

Psalm 119 Devotional



Overview – This psalm is the longest psalm and the longest chapter in the Bible. While the human writer is not known definitively, it is believed to be Ezra and was likely written after the Temple was rebuilt as a repetitive meditation on the beauty of God’s Word and how it helps us stay pure and grow in faith. This psalm has 22 carefully constructed sections, each corresponding to a different letter in the Hebrew alphabet and each verse beginning with the letter of its section. Almost every verse mentions God’s Word. God’s Word, the Bible is the only sure guide to living a pure life.

Theme: God’s Word is true and wonderful. Stay true to God and His Word no matter how bad the world becomes. Obedience to God’s laws is the only way to achieve true happiness.

Purpose: We are going to review each of the 22 sections of Psalm 119 to unpack the truths within, both what they teach us about God’s Word (the Bible) and what they teach us about living a pure life and growing in our faith.

Materials: all you need is your Bible, a pen/pencil, and a notebook or journal. Highlighters or colored pencils optional. Note: I will be using KJV of the Bible as that is my go to, but feel free to use what ever translation you are comfortable with.

Let's start by defining some terms

Psalm – a book of the Bible, found in the middle of the typical Bible. The psalms were written to be sung or recited in Christian and Jewish worship. I do find it interesting that we have the words to these ancient songs, but we do not have the music notes. I believe this is because the musical instruments and music in general changes over time, but the truth in the words do not change.

Ezra – While living in Babylon, He was sent by the King of Persia to Jerusalem to teach the laws of God to any who did not know them. He led a large body of exiles back to Jerusalem. He led the people in returning to obeying God's law.

Temple - center of worship and national identity in ancient Israel. Can be representative of our places of worship

Meditation – is a form of prayer in which a structured attempt is made to become aware of and reflect on revelations of God. The word meditation means to reflect on, to study, and to practice. As opposed to Eastern meditation, which is about emptying our minds; Christian meditation is filling our mind with God's Word and taking the time to really think about what it means.

Pure – pure means free of contamination. Biblical purity means we want to please God. Pure living increases as you work together with the Holy Spirit to live as a redeemed child of God

Faith – is complete trust or confidence in something or someone. So as Christians our faith (trust and confidence) in Jesus Christ.

God's Word/Scripture – The Bible is the revealed Word of God where God reveals Himself to us through His activity in the Old Testament and in the Holy Spirit in the church today

Process – as we review each section, we will follow the following process.

1. Read the entire section, which is only 8 verses. A bonus here would be to write out the 8 verses as taking the time to write out God’s Word helps us to slow down and think about what it says.
2. Circle the words that refer to God’s Word, the Bible. I am going to circle these in **blue**
3. Underline any descriptive words (for those grammar lovers among us, this is your adjectives and adverbs)
4. Pay attention to any action words (yes this is the verbs). These I am going to highlight in **yellow**
5. Note any emotions mentioned in each verse. I am going to circle these in **green**. This gives us clues into what the psalmist is facing/dealing with.
6. Notice any decisions the psalmist makes. I will use **orange** rectangle for these
7. Determine the main theme of each section.
8. Make application to our own lives

Examples:

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

Vs 11 I have **hidden** your **word** in my heart that I might **not sin** against you.

Vs 165 Great peace have those who **love** your **law**, and nothing can make them **stumble**.

Note: words used in Psalm 119 to represent God’s Word, the Bible include:

Word	Law	Decree
Statute	Command	Precept
Promise	Testimony	Ordinance
Judgment	Way/Ways	

So now you have your materials gathered and you are aware of our process, are you ready to dig in?

1st section ALEPH Psalm 119:1-8

Your turn – try to walk through this process before reading my notes below. I want you to make this personal. And there are no right or wrong answers here. That's the beauty of it, God's speaks to each of us differently based on our personalities, where we are in our walk with Him, and what we are facing in our lives at the point you are reading a passage. So what you notice will be different than what I notice. We are just slowing down to learn to appreciate God's Word and let it make application to our daily lives.

1. Read or write the passage
2. Circle words that represent God's Word
3. Underline descriptive words
4. Look for action words, emotions, or decisions
5. What do you think the theme of these verses are?
6. How can you apply these verses to your life?

Psalm 119:1-8 KJV

¹Blessed are the undefiled in the way, who walk in the law of the LORD.

² Blessed are they that keep his testimonies, and that seek him with the whole heart.

³ They also do no iniquity: they walk in his ways.

⁴ Thou hast commanded us to keep thy precepts diligently.

⁵ O that my ways were directed to keep thy statutes!

⁶ Then shall I not be ashamed, when I have respect unto all thy commandments.

⁷ I will praise thee with uprightness of heart, when I shall have learned thy righteous judgments.

⁸ I will keep thy statutes: O forsake me not utterly.

Theme:

Application:

Observations

Psalm 119:1-8 KJV

¹Blessed are the undefiled in the way, who **walk** in the law of the LORD.

²Blessed are they that **keep** his testimonies, and that **seek** him with the whole heart.

³They also **do** no iniquity: they **walk** in his ways

⁴Thou hast commanded us to **keep** thy precepts diligently.

⁵O that my ways were directed to **keep** thy statutes!

⁶Then shall I not be ashamed when I **have** respect unto all thy commandments.

⁷I will **praise** thee with uprightness of heart, when I shall have **learned** thy righteous judgments.

⁸I will **keep** thy statutes. O **forsake** me not utterly.

Main Theme: The Blessing of Obedience / Walking in the Law of the Lord

Summary and Application: I am blessed if my walk is blameless, and that can only be achieved by walking according to God's laws. How am I to treat God's Word? Keep it, walk in it, seek it, do it, and learn it. These are intentional words meaning I must approach God's Word with an intent of obeying. I must make time for God's Word. What is the result of being intentional about being in God's Word? I will enjoy God's blessing (God's favor and protection) and I will not have to be ashamed. I have the opportunity to decide with the Psalmist that I will praise God and will obey His Word.

2nd section BETH Psalm 119:9-16

Personal Review

1. Read or write the passage
2. Circle words that represent God's Word
3. Underline descriptive words
4. Look for action words, emotions, or decisions
5. What do you think the theme of these verses are?
6. How can you apply these verses to your life?

Psalm 119:9-16 KJV

9 Wherewithal shall a young man cleanse his way? by taking heed thereto according to thy word.

10 With my whole heart have I sought thee: O let me not wander from thy commandments.

11 Thy word have I hid in mine heart, that I might not sin against thee.

12 Blessed art thou, O Lord: teach me thy statutes.

13 With my lips have I declared all the judgments of thy mouth.

14 I have rejoiced in the way of thy testimonies, as much as in all riches.

15 I will meditate in thy precepts and have respect unto thy ways.

16 I will delight myself in thy statutes: I will not forget thy word.

Theme:

Application:

Observations:

Psalm 119:9-16 KJV

9 Wherewithal shall a young man **cleanse** his way? by **taking heed** thereto according to thy word.

10 With my whole heart have I **sought** thee: O let me not **wander** from thy commandments.

11 Thy word have I **hid** in mine heart, that I might not **sin** against thee.

12 Blessed art thou, O Lord: **teach** me thy statutes.

13 With my lips have I **declared** all the judgments of thy mouth.

14 I have **rejoiced** in the way of thy testimonies, as much as in all riches.

15 I will **meditate** in thy precepts and have respect unto thy ways.

16 I will **delight** myself in thy statutes: I will not forget thy word.

Main Theme: God's Word, the Bible is the Only Sure Guide for Living a Pure Life

Summary and Application: The Psalmist gives us many way to live a pure life.

1. Give consideration or pay attention to the Bible and what it has to say (take heed)
2. Seek God regularly in the pages of His Word, be intentional about spending time reading the Bible (as opposed to a casual approach)
3. Putting God's Word to memory for future recollection
4. God's Word must be part of our regular conversation as we share with others (declaring His Word)
5. Spending time in God's Word should be something we look forward to and enjoy (rejoice, take delight in)
6. Ponder the Word of God by taking time to think about what it says (meditating)
7. Ask God's help in staying pure and not straying from His Word
8. Ask God to help us understand His Word and teach us His ways

Which one of these do you need to be more intentional about?

3rd section GIMEL Psalm 119:17-24

Personal Review

1. Read or write the passage
2. Circle words that represent God's Word
3. Underline descriptive words
4. Look for action words, emotions, or decisions
5. What do you think the theme of these verses are?
6. How can you apply these verses to your life?

Psalm 119:17-24 KJV

17 Deal bountifully with thy servant, that I may live, and keep thy word.

18 Open thou mine eyes, that I may behold wondrous things out of thy law.

19 I am a stranger in the earth: hide not thy commandments from me.

20 My soul breaketh for the longing that it hath unto thy judgments at all times.

21 Thou hast rebuked the proud that are cursed, which do err from thy commandments.

22 Remove from me reproach and contempt; for I have kept thy testimonies.

23 Princes also did sit and speak against me: but thy servant did meditate in thy statutes.

24 Thy testimonies also are my delight and my counselors.

Theme:

Application:

Observations:

Psalm 119:17-24 KJV

17 Deal bountifully with thy servant, that I may live, and keep thy word.

18 Open thou mine eyes, that I may behold wondrous things out of thy law.

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22 Remove from me reproach and contempt, for I have kept thy testimonies.

23 Princes also did sit and speak against me: but thy servant did meditate in thy statutes.

24 Thy testimonies also are my delight and my counselors.

Theme: Beholding and Obeying God's Word

Summary and Application: the Psalmist is in a deep valley, feeling alone (like a stranger), his soul is breaking, he is feeling disregard (contempt) and disapproval (contempt) from others and even princes have lied about him. Yet what do we see the Psalmist doing by his own words? His actions have much to teach us on what do if we feel abandoned, targeted, forgotten or hurting.

1. Get into God's Word
2. Meditate (think about) on God's Word
3. Ask God for grace and mercy (deal bountifully with me)
4. Cry out to God for blessing (favor)
5. Ask for wisdom (counsel) and understanding from God (open my eyes)
6. Obey God's Word (keep it)

The more we peer into God's Word, the more we will both learn from and long for Him. His counsel is sure and His opinion is the only one that matters.

Bonus: verse 18 is a good verse to make into a prayer. When sitting down to read God's Word, pray "Lord, open my eyes that I may behold (see) wondrous things from thy law (Bible)"

4th section DALETH Psalm 119:25-32

Personal Review

1. Read or write the passage
2. Circle words that represent God's Word
3. Underline descriptive words
4. Look for action words, emotions, or decisions
5. What do you think the theme of these verses are?
6. How can you apply these verses to your life?

Psalm 119:25-32 KJV

25 My soul cleaveth unto the dust: quicken thou me according to thy word.

26 I have declared my ways, and thou heardest me: teach me thy statutes.

27 Make me to understand the way of thy precepts: so shall I talk of thy wondrous works.

28 My soul melteth for heaviness: strengthen thou me according unto thy word.

29 Remove from me the way of lying: and grant me thy law graciously.

30 I have chosen the way of truth: thy judgments have I laid before me.

31 I have stuck unto thy testimonies: O Lord, put me not to shame.

32 I will run the way of thy commandments, when thou shalt enlarge my heart.

Theme:

Application:

Observations:

Psalm 119:25-32 KJV

25 My soul cleaveth unto the dust: quicken thou me according to thy word.

26 I have declared my ways, and thou heardest me: teach me thy statutes.

27 Make me to understand the way of thy precepts so shall I talk of thy wondrous works.

28 My soul melteth for heaviness: strengthen thou me according unto thy word.

29 Remove from me the way of lying: and grant me thy law graciously.

30 I have chosen the way of truth: thy judgments have I laid before me.

31 I have stuck unto thy testimonies O Lord, put me not to shame.

32 I will run the way of thy commandments, when thou shalt enlarge my heart.

Theme: His Word Strengthens the Weak

Summary and Application: we find the Psalmist in heaviness of soul (burdened). He states his soul is clinging (cleaveth) to dust, and is becoming soft (melting) from that which is weighing him down. When heaviness of soul hits us, what advice can we take from the Psalmist?

- Pray for God to revive us (make alive) as we turn to His Word for strength and encouragement
- Ask God to teach us and help us understand His ways
- Seek strength to continue, that can only be found in Him
- Ask God to bring the truth to light
- Remain steadfast in your walk with the Lord

Run toward God's commandments, drink in His Word, lift up your soul in worship and service to God and you will find He has expanded your heart with love for His glory and for others.

5th section HE Psalm 119:33-40

Personal Review

1. Read or write the passage
2. Circle words that represent God's Word
3. Underline descriptive words
4. Look for action words, emotions, or decisions
5. What do you think the theme of these verses are?
6. How can you apply these verses to your life?

Psalm 119:33-40 KJV

³³ Teach me, O LORD, the way of thy statutes; and I shall keep it unto the end.

³⁴ Give me understanding, and I shall keep thy law; yea, I shall observe it with my whole heart.

³⁵ Make me to go in the path of thy commandments; for therein do I delight.

³⁶ Incline my heart unto thy testimonies, and not to covetousness.

³⁷ Turn away mine eyes from beholding vanity; and quicken thou me in thy way.

³⁸ Stablish thy word unto thy servant, who is devoted to thy fear.

³⁹ Turn away my reproach which I fear: for thy judgments are good.

⁴⁰ Behold, I have longed after thy precepts: quicken me in thy righteousness.

Theme:

Application:

Observations:

Psalm 119:33-40 KJV

33 **Teach** me, O LORD, the way of thy statutes; and **I shall keep it** unto the end.

34 **Give** me understanding, and **I shall keep** thy law; yea, **I shall observe it** with my whole heart.

35 **Make** me to go in the path of thy commandments; for therein do I delight.

36 **Incline** my heart unto thy testimonies and not to covetousness.

37 **Turn** away mine eyes from beholding vanity; and **quicken** thou me in thy way.

38 **Stablish** thy word unto thy servant, who is devoted to thy fear.

39 **Turn** away my reproach which I fear: for thy judgments are good.

40 Behold, I have **longed** after thy precepts; **quicken** me in thy righteousness.

Theme: Loyalty to God's Word / Understanding Produces Obedience

Summary and Application: He is asking God to teach him, give him understanding - in other words he is mining the scriptures for treasure and asking for Gods help. Then he asks God to make him go, incline his heart, turn away his eyes from vanity/emptiness. Here I see his honesty in knowing he is prone to stray, to be distracted so he's asking God's help in staying on the path of righteousness, to keep his eyes on truth. Then the last 3 verses he asks God to establish (set in stone) him, take away his reproach, and quicken (bring to life) - so he asking God to make him firm in Gods Word, to look on him with favor and restore him. Now lastly notice the commitments (boxed in orange) he makes. He promises to keep Gods Word to the end, observe/obey it with all his heart. Which of his requests do you need to make today?

- Ask for more in standing or need God to teach you
- Ask God to help you stay on the path to righteousness and keep your heart and eyes focused on God
- Ask God to make you firm in His Word, to restore you and bring you back to life

6th section VAU Psalm 119:41-48

Psalm 119:41-48 KJV

41 Let thy mercies come also unto me, O LORD, even thy salvation, according to thy word.

42 So shall I have wherewith to answer him that reproacheth me: for I trust in thy word.

43 And take not the word of truth utterly out of my mouth; for I have hoped in thy judgments.

44 So shall I keep thy law continually for ever and ever.

45 And I will walk at liberty: for I seek thy precepts.

46 I will speak of thy testimonies also before kings, and will not be ashamed.

47 And I will delight myself in thy commandments, which I have loved.

48 My hands also will I lift up unto thy commandments, which I have loved; and I will meditate in thy statutes.

Theme:

Application:

Observations:

Psalm 119:41-48 KJV

41 Let thy mercies come also unto me, O LORD, even thy salvation, according to thy word.

42 So shall I have wherewith to answer him that reproaches me: for I trust in thy word.

43 And take not the word of truth utterly out of my mouth; for I have hoped in thy judgments.

44 So shall I keep thy law continually for ever and ever.

45 And I will walk at liberty for I seek thy precepts.

46 I will speak of thy testimonies also before kings, and will not be ashamed.

47 And I will delight myself in thy commandments, which I have loved.

48 My hands also will I lift up unto thy commandments, which I have loved; and I will meditate in thy statutes.

Theme: Speaking the Truth of God's Word / Walking in Liberty

Summary and Application: I can again sense the angst of the psalmist as he calls for God's mercy, cries for an answer, and requests God's Word not be taken from him. God's Word (circled in blue) is his lifeline. Then notice the tone change in middle of passage. He changes to I will statements. I will keep, I will walk, I will speak, I will delight, I will lift, I will meditate (boxed in orange). So can we like the psalmist look to God's Word as our lifeline and declare that we will:

- Obey it
- Walk in it
- Think on it
- Share it
- Delight in it?

7th section ZAIN Psalm 119:49-56

Psalm 119:49-56 KJV

49 Remember the word unto thy servant, upon which thou hast caused me to hope.

50 This is my comfort in my affliction: for thy word hath quickened me.

51 The proud have had me greatly in derision: yet have I not declined from thy law.

52 I remembered thy judgments of old, O LORD; and have comforted myself.

53 Horror hath taken hold upon me because of the wicked that forsake thy law.

54 Thy statutes have been my songs in the house of my pilgrimage.

55 I have remembered thy name, O LORD, in the night, and have kept thy law.

56 This I had, because I kept thy precepts.

Theme:

Application:

Observations:

Psalm 119:49-56 KJV

49 Remember the word unto thy servant, upon which thou hast caused me to hope.

50 This is my comfort in my affliction: for thy word hath quickened me.

51 The proud have had me greatly in derision: yet have I not declined from thy law.

52 I remembered thy judgments of old, O LORD; and have comforted myself.

53 Horror hath taken hold upon me because of the wicked that forsake thy law.

54 Thy statutes have been my songs in the house of my pilgrimage.

55 I have remembered thy name, O LORD, in the night, and have kept thy law.

56 This I had, because I kept thy precepts.

Theme: Remember and Be Comforted / Comforted by His Word

Summary and Application: today's passage finds the Psalmist in affliction (persistent pain or distress) and derision (scorn or ridicule). He starts off asking God to remember him, to quicken him (bring him back to life). But then notice the shift when the psalmist intentionally decides to encourage himself in God's Word. He even sings God's Word. He also remembered God's name; this says to me that He pondered God's character. And even in this hard season, he has obeyed (kept) God's Word. So, the lesson I see for us is in the hard seasons we need to intentionally encourage our hearts in God's Word, sing it back to God, and think on God's character so we can obey.

Which do you need to do today?

- Intentionally encourage your heart by getting into God's Word
- Sing songs of praise and worship
- Meditate on God's character

8th section CHETH Psalm 119:57-64

Psalm 119:57-64 KJV

57 Thou art my portion, O LORD: I have said that I would keep thy words.

58 I intreated thy favor with my whole heart: be merciful unto me according to thy word.

59 I thought on my ways and turned my feet unto thy testimonies.

60 I made haste and delayed not to keep thy commandments.

61 The bands of the wicked have robbed me: but I have not forgotten thy law.

62 At midnight I will rise to give thanks unto thee because of thy righteous judgments.

63 I am a companion of all of them that fear thee, and of them that keep thy precepts.

64 The earth, O LORD, is full of thy mercy: teach me thy statutes.

Theme:

Application:

Observations:

Psalm 119:57-64 KJV

57 Thou art my portion, O LORD: I have said that I would keep thy words.

58 I intreated thy favor with my whole heart: be merciful unto me according to thy word.

59 I thought on my ways and turned my feet unto thy testimonies.

60 I made haste and delayed not to keep thy commandments.

61 The bands of the wicked have robbed me: but I have not forgotten thy law.

62 At midnight I will rise to give thanks unto thee because of thy righteous judgments

63 I am a companion of all of them that fear thee, and of them that keep thy precepts.

64 The earth, O LORD, is full of thy mercy: teach me thy statutes.

Theme: The Lord my Portion

Summary and Application: The Psalmist has had things taken from him (verse 61), we don't know if it's physical objects or mental or spiritual. What is his reaction? He entreats (seeks) God's favor, asking God for mercy. He then thinks on his own ways and makes haste (hurries to obey). Then he rises at midnight to praise God. Now this could be literally midnight, but I think it also means the midnight (dark time) of the soul. Do we still thank and praise God in our difficult seasons? Notice verse 63, he is a companion (friend) of others who love God and who obey God. This tells me that he is not trying to face this dark night of the soul alone, but it is walking with other believers. Notice the outcome of his thanking God during this difficult period. In verse 64, he has found God's mercy to be abundant, it fills the whole earth. So God's mercy was more than enough for his needs. Is the Lord your portion?

9th section TETH Psalm 119:65-72

Psalm 119:65-72 KJV

65 Thou hast dealt well with thy servant, O LORD, according unto thy word.

66 Teach me good judgment and knowledge: for I have believed thy commandments.

67 Before I was afflicted I went astray: but now have I kept thy word.

68 Thou art good, and doest good; teach me thy statutes.

69 The proud have forged a lie against me: but I will keep thy precepts with my whole heart.

70 Their heart is as fat as grease; but I delight in thy law.

71 It is good for me that I have been afflicted; that I might learn thy statutes.

72 The law of thy mouth is better unto me than thousands of gold and silver.

Theme:

Application:

Observations:

Psalm 119:65-72 KJV

65 Thou hast **dealt** well with thy servant, O Lord, according unto thy **word**.

66 **Teach** me good judgment and knowledge: for I have **believed** thy **commandments**.

67 Before I **was afflicted** I went astray: but now have I kept thy **word**.

68 Thou **art good**, and **doest** good; **teach** me thy **statutes**.

69 The proud have **forged** a lie against me: but **I will keep** thy **precepts** with my whole heart.

70 Their heart **is** as fat as grease; but I **delight** in thy **law**.

71 It **is good** for me that I have been **afflicted**; that I might **learn** thy **statutes**

72 The **law** of thy mouth **is better** unto me than thousands of gold and silver.

Theme: He is Good, and Does Good / Affliction Teaches God's Word

Summary and Application: In this passage we see that David, the psalmist, confessing (I went astray) and we see that he is afflicted (facing a difficult season) because of lies being told about him. But what is his response? Lord You have done well, You are good, It is good for me to be afflicted. How can he response this way? Because he looks to God in his trials and highly values God's Word, he delights in God's Word and he says it is better than thousands in gold and silver. That is our clue. He held God's Word up in high regard and found treasures within, so he was able to say it was good to walk through trails because it made me learn your statutes (get into the Word). So what is his prayer? Teach me Lord so I can keep your Word. Can we like David run to God's Word when we are troubled and find it to be our delight and our daily bread to the point that we say it was good to be tested. Yes we can if we lift the Bible up as a priceless treasure and search for God within its pages.

10th section JOD Psalm 119:73-80

Psalm 119:73-80 KJV

73 Thy hands have made me and fashioned me: give me understanding, that I may learn thy commandments.

74 They that fear thee will be glad when they see me; because I have hoped in thy word.

75 I know, O LORD, that thy judgments are right, and that thou in faithfulness hast afflicted me.

76 Let, I pray thee, thy merciful kindness be for my comfort, according to thy word unto thy servant.

77 Let thy tender mercies come unto me, that I may live: for thy law is my delight.

78 Let the proud be ashamed; for they dealt perversely with me without a cause: but I will meditate in thy precepts.

79 Let those that fear thee turn unto me, and those that have known thy testimonies.

80 Let my heart be sound in thy statutes; that I be not ashamed.

Theme:

Application:

Observations:

Psalm 119:73-80 KJV

73 Thy hands have **made** me and **fashioned** me: give me understanding, that I may **learn** thy **commandments**.

74 They that **fear** thee will be **glad** when they see me; because I have **hoped** in thy **word**.

75 I **know**, O LORD, that thy **judgments** are right, and that thou in faithfulness hast **afflicted** me.

76 **Let**, I **pray** thee, thy merciful kindness be for my **comfort** according to thy **word** unto thy servant.

77 **Let** thy tender mercies **come** unto me, that I may **live**: for thy **law** is my delight.

78 **Let** the proud be **ashamed**: for they dealt perversely with me without a cause: but I will **meditate** in thy **precepts**.

79 **Let** those that **fear** thee turn unto me, and those that have known thy **testimonies**.

80 **Let** my heart be sound in thy **statutes**, that I be not **ashamed**.

Theme: Unashamed in His Word

Summary and Application: The psalmist is praying to His Creator (thy hands have made me). Also, he is acknowledging God's sovereignty over his life as seen in verse 75 where he says God showed his faithfulness in afflicting him. Usually when we are thanking God for His faithfulness it is for the victories, not the trials. David is able to say Lord you did right. In verse 74, I see the community and unity of God's people. David says that those who fear God would be glad to see him. Even though we know there are others who are causing problems for David. He calls them the proud in verse 78. So, David pleads for God's mercy and in that mercy, he makes 5 'let' (allow) requests: Let thy mercy O Lord be my comfort, Let thy mercy come to me that I may live (necessary for life), Let proud be ashamed (reveal the truth), Let those who fear thee turn to me (help me), Let my heart be sound (whole, perfect, unbroken)

11th section CAPH Psalm 119:81-88

Psalm 119:81-88 KJV

81 My soul fainteth for thy salvation: but I hope in thy word.

82 Mine eyes fail for thy word, saying, When wilt thou comfort me?

83 For I am become like a bottle in the smoke; yet do I not forget thy statutes.

84 How many are the days of thy servant? when wilt thou execute judgment on them that persecute me?

85 The proud have digged pits for me, which are not after thy law.

86 All thy commandments are faithful: they persecute me wrongfully; help thou me.

87 They had almost consumed me upon earth; but I forsook not thy precepts.

88 Quicken me after thy lovingkindness; so shall I keep the testimony of thy mouth.

Theme:

Application:

Observations:

Psalm 119:81-88 KJV

81 My soul fainteth for thy salvation: but I hope in thy word.

82 Mine eyes fail for thy word, saying, When wilt thou comfort me?

83 For I am become like a bottle in the smoke; yet do I not forget thy statutes.

84 How many are the days of thy servant? when wilt thou execute judgment on them that persecute me?

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86 All thy commandments are faithful: they persecute me wrongfully; help thou me.

87 They had almost consumed me upon earth; but I forsook not thy precepts.

88 Quicken me after thy lovingkindness; so shall I keep the testimony of thy mouth.

Theme: Help in Persecution

Summary and Application: this passage finds David the psalmist in a dark night of the soul. He says they have almost consumed me; my soul is faint, my eyes fail. He even says his afflictions are impacting him physically with the reference to bottle in the smoke. Wineskins would be hung in the smoke and become shriveled and blackened by the smoke till it almost loses its original appearance. And he asks God 'how long' (when will you execute judgment). Have you ever been there? I sure have. But notice he still comes back to God's Word saying it is his hope and he will not forget. This is important for us as well when we are overwhelmed by our afflictions to hope in and remember God's Word. Lastly, notice his prayer request, Lord help me, bring me back to life. When our afflictions are the strongest, our prayers become the shortest as we just cry out for relief. But I am so thankful God hears us. Prayer doesn't have to be complicated, as simple "Jesus help me" in times of desperation reaches the Father's heart. Are you feeling overwhelmed, like you can't go on another day? Cry out to your Heavenly Father, how long Lord. Help me. And hope in and remember His Word. He will be faithful

12th section LAMED Psalm 119:89-96

Psalm 119:89-96 KJV

89 For ever, O LORD, thy word is settled in heaven.

90 Thy faithfulness is unto all generations: thou hast established the earth, and it abideth.

91 They continue this day according to thine ordinances: for all are thy servants.

92 Unless thy law had been my delights, I should then have perished in mine affliction.

93 I will never forget thy precepts: for with them thou hast quickened me.

94 I am thine, save me: for I have sought thy precepts.

95 The wicked have waited for me to destroy me: but I will consider thy testimonies.

96 I have seen an end of all perfection: but thy commandment is exceeding broad.

Theme:

Application:

Observations:

⁸⁹ For ever, O LORD, thy word is settled in heaven.

⁹⁰ Thy faithfulness is unto all generations: thou hast established the earth, and it abideth.

⁹¹ They continue this day according to thine ordinances for all are thy servants.

⁹² Unless thy law had been my delights, I should then have perished in mine affliction.

⁹³ I will never forget thy precepts for with them thou hast quickened me.

⁹⁴ I am thine, save me: for I have sought thy precepts.

⁹⁵ The wicked have waited for me to destroy me but I will consider thy testimonies.

⁹⁶ I have seen an end of all perfection: but thy commandment is exceeding broad.

Theme: His Word Stands Forever

Summary and Application: Here we see David stopping to praise God for His Word that is settled, for His faithfulness, for creating the works and sustaining it, for giving him life. And he declares we are all accountable to God as His servants. He acknowledges that the wicked wanted to destroy him and they would have been successful were it not for God's Word he would have perished. As a matter of application, do we stop to give you praise and worship when we begin to see him move in our afflictions? Secondly our enemy desires the same thing, our destruction. Let's follow David's example and depend on God's Word to get us through.

13th section MEM Psalm 119:97-104

Psalm 119:97-104 KJV

97 O how love I thy law! it is my meditation all the day.

98 Thou through thy commandments hast made me wiser than mine enemies: for they are ever with me.

99 I have more understanding than all my teachers: for thy testimonies are my meditation.

100 I understand more than the ancients, because I keep thy precepts.

101 I have refrained my feet from every evil way, that I might keep thy word.

102 I have not departed from thy judgments: for thou hast taught me.

103 How sweet are thy words unto my taste! yea, sweeter than honey to my mouth!

104 Through thy precepts I get understanding: therefore I hate every false way.

Theme:

Application:

Observations:

Psalm 119:97-104 KJV

97 O how **love** I thy **law!** it is my meditation all the day.

98 Thou through thy **commandments** **hast made** me wiser than mine enemies: for they **are** ever with me.

99 I **have** more understanding than all my teachers: for thy **testimonies** **are** my meditation.

100 I **understand** more than the ancients, because I **keep** thy **precepts**.

101 I **have refrained** my feet from every evil way, that I might **keep** thy **word**.

102 I have not **departed** from thy **judgments**, for thou hast **taught** me.

103 How sweet **are** thy **words** unto my taste! yea, sweeter than honey to my mouth!

104 Through thy **precepts** I **get** understanding: therefore I **hate** every false way.

Theme: Meditating on the Word

Summary and Application: this passage talks about the benefits of being in God's Word. Notice first that the psalmist love for God's word shows up in the fact that he meditates [thinks about it] daily, and he obeys it, and therefore he loves what God loves and hate what God hates (yellow highlights). But even more than that, God's Word makes him wiser than his enemies, his teachers, and those older than him. God's Word truly is an abundance of wisdom and knowledge, but we have to seek it out. But it will help us outsmart our enemies. My favorite verse is vs 103, God's Word is sweeter than honey. Eating sweet things makes us want more sweet things and the more time we spend in God's Word, the more we crave it. Plus have you ever heard it said that you attract with honey. God's Word attracts the good things God has for us. What changes do you need to make to give God's Word the importance it deserves in your life?

14th section NUN Psalm 119:105-112

Psalm 119:105-112 KJV

105 Thy word is a lamp unto my feet, and a light unto my path.

106 I have sworn, and I will perform it, that I will keep thy righteous judgments.

107 I am afflicted very much: quicken me, O LORD, according unto thy word.

108 Accept, I beseech thee, the freewill offerings of my mouth, O LORD, and teach me thy judgments.

109 My soul is continually in my hand: yet do I not forget thy law.

110 The wicked have laid a snare for me: yet I erred not from thy precepts.

111 Thy testimonies have I taken as an heritage for ever: for they are the rejoicing of my heart.

112 I have inclined mine heart to perform thy statutes alway, even unto the end.

Theme:

Application:

Observations:

105 Thy word **is** a lamp unto my feet, and a light unto my path.

106 I **have sworn**, and **I will perform it**, that **I will keep** thy righteous **judgments**.

107 I am **afflicted** very much: **quicken** me, O LORD, according unto thy **word**.

108 Accept, I **beseech** thee, the freewill offerings of my mouth, O LORD, and **teach** me thy **judgments**.

109 My soul **is** continually in my hand: yet do I not **forget** thy **law**.

110 The wicked **have laid** a snare for me: yet I **erred** not from thy **precepts**.

111 Thy **testimonies** **have** I **taken** as an heritage for ever: for they **are** the rejoicing of my heart.

112 I have **inclined** mine heart to **perform** thy **statutes** always, even unto the end.

Theme: Guided by His Word

Summary and Application: notice the psalmist circumstances, he is afflicted, and his enemies are setting traps, hoping to take him out. He is facing hard times. I bet many of us can relate with all that is going on in the world plus many have personal battles going on in addition. So where does he turn? He turns to God's Word (circled in blue). He says God's Word shows him the next step to take and the path he needs to walk. He rejoices in God's Word and in fact is very intentional about being in God's Word as he inclined his heart. So can we take a play from his playbook. The more difficult life is, the more we need to be in God's Word. Lastly what is his request, quicken/restore me, teach me and accept my offering of praise. We too can ask for God's restoration, for Him to teach us and we can give Him our praise as a sacrifice, even in the hard.

15th section SAMECH Psalm 119:113-120

Psalm 119:113-120 KJV

113 I hate vain thoughts: but thy law do I love.

114 Thou art my hiding place and my shield: I hope in thy word.

115 Depart from me, ye evildoers: for I will keep the commandments of my God.

116 Uphold me according unto thy word, that I may live: and let me not be ashamed of my hope.

117 Hold thou me up, and I shall be safe: and I will have respect unto thy statutes continually.

118 Thou hast trodden down all them that err from thy statutes: for their deceit is falsehood.

119 Thou puttest away all the wicked of the earth like dross: therefore I love thy testimonies.

120 My flesh trembleth for fear of thee; and I am afraid of thy judgments.

Theme:

Application:

Observations:

Psalm 119:113-120 KJV

113 I hate vain thoughts: but thy law do I love.

114 Thou art my hiding place and my shield: I hope in thy word

115 Depart from me, ye evildoers: for I will keep the commandments of my God.

116 Uphold me according unto thy word that I may live: and let me not be ashamed of my hope.

117 Hold thou me up, and I shall be safe: and I will have respect unto thy statutes continually.

118 Thou hast trodden down all them that err from thy statutes for their deceit is falsehood.

119 Thou puttest away all the wicked of the earth like dross: therefore I love thy testimonies.

120 My flesh trembleth for fear of thee; and I am afraid of thy judgments.

Theme: Safety in His Word

Summary and Application: This is a prayer we need today. Like David let's declare God's Word as our source of hope, our hiding place. Let's pray for God to uphold us by His Word. And by making the choice to find our hope, safety, sustenance in God, we are turning away from the opposing side, the evildoers, the wicked who live deceitfully in falsehood. This points to the importance of God's Word, because how else can we determine truth from lies but from God's Word. God's Word should be our measurement for everything. After all the Bible says in the end times, there would be wolves dressed in sheep's clothing seeking to deceive. In our own understanding, we are easily deceived; but with help of God's Word, we can verify truth and expose lies. Hope in God in His Word

16th section AIN Psalm 119:121-128

Psalm 119:121-128 KJV

121 I have done judgment and justice: leave me not to mine oppressors.

122 Be surety for thy servant for good: let not the proud oppress me.

123 Mine eyes fail for thy salvation, and for the word of thy righteousness.

124 Deal with thy servant according unto thy mercy, and teach me thy statutes.

125 I am thy servant; give me understanding, that I may know thy testimonies.

126 It is time for thee, LORD, to work: for they have made void thy law.

127 Therefore I love thy commandments above gold; yea, above fine gold.

128 Therefore I esteem all thy precepts concerning all things to be right; and I hate every false way.

Theme:

Application:

Observations:

Psalm 119:121-128 KJV

121 I **have done** judgment and justice: **leave me not** to mine **oppressors**.

122 **Be surety** for thy servant for good: **let not** the proud **oppress me**.

123 Mine eyes **fail** for thy salvation, and for the **word** of thy righteousness.

124 **Deal** with thy servant according unto thy mercy, and **teach** me thy **statutes**.

125 I **am** thy servant; give me understanding, that I **may know** thy **testimonies**.

126 It **is** time for thee, LORD, to work: for they **have made** void thy **law**.

127 Therefore I **love** thy **commandments** above gold; yea, above **fine** gold.

128 Therefore I **esteem** all thy **precepts** concerning all things to be right; and I **hate** every **false** way.

Theme: His Word is Priceless

Summary and Application: Can't you just sense the psalmist's frustration at his continued difficulties, especially in verse 126. He said Lord it is time for You to act. Oh I can relate. I know I have prayed before Lord this has went on too long, It's time for a change. He also says, my eyes fail - I have not seen - your salvation Lord. He is pleading with the Lord to not just let his enemies/ oppressors overtake him. I also find it interesting that it is 4 verses in before he mentions God's Word. He is such agony, but in verse 124 he pleads for God's mercy and then asks God to teach him. He intentionally brings his mind back to God. This continues in verse 125, give me understanding Lord. So, he is acknowledging his feeling of overwhelm and frustration that nothing has changed, but yet he brings all that to God and asks for understanding. What a beautiful example for us. When our difficulties become too much, tell God about it, plead for him to intervene and ask for understanding.

17th section PE Psalm 119:129-136

Psalm 119:129-136 KJV

129 Thy testimonies are wonderful: therefore doth my soul keep them.

130 The entrance of thy words giveth light; it giveth understanding unto the simple.

131 I opened my mouth, and panted: for I longed for thy commandments.

132 Look thou upon me, and be merciful unto me, as thou usest to do unto those that love thy name.

133 Order my steps in thy word: and let not any iniquity have dominion over me.

134 Deliver me from the oppression of man: so will I keep thy precepts.

135 Make thy face to shine upon thy servant; and teach me thy statutes.

136 Rivers of waters run down mine eyes, because they keep not thy law.

Theme:

Application:

Observations:

Psalm 119:129-136 KJV

129 Thy testimonies are wonderful: therefore doth my soul keep them.

130 The entrance of thy words giveth light; it giveth understanding unto the simple.

131 I opened my mouth, and panted: for I longed for thy commandments

132 Look thou upon me, and be merciful unto me, as thou usest to do unto those that love thy name.

133 Order my steps in thy word: and let not any iniquity have dominion over me.

134 Deliver me from the oppression of man: so will I keep thy precepts.

135 Make thy face to shine upon thy servant; and teach me thy statutes.

136 Rivers of waters run down mine eyes, because they keep not thy law.

Theme: His Word Shines on Us

Summary and Application: The psalmist is deeply upset that God's Law is not being obeyed and he is longing for God's Word like a dog pants when it longs for water, as his very life depended on it. And it does. The entrance of God's Word brings light, where there was only darkness previously. God's Word also brings understanding. When we are facing our dark nights or dark days for that matter, we need the light of God's Word to shine in our lives, to bring us understanding. But do we long for it as a life and death matter? Now let's consider his request. The psalmist is seeking God's favor to shine upon him; he needs God's mercy. And he needs God to teach him, redeem him and direct his steps. Where do you turn when life gets dark for a season? Let's follow the example of the psalmist and turn to God's Word so it can shed light on our path and let's cry out for mercy, understanding, redemption.

18th section TZADDI Psalm 119:137-144

Psalm 119:137-144 KJV

137 Righteous art thou, O LORD, and upright are thy judgments.

138 Thy testimonies that thou hast commanded are righteous and very faithful.

139 My zeal hath consumed me, because mine enemies have forgotten thy words.

140 Thy word is very pure: therefore thy servant loveth it.

141 I am small and despised: yet do not I forget thy precepts.

142 Thy righteousness is an everlasting righteousness, and thy law is the truth.

143 Trouble and anguish have taken hold on me: yet thy commandments are my delights.

144 The righteousness of thy testimonies is everlasting: give me understanding, and I shall live.

Theme:

Application

Observations:

Psalm 119:137-144 KJV

137 Righteous art thou, O LORD, and upright are thy judgments.

138 Thy testimonies that thou hast commanded are righteous and very faithful.

139 My zeal hath consumed me, because mine enemies have forgotten thy words.

140 Thy word is very pure: therefore thy servant loveth it.

141 I am small and despised, yet do not I forget thy precepts.

142 Thy righteousness is an everlasting righteousness, and thy law is the truth.

143 Trouble and anguish have taken hold on me: yet thy commandments are my delights.

144 The righteousness of thy testimonies is everlasting: give me understanding, and I shall live.

Theme: Zeal for the Word

Summary and Application: we all like to get compliments, right? Stop and think about how you compliment your friends. We either compliment them on something they have done or who they are. Well God is our friend and He likes to get compliments too. At the core of it, that is what Praise and Worship is, we are complimenting God for what He has done and who He is. That is the theme I see in this passage. The psalmist says you are righteous Lord and your righteousness is everlasting; your Word is righteous and very pure. So, He is taking the time to praise God and worship Him, even in midst of His difficulties. He is feeling very small and unwanted due to his troubles. Yet He lifts up His Savior and Lord. I ask me and I ask you, are we doing the same? On those days when trouble surrounds us and we are very small and forgotten, we can change our perspective by lifting up the Lord. Take a few minutes today and see what compliments you can give the Lord God.

19th section KOPH Psalm 119:145-152

Psalm 119:145-152 KJV

145 I cried with my whole heart; hear me, O LORD: I will keep thy statutes.

146 I cried unto thee; save me, and I shall keep thy testimonies.

147 I prevented the dawning of the morning, and cried: I hoped in thy word.

148 Mine eyes prevent the night watches, that I might meditate in thy word.

149 Hear my voice according unto thy lovingkindness: O LORD, quicken me according to thy judgment.

150 They draw nigh that follow after mischief: they are far from thy law.

151 Thou art near, O LORD; and all thy commandments are truth.

152 Concerning thy testimonies, I have known of old that thou hast founded them for ever.

Theme:

Application:

Observations:

Psalm 119:145-152 KJV

145 I **cried** with my whole heart; **hear** me, O LORD: I **will keep** thy statutes.

146 I **cried** unto thee; **save** me, and I **shall keep** thy testimonies.

147 I **prevented** the dawning of the morning, and **cried**: I **hoped** in thy word.

148 Mine eyes **prevent** the night watches, that I **might meditate** in thy word.

149 **Hear** my voice according unto thy lovingkindness: O LORD, **quicken** me according to thy judgment.

150 They **draw nigh** that follow after mischief: they **are** far from thy law.

151 Thou **art** near, O LORD; and all thy commandments **are** truth.

152 Concerning thy testimonies, I **have known** of old that thou hast founded them forever.

Theme: Crying Out for God's Word

Summary and Application: this passage finds the psalmist in deep anguish. He cries with all his heart, this the gut wrenching tears that leave us worn out. He is getting up before dawn to cry out and he is up in the watches of the night in his pain and tears. He feels like those out to get him are getting nearer. So what is his request of the Lord? Answer me Lord, save me, hear my voice, preserve my life. Once again, he looks to God and his Word for help. And I believe this is the first time he refers to Gods Word (circled in blue) as promises. He is standing on the promises of God. Now notice verse 151, he reminds himself that the Lord is near. So yes, his enemies are closing in but by drawing near to God's Word, he remembers that the Lord is near. And if God be for us who can be against us? So we can take note of his playbook here and when tears are all we have and they keep us up at night and get us up early in the morning, get into God's Word, rest on the promises and remember God is near.

20th section RESH Psalm 119:153-160

Psalm 119:153-160 KJV

153 Consider mine affliction, and deliver me: for I do not forget thy law.

154 Plead my cause, and deliver me: quicken me according to thy word.

155 Salvation is far from the wicked: for they seek not thy statutes.

156 Great are thy tender mercies, O LORD: quicken me according to thy judgments.

157 Many are my persecutors and mine enemies; yet do I not decline from thy testimonies.

158 I beheld the transgressors, and was grieved; because they kept not thy word.

159 Consider how I love thy precepts: quicken me, O LORD, according to thy lovingkindness.

160 Thy word is true from the beginning: and every one of thy righteous judgments endureth for ever.

Theme:

Application:

Observations:

Psalm 119:153-160 KJV

153 Consider mine affliction, and deliver me: for I do not forget thy law.

154 Plead my cause, and deliver me: quicken me according to thy word.

155 Salvation is far from the wicked: for they seek not thy statutes.

156 Great are thy tender mercies, O LORD: quicken me according to thy judgments.

157 Many are my persecutors and mine enemies; yet do I not decline from thy testimonies.

158 I beheld the transgressors, and was grieved; because they kept not thy word.

159 Consider how I love thy precepts: quicken me, O LORD, according to thy lovingkindness.

160 Thy word is true from the beginning: and every one of thy righteous judgments endureth for ever.

Theme: Rescued by His Word

Summary and Application: The first thing I notice in this passage is 3 repeated words, which tells us that we should pay attention. We see consider, deliver, and quicken all repeated today. This tells us that the psalmist's request is getting urgent, he is pleading for relief. His persecutors and enemies are many. He is feeling overwhelmed. Have you ever been there? I sure have. He saw his enemies doing something that was against God's laws, and it grieved him. So, what exactly is he asking for? Consider me to examine or inspect. Deliver means to rescue or save. And quicken means to revive, to make alive. The psalmist is asking God to notice/consider/examine his afflictions and to rescue/deliver him and to revive/quicken him. Shining through his desperate pleas for help, is his dependence on and love for God's Word. In the last verse, he elevates God's Word and reminds Himself that God's Word is truth and all of it will endure forever. This reminds me that no matter how bad things get in my world, my deliverance, my rescue, my restoration is found in God and His Word. He then is all my hope and stay.

21st section SCHIN Psalm 119:161-168

Psalm 119:161-168 KJV

161 Princes have persecuted me without a cause: but my heart standeth in awe of thy word.

162 I rejoice at thy word, as one that findeth great spoil.

163 I hate and abhor lying: but thy law do I love.

164 Seven times a day do I praise thee because of thy righteous judgments.

165 Great peace have they which love thy law: and nothing shall offend them.

166 LORD, I have hoped for thy salvation, and done thy commandments.

167 My soul hath kept thy testimonies; and I love them exceedingly.

168 I have kept thy precepts and thy testimonies: for all my ways are before thee.

Theme:

Application:

Observations:

Psalm 119:161-168 KJV

161 Princes have persecuted me without a cause: but my heart standeth in awe of thy word.

162 I rejoice at thy word, as one that findeth great spoil.

163 I hate and abhor lying: but thy law do I love.

164 Seven times a day do I praise thee because of thy righteous judgments.

165 Great peace have they which love thy law, and nothing shall offend them.

166 LORD, I have hoped for thy salvation, and done thy commandments.

167 My soul hath kept thy testimonies: and I love them exceedingly.

168 I have kept thy precepts and thy testimonies for all my ways are before thee.

Theme: Loving His Word

Summary and Application: all throughout Psalm 119, we have seen the psalmist lifting up God's Word but he takes that to the next level in today's passage. His love and admiration for God's Word is the theme of this portion. The only reference to his afflictions is that he has been persecuted by princes and he is hoping for salvation. The rest of the passage is David declaring his esteem for God's Word. Do we love God's Word and esteem it in our lives? If so, how does that show up in your life? I especially love verse 164 where the psalmist says he praises God 7 times a day for His Word. What if we approached God's Word with such high regard and praised God for it as we go about our day. Let's immerse ourselves in God's Word this year. For in it is found all we need for life and godliness

22nd section TAU Psalm 119:169-176

Psalm 119:169-176 KJV

169 Let my cry come near before thee, O LORD: give me understanding according to thy word.

170 Let my supplication come before thee: deliver me according to thy word.

171 My lips shall utter praise, when thou hast taught me thy statutes.

172 My tongue shall speak of thy word: for all thy commandments are righteousness.

173 Let thine hand help me; for I have chosen thy precepts.

174 I have longed for thy salvation, O LORD; and thy law is my delight.

175 Let my soul live, and it shall praise thee; and let thy judgments help me.

176 I have gone astray like a lost sheep; seek thy servant; for I do not forget thy commandments.

Theme:

Application:

Observations:

Psalm 119:169-176 KJV

169 **Let** my cry **come** near before thee, O LORD: **give** me understanding according to thy word.

170 **Let** my supplication come before thee: **deliver** me according to thy word.

171 My lips **shall utter** praise, when thou **hast taught** me thy statutes.

172 My tongue **shall speak** of thy word: for all thy commandments **are** righteousness.

173 **Let** thine hand **help** me; for I **have chosen** thy precepts.

174 I **have longed** for thy salvation, O LORD; and thy law **is** my delight.

175 **Let** my soul **live**, and it **shall praise** thee; and **let** thy judgments **help** me.

176 I **have gone** astray like a lost sheep; **seek** thy servant; for I **do not forget** thy commandments.

Theme: A Body in Complete Subjection to His Word

Summary and Application: today is the final stanza of Psalm 119. As always when studying the Bible, we want to pay attention to repeated words. We see "let" repeated.....let means to allow, that there should be no obstacle. So, the psalmist is asking God to allow his cry to come near the Lord, to allow his supplication/request to come before Him, to allow God's hand to help him, and to allow his soul to live. Basically, he is saying that he is fully dependent on God for deliverance and for life itself. He also requests understanding and deliverance. But the verse that jumped out at me is verse 176 - he confesses that he strays and asks his Shepherd to seek him, to come find him. Again, he is lost without his Shepherd. Have we, have I, come to the place of admitting our full dependence on our Shepherd? Then he closes out this ballad/poem with commitments to praise his Shepherd.