

psalm
119

Stanza by Stanza Study of Psalm 119



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psalm

God's Word 119

Psalms 119, nestled almost exactly in the middle of the Bible, is the longest chapter in the Bible. The author is unknown, but widely thought to be King David or Ezra (the priest at the time the temple was being rebuilt).

It is dedicated to the truth, power, and necessity of God's Word. The Word of God in some form (law, rule, promise, precepts, commandments, testimonies, statute, ways, work) is mentioned in nearly all 176 verses.

Written as an acrostic poem, the 176 verses in Psalm 119 are broken out into 22 stanzas, corresponding to the letters in the Hebrew alphabet and including 8 verses in each stanza.

We created this workbook to help you dig deeper into Psalm 119 stanza by stanza to slowly and intentionally gain a greater love and appreciation for the fullness and sufficiency of God's Word.

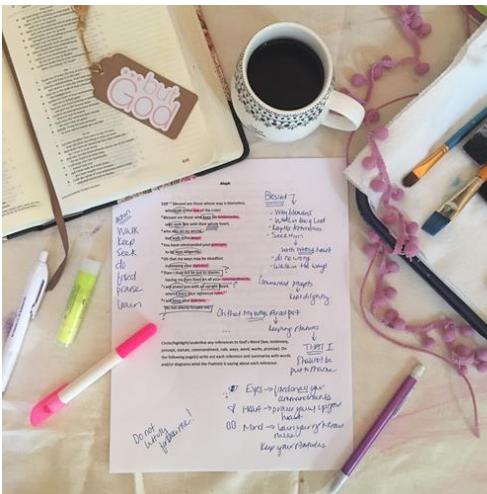
At the start of each passage, take time to slowly read the verses several times and reflect on them. Journal your initial thoughts as you read each section. Ask God to reveal truth to you as you think through each passage. Ask God to give you a lifelong love for His Word!

Following is one way to approach each stanza...

1. Highlight the references to God's Word and take any notes within the text and/or margin (restate the passage, note key connections, include question marks for things to look up later, etc.)
2. On a separate page, write out the individual references to God's Word along with a summary of what the passage says about it in each instance.

- Write out the questions you had and reference commentaries (you can reference your study Bible if you have one, Google commentaries with the verse you are wanting to research, or visit www.bueletterbible.org/commentaries for a wide range of commentaries from different Biblical scholars).
- Summarize your key takeaways and new things you discovered about God's Word from the passage.

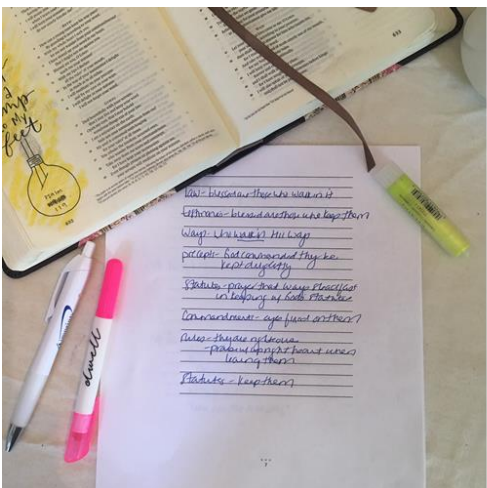
Here is a sample from the first stanza, Psalm 119:1-8...



1

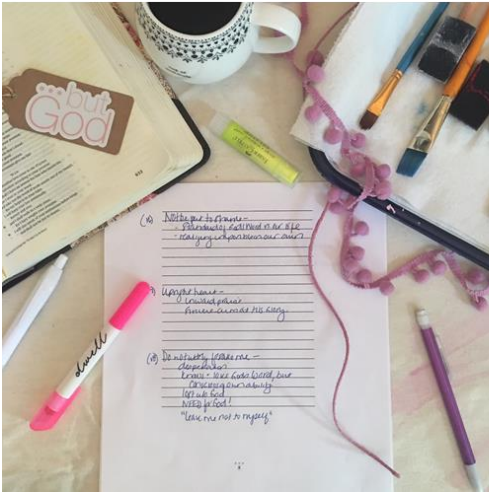
I highlight all of the references to God's Word in the passage and take notes / restate the verses in the text and margins.

I put a question mark by things I don't understand or want to look up later.



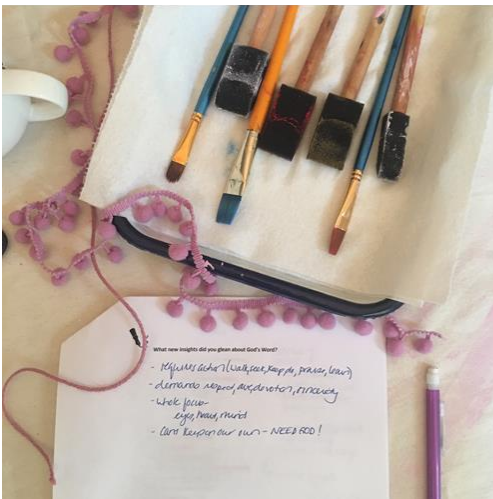
2

I write out each of the references to God's Word along with some notes on what the passage says about it.



3

I write out the items I had a question mark by and I look up various commentaries to see what they say to try to better understand.



4

I sum up my key takeaways and new things I learned about God's Word from the passage.

You can play around with different approaches until you find what works best for you.

Additional resources related to studying Psalm 119 are included on our website at www.butGodMinistry.com/Psalm119

Are you ready for a fresh dose of a love for God's Word? Let's do this!

Aleph

119 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!



Take notes in the text and the margin as you read the passage. Circle / highlight / underline any references to God's Word (law, testimony, precept, statute, commandment, rule, ways, word, works, promise). On the following page(s) write out each reference and summarize with words and/or diagrams what the Psalmist is saying about each reference. Take notes on any commentaries you look up for questions you had. Finally, summarize your key takeaways and what you learned about God's Word in this passage.





What are your key takeaways and/or new insights you gleaned about God's Word?

Beth

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.



Take notes in the text and the margin as you read the passage. Circle / highlight / underline any references to God's Word (law, testimony, precept, statute, commandment, rule, ways, word, works, promise). On the following page(s) write out each reference and summarize with words and/or diagrams what the Psalmist is saying about each reference. Take notes on any commentaries you look up for questions you had. Finally, summarize your key takeaways and what you learned about God's Word in this passage.





What are your key takeaways and/or new insights you gleaned about God's Word?

Gimel

- 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.



Take notes in the text and the margin as you read the passage. Circle / highlight / underline any references to God's Word (law, testimony, precept, statute, commandment, rule, ways, word, works, promise). On the following page(s) write out each reference and summarize with words and/or diagrams what the Psalmist is saying about each reference. Take notes on any commentaries you look up for questions you had. Finally, summarize your key takeaways and what you learned about God's Word in this passage.





What are your key takeaways and/or new insights you gleaned about God's Word?

Daleth

- 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!



Take notes in the text and the margin as you read the passage. Circle / highlight / underline any references to God's Word (law, testimony, precept, statute, commandment, rule, ways, word, works, promise). On the following page(s) write out each reference and summarize with words and/or diagrams what the Psalmist is saying about each reference. Take notes on any commentaries you look up for questions you had. Finally, summarize your key takeaways and what you learned about God's Word in this passage.





What are your key takeaways and/or new insights you gleaned about God's Word?

He

- 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!



Take notes in the text and the margin as you read the passage. Circle / highlight / underline any references to God's Word (law, testimony, precept, statute, commandment, rule, ways, word, works, promise). On the following page(s) write out each reference and summarize with words and/or diagrams what the Psalmist is saying about each reference. Take notes on any commentaries you look up for questions you had. Finally, summarize your key takeaways and what you learned about God's Word in this passage.



What are your key takeaways and/or new insights you gleaned about God's Word?

Waw

- 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.



Take notes in the text and the margin as you read the passage. Circle / highlight / underline any references to God's Word (law, testimony, precept, statute, commandment, rule, ways, word, works, promise). On the following page(s) write out each reference and summarize with words and/or diagrams what the Psalmist is saying about each reference. Take notes on any commentaries you look up for questions you had. Finally, summarize your key takeaways and what you learned about God's Word in this passage.





What are your key takeaways and/or new insights you gleaned about God's Word?

Zayin

- 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.



Take notes in the text and the margin as you read the passage. Circle / highlight / underline any references to God's Word (law, testimony, precept, statute, commandment, rule, ways, word, works, promise). On the following page(s) write out each reference and summarize with words and/or diagrams what the Psalmist is saying about each reference. Take notes on any commentaries you look up for questions you had. Finally, summarize your key takeaways and what you learned about God's Word in this passage.





What are your key takeaways and/or new insights you gleaned about God's Word?

Heth

- 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!



Take notes in the text and the margin as you read the passage. Circle / highlight / underline any references to God's Word (law, testimony, precept, statute, commandment, rule, ways, word, works, promise). On the following page(s) write out each reference and summarize with words and/or diagrams what the Psalmist is saying about each reference. Take notes on any commentaries you look up for questions you had. Finally, summarize your key takeaways and what you learned about God's Word in this passage.





What are your key takeaways and/or new insights you gleaned about God's Word?

Teth

- 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.



Take notes in the text and the margin as you read the passage. Circle / highlight / underline any references to God's Word (law, testimony, precept, statute, commandment, rule, ways, word, works, promise). On the following page(s) write out each reference and summarize with words and/or diagrams what the Psalmist is saying about each reference. Take notes on any commentaries you look up for questions you had. Finally, summarize your key takeaways and what you learned about God's Word in this passage.





What are your key takeaways and/or new insights you gleaned about God's Word?

Yodh

- 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!



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What are your key takeaways and/or new insights you gleaned about God's Word?

Kaph

- 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.



Take notes in the text and the margin as you read the passage. Circle / highlight / underline any references to God's Word (law, testimony, precept, statute, commandment, rule, ways, word, works, promise). On the following page(s) write out each reference and summarize with words and/or diagrams what the Psalmist is saying about each reference. Take notes on any commentaries you look up for questions you had. Finally, summarize your key takeaways and what you learned about God's Word in this passage.





What are your key takeaways and/or new insights you gleaned about God's Word?

Lamedh

- 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.



Take notes in the text and the margin as you read the passage. Circle / highlight / underline any references to God's Word (law, testimony, precept, statute, commandment, rule, ways, word, works, promise). On the following page(s) write out each reference and summarize with words and/or diagrams what the Psalmist is saying about each reference. Take notes on any commentaries you look up for questions you had. Finally, summarize your key takeaways and what you learned about God's Word in this passage.





What are your key takeaways and/or new insights you gleaned about God's Word?

Mem

- 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.



Take notes in the text and the margin as you read the passage. Circle / highlight / underline any references to God's Word (law, testimony, precept, statute, commandment, rule, ways, word, works, promise). On the following page(s) write out each reference and summarize with words and/or diagrams what the Psalmist is saying about each reference. Take notes on any commentaries you look up for questions you had. Finally, summarize your key takeaways and what you learned about God's Word in this passage.





What are your key takeaways and/or new insights you gleaned about God's Word?

Nun

- 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.



Take notes in the text and the margin as you read the passage. Circle / highlight / underline any references to God's Word (law, testimony, precept, statute, commandment, rule, ways, word, works, promise). On the following page(s) write out each reference and summarize with words and/or diagrams what the Psalmist is saying about each reference. Take notes on any commentaries you look up for questions you had. Finally, summarize your key takeaways and what you learned about God's Word in this passage.





What are your key takeaways and/or new insights you gleaned about God's Word?

Samekh

- 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.



Take notes in the text and the margin as you read the passage. Circle / highlight / underline any references to God's Word (law, testimony, precept, statute, commandment, rule, ways, word, works, promise). On the following page(s) write out each reference and summarize with words and/or diagrams what the Psalmist is saying about each reference. Take notes on any commentaries you look up for questions you had. Finally, summarize your key takeaways and what you learned about God's Word in this passage.





What are your key takeaways and/or new insights you gleaned about God's Word?

Ayin

- 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.



Take notes in the text and the margin as you read the passage. Circle / highlight / underline any references to God's Word (law, testimony, precept, statute, commandment, rule, ways, word, works, promise). On the following page(s) write out each reference and summarize with words and/or diagrams what the Psalmist is saying about each reference. Take notes on any commentaries you look up for questions you had. Finally, summarize your key takeaways and what you learned about God's Word in this passage.





What are your key takeaways and/or new insights you gleaned about God's Word?

Pe

- 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.



Take notes in the text and the margin as you read the passage. Circle / highlight / underline any references to God's Word (law, testimony, precept, statute, commandment, rule, ways, word, works, promise). On the following page(s) write out each reference and summarize with words and/or diagrams what the Psalmist is saying about each reference. Take notes on any commentaries you look up for questions you had. Finally, summarize your key takeaways and what you learned about God's Word in this passage.





What are your key takeaways and/or new insights you gleaned about God's Word?

Tsadhe

- 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.



Take notes in the text and the margin as you read the passage. Circle / highlight / underline any references to God's Word (law, testimony, precept, statute, commandment, rule, ways, word, works, promise). On the following page(s) write out each reference and summarize with words and/or diagrams what the Psalmist is saying about each reference. Take notes on any commentaries you look up for questions you had. Finally, summarize your key takeaways and what you learned about God's Word in this passage.





What are your key takeaways and/or new insights you gleaned about God's Word?

Qoph

- 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.



Take notes in the text and the margin as you read the passage. Circle / highlight / underline any references to God's Word (law, testimony, precept, statute, commandment, rule, ways, word, works, promise). On the following page(s) write out each reference and summarize with words and/or diagrams what the Psalmist is saying about each reference. Take notes on any commentaries you look up for questions you had. Finally, summarize your key takeaways and what you learned about God's Word in this passage.





What are your key takeaways and/or new insights you gleaned about God's Word?

Resh

- 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.



Take notes in the text and the margin as you read the passage. Circle / highlight / underline any references to God's Word (law, testimony, precept, statute, commandment, rule, ways, word, works, promise). On the following page(s) write out each reference and summarize with words and/or diagrams what the Psalmist is saying about each reference. Take notes on any commentaries you look up for questions you had. Finally, summarize your key takeaways and what you learned about God's Word in this passage.



Lined writing area with horizontal lines.



What are your key takeaways and/or new insights you gleaned about God's Word?

Sin and Shin

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.



Take notes in the text and the margin as you read the passage. Circle / highlight / underline any references to God's Word (law, testimony, precept, statute, commandment, rule, ways, word, works, promise). On the following page(s) write out each reference and summarize with words and/or diagrams what the Psalmist is saying about each reference. Take notes on any commentaries you look up for questions you had. Finally, summarize your key takeaways and what you learned about God's Word in this passage.





What are your key takeaways and/or new insights you gleaned about God's Word?

Taw

- 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.



Take notes in the text and the margin as you read the passage. Circle / highlight / underline any references to God's Word (law, testimony, precept, statute, commandment, rule, ways, word, works, promise). On the following page(s) write out each reference and summarize with words and/or diagrams what the Psalmist is saying about each reference. Take notes on any commentaries you look up for questions you had. Finally, summarize your key takeaways and what you learned about God's Word in this passage.





What are your key takeaways and/or new insights you gleaned about God's Word?

psalm

English Standard Version (ESV)

119

psalm

English Standard Version (ESV) 119

Your Word Is a Lamp to My Feet

Aleph

- 119 ^[a] 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. ^[b]
- ⁸ I will keep your statutes;
do not utterly forsake me!

Beth

- 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 ^[c] 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.

Gimel

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^[d] 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.

Daleth

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!^[e]

He

- ³³ Teach me, O LORD, the way of your statutes;
and I will keep it to the end.^[f]
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!

Waw

- 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.

Zayin

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.

Heth

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!

Teth

- 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.

Yodh

- 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!

Kaph

- 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?^[6]
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.

Lamedh

- 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.

Mem

- 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,^[h]
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.

Nun

- 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.^[i]

Samekh

- 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.

Ayin

- 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.

Pe

- 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.

Tsadhe

- 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.

Qoph

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.

Resh

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.

Sin and Shin

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,
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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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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.

Footnotes:

- a. **Psalm 119:1** This psalm is an acrostic poem of twenty-two stanzas, following the letters of the Hebrew alphabet; within a stanza, each verse begins with the same Hebrew letter
- b. **Psalm 119:7** Or *your just and righteous decrees*; also verses **62, 106, 160, 164**
- c. **Psalm 119:13** Or *all the just decrees*
- d. **Psalm 119:20** Or *your just decrees*; also verses **30, 39, 43, 52, 75, 102, 108, 137, 156, 175**
- e. **Psalm 119:32** Or *for you set my heart free*
- f. **Psalm 119:33** Or *keep it as my reward*
- g. **Psalm 119:84** Hebrew *How many are the days of your servant?*
- h. **Psalm 119:100** Or *the elders*
- i. **Psalm 119:112** Or *statutes; the reward is eternal*

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