to you. You do not have to be in this group, you can go to a regular discussion group. If you are a Mom with an infant, not yet crawling, you may bring your baby to the Bible Study in the Sanctuary and to this discussion group. If you bring your infant, we do ask that you only join the Moms' discussion group.

We will have a section reserved for you in the Sanctuary and you may bring your strollers. If you are in the Sanctuary with your baby during the Study and your baby gets fussy or needs to be fed, please take him/her out of the Sanctuary. We have provided the Jr. High Room for you to nurse/feed your baby with a closed circuit TV where you can continue to watch the Study live. **No other children except infants not yet crawling will be permitted to attend and no childcare is provided so you will need to keep your baby with you.**

Dates, Homework, Speakers & Schedule

Introduction Night to Psalm 119

September 27th - Introduction Night to Psalm 119: Dr. Dominick Hernández
7:15-9:00 PM, doors open at 6:45 PM.

Schedule (The Schedule for the Introduction Night will be different than the other Bible Study dates):

- 7:15-7:30 PM:** Welcome & Speaker Introduction
- 7:30-8:00 PM:** Worship
- 8:00-8:45 PM:** Teaching
- 8:45-9:00 PM:** Bible Study Information
- 9:00-10:00 PM:** Fellowship in the Koinonia Cafe

Women's Ministry Once-A-Month Bible Study

We will meet on the following Tuesday Evenings from 7:15-9:15 pm, doors will open at 6:45 pm. Here are the dates, homework, and speakers:

- October 11th** - Psalm 119:1-8 *Gail Mays from Murrieta, CA*
- November 1st** - Psalm 119:9-16 *Ade Oyemola from Calvary Chapel of Philadelphia*
- December 6th** - Psalm 119:17-24 *Lucille Osborn from Rock Ministries/
Calvary Chapel Kensington*
- January 10th** - Psalm 119:25-32 *Mark Abrams from Calvary Chapel
Word of Life, Philadelphia, PA*
- February 7th** - Psalm 119:33-40 *Julie Lowe from Christian Counseling
& Education Foundation, Glenside, PA*
- March 7th** - Psalm 119:41-48 *Jill Martin from Calvary Chapel of Philadelphia*
- No April Study**
- May 9th** - Psalm 119:49-56 *JoAnn Tomlinson from Calvary Chapel of
Philadelphia*

Schedule

- 6:45 PM:** Doors Open
- 7:15-7:45 PM:** Welcome & Worship
- 7:45-8:30 PM:** Teaching
- 8:30-9:00 PM:** Small Group Discussion
- 9:00-9:15 PM:** Prayer
- 9:15-10:00 PM:** Fellowship in the Koinonia Cafe

Homework

There are 2 Required Resources for the Study this year:

1. Your Bible (any version you like). A Study Bible is also a great resource if you have one.
2. “Walking in His Ways Psalm 119: Scripture Writing Journal” which is for sale in the Bookstore for \$5.00. They will also be on sale at the Introduction Night on 9/27.

Optional, Not Required, Study Resources if you would like to use them:

Here are some other good resources on Psalm 119:

- *Treasures in the Psalms* by Henry Morris - we will be giving you the Psalm 119 portion of this commentary when you come to the Bible Study.
- *The Golden Alphabet* by Charles Spurgeon - a commentary on Psalm 119; it is for sale in the Bookstore for \$12.00.
- Pastor Joe Focht on Psalm 119 - listen on the church app or website. Go to **resources.ccpilly.org** and click on Teaching Library.
- Blue Letter Bible– blueletterbible.org - it provides online tools helpful for studying the Bible.

Homework:

Prior to the first Study, read the Introduction in the Psalm 119 Journal. This Scripture writing journal might be a new way of studying the Word for some of you. **In this Introduction, you will find helpful tips and suggestions for Scripture writing, but the overall intention of this journal is to be a flexible and practical tool to help you develop your own system of writing Scripture.**

The sample journal entry is just that, only a sample. You do not have to write out all the verses and then study them, you can write them out one at a time and put your thoughts under each one which will give you more room to write about each verse.

This is your own personal journal, no one will be checking it, but you may use it to share what God showed you if you choose to be in a discussion group at church. Or you can use this journal for your own personal Study or do it with friends.

Homework

Some suggestions as you study each month:

1. Pray and ask the Lord to speak to you through His Word.
2. Read the 8 verses in the Bible we will be studying each month. Take your time and meditate on each verse, we want God to speak to you personally.
3. Put the date at the top of the page in your journal, this will help you remember what God told you on the date you studied it. You do not need to journal every day if you're busy, just continue the next day that you have time.
4. Write out in your journal the first verse of the 8 verses you are studying. Writing out the verse will help you remember it and maybe even memorize it.
5. On the verse you just wrote in your journal, you could highlight, underline, or circle any words or parts of the verse that have particular meaning to you. You can also look up definitions of the words. A Study Bible is a great tool because it has footnotes and cross references that will help you learn more about each verse. Write the things that God shows you in your journal.
6. Asking yourself questions or praying about what the verse says helps you apply the Word to your life. For example: Psalm 119:2 says, "Blessed are those who keep His testimonies, Who seek Him with the whole heart!" Question: "Lord, do I seek you with my whole heart? Prayer: "Please help me seek you more!"
7. Repeat the same things with the other 7 verses.

Additional Information

Parking & Entering the Building: Please park in the front parking lot and enter through the main front doors. If you cannot do steps, please park on the Philmont Avenue side of the building and use the Handicapped Entrance.

Check out our website: Additional information will be on our website at ccphilly.org/womensministry/biblestudy

Cancellation Information: In the event of inclement weather, please check the church website at www.ccphilly.org for cancellation information.

Any Questions: Email Women's Ministry at womensministry@ccphilly.org or call 215-969-1647.

Speaker Biographies



Gail Mays
Murrieta, California

Gail has experienced many seasons of life in her long-time walk with the Lord. She first came to know the Lord in the early '70's at the height of the revival known as "The Jesus Movement." It was during that time she met and married her husband, Steve Mays. Together they served in the Christian House Ministries of Calvary Chapel Costa Mesa for about 8 years. Then the Lord called Steve to pastor a Calvary Chapel of his own and led them to South Bay where they served together for 34 years. In October of 2014, the Lord called Pastor Steve home after one of his many surgeries. Steve's work is complete now and Gail is certain the first words he heard when he arrived in heaven were, "Well done thou good and faithful servant." (Matthew 25:23)

Gail herself is carrying on the ministry that the Lord has called her to. She loves ministering to women and plans to continue doing so until the Lord returns or calls her home. Many have asked her how she finds the strength and courage to press on and her answer is the same as it has been during every season of her life: "With Jesus and His Word I am moving forward." Though she's involved in a variety of things, the one thing she loves to do most is minister to women. She can relate to them in so many ways as she has experienced being a wife, pastor's wife, mother, mother of a prodigal, friend, empty nester, grandmother, caregiver, and now in this season, a widow. Gail has a heart for women and their unique calling, and she takes every opportunity to instruct them in the Word of God, believing that it alone has the power to change a life!

"For the LORD God is a sun and shield: the LORD will give grace and glory: no good thing will He withhold from them that walk uprightly." Psalm 84:11



Ade Oyemola
Calvary Chapel of Philadelphia - Philadelphia, PA

Ade spent most of her childhood growing up in Springfield Township, Montgomery County; she received the Lord at age 14 (just before entering High School). Ade attended Nyack College for undergraduate studies. Then, the Lord unexpectedly opened the door to attend New York University- a promise He gave her in High School. After receiving her Master's Degree in Education, she returned home and began attending Calvary Chapel of Philadelphia where she is honored to serve the Lord while serving Him in her 15th year of public school teaching and as a Literacy Specialist Graduate student at Columbia University's Teachers College.

Speaker Biographies



Lucille Osborn

Rock Ministries/Calvary Chapel Kensington - Philadelphia, PA

Lucille Osborn, known affectionately as “Buddy’s wife”, is married to Senior Pastor, Buddy Osborn, Rock Ministries/Calvary Chapel Kensington. Lucille and Buddy have been married for 25 years and have a wonderful daughter, Leigha. In 2003, Buddy answered God’s call to start a ministry in the Kensington section of Philadelphia, an inner-city neighborhood battling open drug use, poverty and homelessness. Lucille’s role at the church/ministry runs the gamut from organizing the Rock’s women’s events, to helping to run the kitchen. Lucille holds a culinary arts degree and worked professionally as a food stylist for over 20 years. Since 2008, Lucille has had the privilege of teaching women God’s Word, sometimes weaving her knowledge of cooking into the lesson...but always...magnifying God’s Word and HIS truths for their lives.



Speaker Biographies



Mark Abrams

Calvary Chapel Word of Life - Philadelphia, PA

Calvary Chapel Word of Life was born out of a Bible Study in the YMCA in North Philadelphia led by Pastor Mark Abrams. This study was simply a group of believers coming together who had a hunger for the truth. The desire and emphasis of this ministry was to teach through the entire bible verse by verse, as Paul told those in Ephesus, "For I have not shunned to declare to you the whole counsel of God". This small bible study continued to grow as the Word of God was being taught and became a church plant. Seeking to reach the community with the gospel the Lord afforded this fellowship the privilege to do countless outreaches serving single moms, fatherless children and the homeless.

Calvary Chapel Word of Life considers itself a daughter church of Calvary Chapel of Philadelphia led by Senior Pastor Joe Focht. A ministry that God has been growing for over 40 years. They are also an affiliate of the international family of churches started by Pastor Chuck Smith known as the Calvary Chapel Movement. The simplicity of their story demonstrates the essence of what Calvary Chapel is about – no show, no gimmicks, no frills – just believers in Jesus Christ who gather to learn His Word, worship Him in song, seek Him in prayer and love one another. "And they continued steadfastly in the apostles' doctrine and fellowship, in the breaking of bread, and in prayers."

Women's Ministry will be collecting money for Calvary Chapel Word of Life for their outreaches and ministries to the people of Philadelphia. Donation boxes will be out at the Bible Study on the round kiosk. Last year we were able to give Calvary Chapel Word of Life \$1308.00, thank you for giving so generously! For more information on Mark's ministry, you can watch this 5-minute video on YouTube: <https://www.youtube.com/watch?v=gAAmhesH20M>.



Julie Lowe

Christian Counseling & Education Foundation - Glenside, PA

Julie Lowe is a counselor and faculty member at CCEF. She holds a Master of Arts in Counseling from Biblical Theological Seminary and is a licensed professional counselor with over twenty-two years of counseling experience. She has extensive experience with marriage, women's issues, sexual abuse, body image issues, parenting, and child maltreatment issues, and regularly speaks at events on these topics. She has authored several books, including *Childproof: Parenting By Faith Not Formula*; *Building Bridges: Biblical Counseling Activities for Children and Teens*; *Helping Your Anxious Child: What to Do When Your Worries are Big*; and *Teens and Suicide: Recognizing the Signs and Sharing the Hope*. Julie and her husband, Greg, have six children and serve as foster and adoptive parents.

Speaker Biographies



Jill Martin

Calvary Chapel of Philadelphia - Philadelphia, PA

Jill grew up in New York & attended the University of Dayton for her BS and then attended St. Joseph's University for her Masters in Education. After college she moved to Philadelphia where her life was totally turned around when she got saved in 1971. She taught for the School District of Philadelphia for 34 yrs. She retired in 2005 and had several jobs after that – she worked for a bank, was a foster care & adoption social worker, worked for Women's Ministry here at CCPhilly and was on the Women's Ministry Board for many years. A few years ago, she went back to school at Cairn University and graduated with her Masters in Christian Counseling which is so amazing. She lives with her roommate Mary Jeanne Golden and they have 4 little dogs. Jill says she has the 2 bad boys, and MJ has the sweet little girls and there are lots of laughs! Jill puts it beautifully when she says - "I can say that Jesus has shepherded my soul with great care, wisdom, kindness and patience all my days even before I knew Him. He becomes sweeter & sweeter to me as I grow old with Him."



JoAnn Tomlinson

Calvary Chapel of Philadelphia - Philadelphia, PA

JoAnn is blessed to be married to Ray, her first and only blind date, for 59 years. They have 2 sons. Ray, who went home to be with Jesus in 2018 and Bob who lives nearby. They have 6 grandchildren and almost 3 great-grandchildren. JoAnn is a retired RN. They have attended Calvary Chapel of Philadelphia for 30 plus years. JoAnn has been involved in various missions trips, serving nursery during Sunday School, VBS, outreaches at The Rock, ushering, and helping in Women's Ministry for many years! She loves gardening and jigsaw puzzles which are her stress therapy. She has learned and continues to learn daily, "My flesh and my heart may fail; but God is the strength of my heart and my portion forever." Psalm 73:26.



*The entrance of Your words gives light.
Psalm 119:130*

*Open the Book of God,
And read a Portion there,
That it may strengthen all thy hope,
And lighten all thy care.*

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By participating, you agree to be bound by the terms of Calvary Chapel of Philadelphia's Resolution on Participation in Church Activities found at www.ccp Philly.org/church-activities-resolution/. If you do not have internet access, you may obtain a copy of the Resolution on Participation in Church Activities from the church office.