

A Study of Psalm 119

By
Dr. Charlene Elder

© 2013 Charlene Elder, Jubilee Christian Center

*We encourage you to download this for your personal study
or group study of God's Word.*

Printed copies for Group Study are available for a donation of \$7 per copy.

*For further information and additional encouragement, go to
www.jubileeonlinechurch.org.*

If you ever panned for gold, you know the excitement of finding little gold nuggets. When you discovered them, you were thrilled. You kept them close to you and treasured them. God's Word is like that. Within its pages are treasures that will change your life forever.

In this study of Psalm 119 you'll discover wonderful truths of God's love that will transform your life, encourage you in your daily walk, and strengthen your faith. Keep your heart open to hear from God as you go through this study. I believe you'll receive a deeper revelation of His love and the power of His Word.

*“Blessed are those who keep His testimonies,
who seek Him with their whole heart;”*

Psalm 119:2, NIV

Let's begin with an overview of this Psalm.

INTRODUCTION

Psalm 119 is actually the longest chapter in the Bible with 176 verses. It is also unique in how it is laid out. Each stanza of eight verses follow the letters of the Hebrew alphabet and are in alphabetical order. In our study you'll gather nuggets of truth from God's Word, and learn a little bit about the Hebrew language in the process.

Many refer to Psalm 119 as an “acrostic” psalm because it contains each of the 22 Hebrew consonants, in order. Each “stanza” contains 8 verses, and the first word of each verse begins with a letter from the Hebrew Alphabet. Thus, verses 1-8 each begin with “aleph”, the first letter of the alphabet in Hebrew. Verses 9-16 begin with the next letter of the Hebrew alphabet, “beth”, etc. My *New International Version* shows the Hebrew symbol *and* the letter of the Hebrew alphabet before each separated stanza.

As you read these individual ‘stanzas’ through Psalm 119, I encourage you to spend more time meditating on the verses in each and allow the Holy Spirit to minister and speak directly to you.

It's fascinating that this entire Psalm focuses on the Word of God, also referred to as the Law, His Testimonies, commandments, statutes, and precepts. Through this study you will see what the Word of God is, you'll learn what the Word of God does for you, how you can walk in the light of the Word, and the benefits and blessings of *knowing* the Word. We'll also tie in New Testament verses as we study Psalm 119 because Jesus was the Word manifested to us (John 1:1). The more you learn and know God's Word, the more you'll know who Jesus is in your life.

You'll be *blessed—happy, to be envied*—as you walk in the Word of God. God's Word is His power, the expressed picture of *who* He is, and *all* that He has for *you*.

Each stanza in Psalm 119 has been divided into a chapter study. The scripture reference is provided but it's good to read it from your Bible.

CHAPTER 1

You'll recall from the introduction section that each 8 verses throughout Psalm 119 form a 'stanza'. Many Bibles will show a division of each stanza, and some versions will also give the Hebrew letter of the alphabet as well. Let's get started—at the beginning. The first 8 verses of Psalm 119 come under the first letter of the Hebrew alphabet: A. It is Aleph.

PSALMS 119:1-8



(A)

- 1 "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!”
Psalm 119:1-8, ESV

One of the main themes of Psalm 119 is God’s Word and its importance and necessity in your life as a believer. Notice how the Psalmist talks about God’s Word: It is *the Law of the Lord* in verse 1; *His statutes* in verse 2; *His precepts* in verse 4; *His decrees* in verse 5 and 8; *His commands* in verse 6; and *righteous laws* in verse 7. What does this tell you about the Word of God? Simply put, it is God’s directions for how to enjoy and live a blessed life under His direction.

God’s Word is your spiritual foundation, and it must have a place of prominence (importance) in your everyday life. The Word is the *power* of God (Romans 1:16) available for you, but it won’t help you unless you read it with an open heart ready hear God speak to you, and receive it, and then walk in it.

When your life is based on God’s Word, you can rest in knowing that you are living on a foundation that will never crumble or give way. God’s Word is *living*, it is *powerful* (Hebrews 4:12), and it will enable you to stand against anything you face in life.

There’s much *more* to God’s Word than just reading ‘words’. As you read each stanza I trust you’ll hear and receive God’s words because they are life-giving words from God. John 1:14 says it this way: “*the Word became flesh and made His dwelling among us....*”

When you can get a clear picture of the importance of God’s Word, you’ll be stirred or urged and nudged by the Holy Spirit to keep reading, learning, listening, and following the Word. Jesus told His disciples that “*the words I have spoken to you, they are full of the Spirit and Life.*” (John 6:63) In Matthew 4:4, Jesus also said that “*man does not live on bread alone, but on every word that comes from the mouth of God.*” Doesn’t that show you the importance of God’s Word in your life?

That's why the Psalmist, even before Jesus' time, said in the opening verses of Psalm 119 that when you put the Word of God first in your life, you'll be blessed and not put to shame. The Psalmist knew God's Word would direct him in life, it would encourage and strengthen him. It would give him greater understanding and wisdom, more than what is achieved solely by human ability.

Did you see in the first two verses that *blessing* is pronounced on those who walk according to God's Word?

1 "**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...

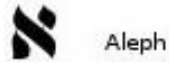
It's not in *your* doing or trying to stay blameless in your own efforts. You're in right standing with God through Jesus. God's blessings accompany HIS WORD. God has blessed you with every spiritual blessing through the finished work of Jesus.

Paul put it this way to the Ephesian church: "*Blessed be the God and Father of our Lord Jesus Christ, who **has blessed us with all spiritual blessings in Christ...***" (Ephesians 1:3). Without side-tracking totally in our study, the Greek word '*blessed*' in this verse refers to *bounty, blessing, bountiful*. It gives us a picture of ALL that Jesus has provided for you and me through His finished work.

So, does God want to bless you? Yes! He is a God of blessings! His supply is never empty. Although King David didn't live under the *New Covenant* of God's Grace and Blessings, he had supernatural insight (revelation) I believe into God's heart, God's blessings.

There's so much more in our study of Psalm 119, so I encourage you to keep reading and develop a deeper hunger for God's Word. "*It is not hasty reading, but seriously meditating upon Holy and Heavenly Truths that makes them prove sweet and profitable to the soul.*" (Bishop Joseph Hall, 1600's).

This is the *beginning*, the **Aleph**, of the riches of God's Word and Grace for you. Re-read verses 1-8 and allow the Holy Spirit to reveal a greater revelation of the Word to you today and His abundant, overflow of blessings that are yours.



Aleph (A)

- 1 "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!"*

Let His Word live BIG in you!

CHAPTER 2

Our study in Chapter 2 begins with the second stanza of Psalm 119, verses 9-16.

PSALM 119:9-16



Beth (B,V)

- "9How 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.”*

Psalm 119:9-16, ESV

In this stanza you're probably most familiar with verse 11 in the KJV version: "*Thy word have I hid in mine heart, that I might not sin against thee.*" You may have even memorized this particular verse when you were a child. This verse is pivotal for answering the question in verse 9: how can you stay on the straight and narrow pathway?

The Psalmist shares that the only way he knows to stay on the straight and narrow pathway is by putting the Word of God first place in his life. It's not in the *doing* of rules and rituals or exercises that makes you pure or holy. In your sinful nature, you can't do anything to make yourself holy and pure before God. But through Jesus, the Word made flesh, you are justified through His finished work on the Cross; therefore it is God's Grace that enables you to stand "in Christ", totally loved and accepted, holy and pure before God.

You continue to be conformed to the image of Christ as you take heed—pay attention to—God's Word. Paul tells us that in Romans 12:2 that we need to be transformed by the renewing of our minds, and that happens *when* we give ourselves to God's Word, *when* we get a new image of ourselves from what the Word says. The Word is your guide, your light, and your compass showing you where to go (Psalms 119:105).

People go to beauty shops in hopes of getting a *new image* of themselves through a new hairdo or new makeup. That's all good and fine, but the outside doesn't necessarily change the inside. For believers the only way to have a *new image* of yourself as a born-again beloved child of God is by *renewing your mind and thinking* the same way as God thinks about you: a precious, beloved child.

The enemy of your soul doesn't want you to renew your mind and think and meditate on the Word. He wants you to continue to feel ashamed and unworthy before God. He wants you to continue dwelling on what you *haven't* done, **not** on what Jesus has already done. IF he can continue to defeat you and keep you in bondage to inferior thinking, he can keep you from seeing WHO you ARE in Jesus Christ. It's time right now, today, to begin renewing your mind in God's Word and seeing yourself as God's beloved child.

Even Joshua 1:8 makes it clear as well. Joshua encouraged the children of Israel but they were to meditate on it continually. They were to keep God's Word before their eyes and in their mouths so they'd know what to do. In following God's instructions they would have great success *and* be prosperous. Paul amplifies this in Romans 10:8 when he says "*...the Word [of faith] is nigh thee, even in thy mouth and in thy heart; that is the word of faith that we preach.*"

When your mind is continually renewed in God's Word, you'll do as the Psalmist did in verse 13. He said that with *his lips* he declares all the rules [ways] of God's mouth—what God has spoken in His Word. Are you declaring His words in your life? Are they a delight to your heart?

Let His Words come from a heart of thanksgiving and love as *you declare* what God has spoken to you. *His Word in you carries His power.* Don't hold it in but continue to meditate on it. Speak it forth and watch God's Word change your circumstances. Remember—the Word is in your heart and in your mouth.

CHAPTER 3

In this chapter we're looking at verses 17-24 of Psalm 119.

PSALM 119:17-24



Gimel ·

Gimel (G, Gh)

- 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.”*

Psalm 119:17-24, ESV

In Chapter 2 we saw that the Psalmist said the best way to live a holy life is to live according to God’s Word. Why is that? Because when God’s Word is stored in your heart, you won’t have a desire to sin against Him or others. The Word of God, the will of God, will always lead you to following the higher law of love, which Jesus demonstrated. (John 3:16; Galatians 5:14)

In this chapter we’re looking at verses 17-24 in the third “stanza” of Psalm 119, under the Hebrew letter Gimel, G-Gh. I trust you’ll take time to glean more from these verses at different settings. The Word is multi-faceted so the more time you spend focusing and meditating on it, the more illumination and revelation you’ll receive. It gets better and better.

The Psalmist immediately begins in verse 17 by asking for God’s abundant blessings in his life—to deal bountifully with him. He knows God’s blessings come when he follows God’s way. He’s experienced this truth in his own life. The more the Word of God is *in* you, the more evidence and reality you’ll see in experiencing God’s blessings. We’ve said it before, and this won’t be the last time I’m sure: God is a blessing God. His blessings, His promises are ‘yea and amen in Christ’ (2 Cor. 1:20). That means it’s a done deal for us.

The Psalmist wants God to *open his eyes* to wonderful truths in the Word. You can’t totally understand God’s Word without the power of the Holy

Spirit giving you understanding. Jesus promised after His resurrection that the Holy Spirit would come and be your teacher and *'guide you into all truth'* (John 16:13). Jesus said *'My words are spirit and they are life.'* (John 6:63) When the Spirit of God dwells in you, you'll be able to understand spiritual things that your natural man can't understand.

You and I are not *of this world* when we believe in Jesus Christ. Even the Psalmist agrees. He says that he is a *sojourner on the earth* (vs. 19). This world wasn't his and isn't our final place of residency. When you're a Christian, you are a citizen of Heaven. Philippians 3:20 says: *"But we are citizens of Heaven, where the Lord Jesus Christ lives"*. (NLT) Paul tells believers in Colossians 3:1 (ESV) that *"if then you have been raised with Christ, seek those things that are above, where Christ is, seated at the right hand of God."*

We are passing through in this life here on earth. Our *real* life is already secured in Heaven with our God. AND, we don't have to wait until we get to Heaven to experience **all** that God has for us. By allowing God's Word to direct your steps, you'll experience **more** of God each day.

Spend some time meditating on this portion of scripture. Grasp the importance of the power of God's Word in your life, God's *words* to you. Don't wait until you get to Heaven to draw on God's spiritual storehouse. All that He's provided is available to you today, so dig in. Ask the Lord to open your eyes more and more so you can walk in the truth of His Word. You can't totally understand God's Word without the power of the Holy Spirit giving you understanding. As you ask for His help, He'll give you revelation and understanding in a greater way than you've had before.

Even in the midst of obstacles (verses 22-23) where everyone else seems to be against you, even ridicule you for your stand of faith, you can stand strong for the Lord, because the greater one lives big in you.

When you continue to meditate on His Word and make it part of your daily walk, you'll be stronger, rooted and grounded in Him (Ephesians 3:17), walking in love. You'll be spiritually minded which Paul says in Romans 8:5

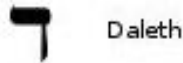
is life and peace. You'll know what you are to do, where you are to go, what you are to say.

“For I know the plans I have for you, declares the Lord, plans to prosper you and not to harm you, plans to give you a hope and a future.” (Jeremiah 29:11) That is God's promise (His word) to you. His words become your counselor, directing you in the good things that God has for you. Don't seek counsel from the world because that way only leads to frustration and emptiness. Counsel from God's Word will always bring peace and fulfillment.

CHAPTER 4

In this chapter we'll cover verses 25-32 and see how important the Word was in the Psalmist's life. How important is God's Word in your life?

PSALM 119:25-32



Daleth (D)

- 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!*

Psalm 119:25-32, ESV

You'll find as you read and re-read through these particular verses that the Psalmist knows that God's Word not only revives him (vs. 25), but it gives him life and strength—physical strength for his physical body as well as spiritual strength (vs. 28). I'm sure you can add your 'Amen' in these verses as you've discovered the life-giving power of God's Word in your own life.

Hebrews 4:12 says that God's Word is living; it is active. First, *it* is full of life, life-giving truth that indeed sets you free from the bondage of sin and death. The more you partake of God's Word, the more *life* you receive. Second, *it* is active. Each time you pick up God's Word and read it, the Word is energetic, active-alive, filled with God's nature—who He is. How could His Word be anything else? One of the definitions for the word 'active' means *involving direct participation*; however, God's Word won't become active in your life until you are a participant, reading and studying it. The more you do, the stronger you'll be as a child of God, and the more the Word will grow *in* you.

Here's where the rubber meets the road: you have a choice. You can be open to hear from God or you can close your heart and decide to do things on your own.

One of the main keys to receiving the truth in God's Word is to have an open heart to hear Him speaking to you. When you have a *hearing heart*, you *will* hear Him speak to you as you read and study His Word. God desires to spend time with you, to fellowship with you. When your heart is open during times of fellowship, He will speak to you—He'll highlight a particular verse or verses to you; He will stir your spirit to receive His promises, His Word. He wants to share His heart and His love with you.

In verse 26 the Psalmist said that he poured out his heart to the Lord, sharing his griefs, and God listened to him. The Lord is never too busy to hear you call on Him. He's always "on call" and will always respond.

When the things in life weigh you down, when everything gets too busy, too heavy, you'll find restoration and strength in God's Word. The Amplified version of verse 28 puts it this way: "*My life dissolves and weeps itself*

away for heaviness; raise me up and strengthen me according to [the promises of] your Word.”

The Psalmist knew *from experience* the power of God’s Word in his life, and he only had the Law; yet he understood far more than others did at that time. Even during times of distress and war, he called on the Lord and stood on God’s promises to him.

The Psalmist had already discovered that false ways in this world only lead to destruction, frustration, and emptiness. He wants to be kept from getting dragged into that arena and asks the Lord to teach him His law, His Word. In fact he says ‘graciously’ teach me. I always think of a gracious host being a person who is so glad you’ve come to see them, ushers you in like you’re the most important person to them, has already prepared some nourishment for you, and just wants to sit and hear from you and encourage you. That’s how God is toward *you*. He wants to graciously teach you from His Word as you spend time reading it, meditating on it, and enjoying His fellowship.

Notice, too, that the Psalmist declares that he has chosen the way of faithfulness; God’s Word again is set before him (vs. 30). The more you allow God’s Word entry into your heart, the deeper your faith will grow. Like a plant that starts as a seed and as it is watered, it receives nourishment and soon the first blade comes through the ground. Continual watering and nourishing produces a strong plant that soon will be able to bear fruit. That’s how you also grow in faithfulness. Continually feeding on God’s Word, following what He says, believing His promises, and activating faith in His Word.

He is determined in verse 32 to *run in the way of God’s Word*. The result was *growth* – growth in understanding God’s love, of His infinite Grace, and increased presence in his life. He is the same God today, so when you *run in the way of God’s Word*, your understanding and revelation of WHO God is through Jesus will expand and grow.

Isaiah also told God’s people that expansion and growth was coming. “Enlarge the place of your tent, and let the curtains of your habitations be

stretched out; do not hold back; lengthen your cords and strengthen your stakes.” (Isaiah 54:2)

Growth, expansion, depth is coming. As you give God’s **Word first place** in your life and in your heart, you **will** increase, so get ready for all that God will do in and through you. His Word is working in you, enabling you beyond what you can do on your own—that’s God’s love and grace working in you today.

CHAPTER 5

Previously we saw that our spiritual walk with the Lord will grow as we put God’s Word first. In order to continue the growth process in your spiritual life, it’s important to continually feed on God’s Word. The more you feed on the truth of His Word, you’ll want to follow it. That’s what the Psalmist did: “I have chosen the way of truth” (vs. 30, Amplified version).

PSALM 119:33-40



Heh (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!*
Psalm 119:33-40, ESV

From our vantage point this side of the Cross, we understand that Jesus is the Way, the Truth, and the Life. King David looked ahead to what was to come as he understood God's Word. Yet, he knew that following God's Way enabled him to walk and enjoy God's blessings.

Jesus has shown us the way to a life full of God's blessings through His Word and believing in Him. Jesus spoke the Truth. He only said what His Father said; He only did what His Father showed Him (John 5:19, John 12:49). He came to give you and I **real** Life—life full of God's blessings here on earth and life in His presence for eternity (John 10:10). Remember what John 20:31 said: *"But these [things] are written that you may believe that Jesus is the Christ, the Son of God, and that by **believing** you may have **life** in His Name."*

From these particular verses we can see the difference in the Life that God has given us through Jesus and what happens when we try to live life on our own terms, without God. Also note that there are "action" words the Psalmist uses in requesting God's help so he can continue walking and living according to God's plan. In verses 33-34 he says *"teach me and guide me"*. You can't learn anything in life without being teachable, able to learn. If you have a willing heart to learn, God will respond and direct your steps. *"The entrance of your Word gives light"* (see verse 130). Check out these other verses that also show God's willingness to teach you – Proverbs 2:6 and James 1:5.

There's our part in walking according to God's Word and His ways, also. You won't make any forward progress spiritually if you don't involve yourself in the process. You will have choices. You can take the easy route or you can take the disciplined route.

Verses 36-37 show that there are worthless worldly things that vie for your attention in life. As the Amplified version says, there are things full of vanity, idols and idolatry that invade your vision. You've probably been there:

enticed by the fake ‘riches’ of the world only to be depleted and abandoned. That’s what the Psalmist is telling the Lord - ‘*Lord, I need **your** help to overcome the temptations, not to be sucked into the world and its way because it only leaves me empty, but I find delight and life in following **your** way, **your** Word.*’ Keeping God’s Word foremost in your thoughts and actions will enable you to stay clear of worldly pursuits while you continue growing in Him.

There’s another verse in this stanza where the Psalmist makes a **bold** statement. In verse 40 he says that it is God’s righteousness that gives him life. In his own strength, he can’t be in right standing before God. In our own strength, abilities, talents, etc., you and I can’t be in right standing before God; and we can’t **do** anything to “earn” that standing. So then, If we don’t have help in this area, there’s no hope for us.

But wait! There **IS** help, and there **IS** hope. Paul says in 1 Corinthians 1:30 that “*because of Him [God] that you are **in Christ Jesus, who has become for us wisdom from God—that is, our righteousness, holiness, and redemption.***” We aren’t made “right” in our own sinful selves. Our “righteousness” is solely based on what Jesus accomplished for us on the Cross. He took our place and in doing so, when we are born again, we are *in Christ*, and God sees us through His Son who is altogether righteous.

This is what the Psalmist is rejoicing about in Psalm 119:40. He declares that his renewed life comes through God’s righteousness. He may not have totally understood how that would work through Jesus Christ since he lived long before Jesus entered the earth; but he *knew* that God was the one to provide *his* righteousness, *his* right standing, and *in Him* his life was renewed.

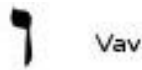
Recognize today that Jesus has made you righteous before your Heavenly Father. Rejoice in that truth and let it renew your mind as you continue to meditate on God’s amazing grace.

CHAPTER 6

We've seen in our study how much of a place the Psalmist gave to God's Word. I trust that your hunger for God's Word is increasing and growing more each day.

Notice that in this next stanza we're spending more time delving into verse 41 first.

PSALM 119:41



Vav or Waw (U, V, W)

- 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.*

Psalm 119:41-48, ESV

It's interesting that the Psalmist starts out in this stanza by calling for God's steadfast love and salvation. God's love for man—for you and I—hasn't changed since Creation. It was out of God's love that He blessed Adam and Eve in the beginning. Once they sinned, God continued to work in the earth helping man to see and understand His great love for him. You can't deny God's love. You can choose not to accept it, but you can't deny that God loves you. He's provided restoration and restored fellowship for everyone because of His love. And this LOVE is declared throughout the Word of God:

- **Psalm 86:15:** *“But you, O Lord, are a God merciful and gracious....abounding in steadfast love and faithfulness.”*
- **John 3:16:** *“For God so loved the world that He gave....”*;
- **Romans 5:8:** *“But God shows his love for us in that while we were still sinners, Christ died for us.”*
- **1 John 4:9-10:** *“In this the love of God was made manifest among us, that God sent His only Son into the world, so that we might live through Him...”*
- **John 14:23:** *“Jesus answered and said unto him, If a man love me, he will keep my words: and my Father will love him, and we will come unto him, and make our abode with him.”*

Once you get a revelation of God’s love **for you**, you won’t be able to contain it, and His *love letter* (His Word) will mean even more to you.

When you have a solid revelation and foundation in God’s love, nothing can shake you. In verses 42-28 the Psalmist declares his dependence on God’s Word in answering those who question his motives and beliefs, those who make fun of him, and even those who want to shame him. It’s not a surprise that the world makes fun of Christians. *They* taunt believers. They may even taunt you, trying to get you to back down on your beliefs. The world tries to mold you into *their* way of thinking and acting. But the world is at enmity with God—they are in opposition to God’s rule and reign, His ways, His Word—because they don’t know the **love** of God.

The Psalmist declares that as he trusts in the Lord and His Word, he’ll *have* the answer he needs when people question him. He’ll have supernatural wisdom from the Holy Spirit to know what to say and when to say it. And he says that even when he shares his testimony before kings and those in authority, he’ll have a boldness and strength in declaring God’s Word.

I trust you find great encouragement and strength in these verses as you continue to make a stand for the Lord and God’s Word in your life. The Psalmist knew from his personal experience how God increased him. God

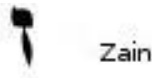
is the same today, and He will increase your path and pathway as you honor and follow His Word (vs. 45).

God's love will always draw you closer to Him. Stand strong in the Lord and the power of His might (Ephesians 6:10, 11-18). YOU are *more than* a conqueror because of Him who *loves* you (Romans 8:37).

CHAPTER 7

This portion of scripture, verses 49-56, starts off with the Psalmist stating a fact: the Word of God has given him **hope**. That's true because God's Word will always lift you up. It is *full* of hope—*confident expectation*—in God's goodness, His promises, and His faithfulness.

PSALM 119:49-56



Zayin (Z)

*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.

Psalm 119:49-56, ESV

The times we live in can appear *hopeless* if we live life in our own strength and power, not relying on God. But when you factor in the Lord and His eternal Word, you automatically begin to *fill yourself with hope*. That's how the Psalmist lived a life of joy and blessing. He continued to find *confident*

expectation in God's Word, and he continued seeing God's faithfulness in his life.

Today you're not without hope. When everything else fails, when everyone else falls away, you can still have **hope** that is solid. God is FULL of **hope**. Jeremiah 29:11 says *"For I know the thoughts that I think toward you, saith the Lord, thoughts of peace, not of evil, to give you hope and a future."*

If you've lost your *hope*, or you don't have any, you can receive supernatural hope from God's Word right now, on purpose. Take some time to meditate on the verses below. When you put your hope in God and His Word, you're **more** than a conqueror.

- Psalm 31:24 - *"Be of good courage, and he shall strengthen your heart, all you that hope in the Lord."*
- Psalm 39:7 – *"And now Lord, what do I wait for? My hope is in YOU."*
- Psalm 43:5 – *"Why are you cast down, O my soul? And why are you disquieted within me? HOPE in God: for I shall yet praise Him, who is the health of my countenance, and my God."*
- Psalm 71:5, 14 – *"For you art my hope, O Lord God: my trust from my youth" and "But I will hope continually, and will yet praise You more and more."*
- Romans 15:4, 13 – *"...through endurance and the encouragement of the Scriptures we might have hope" and "Now the God of Hope fill you with all joy and peace in believing, that you may abound in hope, through the power of the Holy Spirit."*
- Hebrews 6:19 *"We have this hope as an anchor for the soul, firm and secure."*

When you're established in **hope** that only Jesus provides, you can weather any storm. Notice that the Psalmist says God's Word has been the theme of his *songs*, and they have carried him through everything he encountered each day.

Perhaps you've sung scripture songs in Church and still do. There is something powerful about singing the promises of God's Word. As you do, it builds faith and hope in your life. You can do as Psalm 104:33 says "*I will sing to the Lord all my life; I will sing praise to my God as long as I live.*"

I recall a little chorus Jack and I came up with years ago from Habukkuk 3:2. We sang it in our Church, and it always encouraged us because it was a testimony of God's goodness, direction, and hope that we had in Him. In fact, singing the Word out loud is an excellent way to build up your faith because remember "*faith comes by hearing, and hearing by the Word of God*" (Romans 10:17).

Therefore, it doesn't matter *when* you sing songs of faith, songs of God's Word--God's song. Verse 55 says *even at night* when things have quieted down or during times of darkness, it is good to sing God's song. Psalm 63:6 says "*On my bed I remember You; I think of You through the watches of the night.*"

Psalm 100:1 says to come before the Lord with joyful songs; and the Apostle Paul follows that admonition in Ephesians 5:19 by saying "*Speak to one another with psalms, hymns, and spiritual songs, sing and make music in your heart to the Lord, always giving thanks to God the Father for everything...*" Then in Colossians 3:16 he sums up how the Word is to be a song in *your* mouth: "*Let the Word of Christ dwell in you richly...and as you sing psalms, hymns and spiritual songs with gratitude in your hearts to God.*"

It doesn't matter if you can sing on key or not. God listens to your heart as you sing forth His Word in faith and praise. I encourage you to do that today when your soul is quiet and at rest. Let *His* song rise up BIG within you and sing it out.

CHAPTER 8

This portion of scripture, verses 57-64, starts off with a strong statement: ***The Lord is my portion.*** The Psalmist declares a profound truth that's God's Word has taught him: The Lord is ALL that he **needs**.

PSALM 119:57-64



Cheth

Cheth or Heth (Ch)

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!*

Psalm 119:57-64, ESV

In looking at the Hebrew word for 'portion' we find it refers to *allotment*, *inheritance*, and to *partake*. The Psalmist isn't saying he's only got a small part or a little allotment from the Lord. He's stating with boldness and surety that he has an ample allotment, ample provision, a full inheritance in the Lord. How can he know that? He's continually experienced God's faithfulness in his life and God Word so satisfied him that he didn't need to look elsewhere – God was *his* portion.

Look at Psalm 23, which I'm sure you're familiar with because it amplifies the Psalmists' understanding of God's allotment. With God as his Shepherd he continually knew the direction he should follow. He was not in want or lack of *anything* because God continued to meet and supply his needs. He knew the covenant blessing of his forefather, Abraham. He knew what God promised Abraham and Abraham's seed. What we call the Abrahamic Covenant was a reinstallation of God's original covenant to man (Adam) in the Garden of Eden. The Psalmist walked in the blessings of God.

God is still a blessing God. He wants to bless you and do good for you, not harm. Jesus secured the blessings for you to enjoy today, and when you believe in Him, you are the recipient of God's blessings. "*My God shall supply all your needs according to His riches in glory through Christ Jesus.*" (Philippians 4:19) That's your portion: His presence and blessing in every area of your life that will provide complete and total satisfaction.

In verse 58 the Psalmist requests God's *favor* according to His Word. The King James Version says he has sought God's face. The Hebrew meaning of the word *favor* can be translated *presence, countenance, or face*. The Psalmist is seeking God's presence each day to direct and guide him according to His promises. That's what you and I should seek each day. It's important to involve the Lord in your daily routine. When you invite God's presence into your life, you'll experience more of His *favor* abounding in your life.

Notice in verse 60 that he says he won't hasten or delay in following what the Lord shows him but he will be quick to keep, observe, guard, do what the Word says. How about you?

Continually feed on His promises and see the Lord as *your* portion—ALL that *you* need to live and enjoy the life He's given you; *then* activating His Word in your life only requires one thing: *believe*. Believe what He's promised you and make His Word your declaration in *faith*. God will always back up His Word, so stand strong in Him and let His fullness fill you and those around you. You're complete in Him.

CHAPTER 9

The Psalmist gives another testimony in verses 65-72 as we continue in our study of Psalm 119. I'm sure you've heard the saying "without a test there is no testimony". Certainly the Psalmist was as human as all of us are, but throughout everything he encountered and experienced, he continued returning to God's Word for his life, health, peace, direction, and all that he needed.

As you read this entire stanza, you'll understand as the Psalmist did that it doesn't matter what you face in your daily struggles in this world because God is for you. He is with you. The Psalmist found comfort and direction from God's Word.

PSALM 119:65-72



Teth

Teth (T)

“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.”
Psalm 119:65-72, ESV

In verse 67 the Psalmist mentions *before I was afflicted*...The affliction was not sickness or illness as some might think. He made some wrong choices, some wrong decisions, and those humbled him before God. There were consequences to his actions; but note he *always* returned to the Word, renewing his relationship with his God. Relationship and fellowship was once again restored and his fellowship with God continued and grew stronger. God's Word renewed him from the inside out. Real transformation or change in your life begins in your heart and as you renew mind in the Word.

The Word of God will always lead you to a deeper fellowship with the Lord. The Word of God will always show you the truth of God and always gives you an opportunity to accept it, or refuse it. Don't let failures or feelings of

inadequacy keep you away from developing a deeper fellowship with the Lord. Jesus has provided the restoration of love, grace, and faith with God for *you*

Many times when we face problems or get away from following the Word, we feel forsaken. Yet, even in those times we are *not* forsaken. The Lord continues to love us and draw us back into an intimate fellowship with Him. There is nothing that *we* do that can separate us from God's love (Romans 8:38-39). When we mess up, God doesn't turn his back on us. He's not looking at you with judgment or anger. He's looking at you with love and encourages you to come to Him and stay in close fellowship *with* Him.

Psalm 34:19 shares this truth: "*Many are the afflictions of the righteous: **but** the LORD delivereth him out of them all.*" The Apostle Paul also shares God's faithfulness in providing a way out of temptations (1 Corinthians 10:13). He'll always reveal a choice; and the best choice we can make is always to follow what He says in His Word.

That's what the Psalmist discovered and continued to proclaim in this stanza. How did he develop good judgment and gain supernatural knowledge? From God's Word. Recognize, too, that he didn't have the New Testament, the New Covenant, as we do today. Through Jesus **we** have so much more, and we can declare that *God's mercies are new every morning and His faithfulness is great* because we are *in Christ* and dearly loved. (Lamentations 3:22-23)

Rejoice in God's mercy and grace working in your life today through the finished, completed work of Jesus! Keep growing in His love and grace, and let His Word be more precious to you than silver and gold.

CHAPTER 10

The Psalmist begins this stanza with the declaration of his life being God's creation. He acknowledges that God formed him. God gave him physical life. There's no doubt about it: the Psalmist is definitely pro-life; and he also backs up his statement in Psalm 139 and verse 14. (*I encourage you to read through verses 1-18*). If you've ever thought that God doesn't care

about you or know about you, Psalm 139 will show you just how much God loves *you* and is interested in every aspect of *your* life.

You didn't just "happen", but God planned for you, and wrote *your* days in His book. Jeremiah 29:11 says that God knows the plans He has for *you*, and those plans are good and will give you a future and a hope. So, when you read this stanza and verse 73 especially, also read Psalm 139:1-18. You'll gain a new perspective on how important *you* are to the Lord.

PSALM 119:73-80

Yod

Yodh
(I, Y, J)

“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!”

Psalm 119:73-80, ESV

The Psalmist shares from his own personal experience that no matter who comes against him or what is said about him, *he knows* God's Word is his delight and his life. And even if the 'arrogant' try to put him to shame for his

stand and position, he **will** continue to meditate, trust, and rely on God's Word.

What encouragement there is for you today. God is interested in everything that affects and touches your life. He is your encouragement. He is your source. He is your strength; and He is always *for you!*

So many people today are without **hope**. The Psalmist talks a lot about *hope* throughout his writings, and we see it in verse 74. He could have put his trust and hope in man. He could have depended on the strength of man to aid him in conducting his life. He could have.....but he didn't. He had learned from his days of being a shepherd that his *hope*, his *confident expectation*, was in God and His Word and God's faithfulness to him.

God's faithfulness and love continued to be the support in his life (vs. 76). God's unfailing love never ceases; it doesn't grow cold or old. It doesn't become less. It is constant. Read Psalm 136 where every verse ends with the phrase *His love endures [lasts and continues] forever*. God doesn't change (James 1:17); Jesus doesn't change because He is the same yesterday, today, and forever (Hebrews 13:8), and this truth is crucial in your relationship with God. He is faithful!

Because of God's faithfulness the Psalmist had no problem asking Him to keep his heart focused on His Word. "*May my heart be blameless*" he says in verse 80. Even when he strayed because he lost his focus, he always came back to **God's faithfulness**. "*Hide your face from my sins and blot out all my iniquity. Create in me a pure [clean] heart, O God, and renew a steadfast spirit within me...*" (Psalm 51:9-10)

Today you can rejoice because Jesus took your sin on Himself at the Cross, and God sees you as righteous, in right standing with Him because of Jesus (2 Corinthians 5:21). That's good news and certainly establishes you in hope.

CHAPTER 11

The Psalmist continues the thought of his *hope* being in the Lord and in His Word in verses 81-88.

PSALM 119:81-88



Kaph

(Kaph – K, Kh)

“**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.

Psalm 119:81-88, ESV

Even in the midst of problems and as others persecute him, the Psalmist seeks the Lord. In verse 82 the Amplified version says he is ‘*watching for the fulfillment of Your salvation*’. Even when it doesn’t appear that the Lord is working, and that the enemy is about to devour him, he continues to **hope** in God’s Word and **watch** for the fulfillment of God’s salvation in his life.

You may be experiencing similar situations, but know this: God is on your side, and He is there in your midst no matter what is going on. The world will always think God’s way is foolishness and make fun of those who follow the Lord (1 Corinthians 1:27). Proverbs 4:8 adds that the folly of fools is deception. God’s message of love and reconciliation in His Son is foolishness to the world’s thinking **but** for those of us who have been transformed by Jesus, the message demonstrates the power of God in our

midst. And His power doesn't stop; it's available 24/7. That should give you comfort, peace, and rest.

Proverbs 21:30 says that there is no wisdom, no insight, no plan that can succeed against the Lord. When you do as the Psalmist did and put your **hope** in His **Word** and follow His direction, God will show Himself faithful to you – in strength, power, love, protection, and direction.

Rest in His love and the hope you have *in Him*, and join in the Psalmist's *declaration* of Psalm 5:11-12:

“But let all those who take refuge and put their trust in You rejoice; let them ever sing and shout for joy, because You make a covering over them and defend them; let those also who love Your name be joyful in You and be in high spirits. For You, Lord, will bless the righteous; as with a shield You will surround him with good will (pleasure and favor [His Grace]).”

CHAPTER 12

God's faithfulness is the primary topic of this stanza, verses 89-96, in our study of Psalm 119. Praise God He IS faithful, always—continually faithful. His faithfulness is displayed every time you see a *rainbow* in the sky because it declares God's faithfulness to His promise to never destroy the earth again. What should that tell you about God? What He promises, He fulfills. Where would you and I be today if it were not for God's faithfulness toward us?

PSALM 119:89-96



Lamed (L)

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.

Psalm 119:89-96, ESV

When God established His covenant agreement with Abraham, God told him *WHO* He as He walked in the midst of the animal sacrifice, declaring that He is a compassionate God, a gracious God who is slow to anger, but abounding in love *and* faithfulness (Exodus 34:6).

In other scriptures the Psalmist declares that God's faithfulness *continues through all generations* (Psalm 100:5); and that *His faithfulness* will be your shield and rampart (Psalm 91:4). The Apostle Paul declares in 2 Thessalonians 3:3 that "*...the Lord is faithful, and He will strengthen and protect you from the evil one.*"

Our world and its system is far from being faithful. But God is constant; always the same. That's the encouragement the Psalmist finds in God's Word. God is faithful and therefore His Word is faithful. It will last forever and it will not change. Even in verse 92, the Psalmist says that without the Word in his life, he would have been perished from the attacks that came against him.

Not only is God faithful but He is faithful to His Word; *His commands* are boundless. The Psalmist had learned through personal experience of God's faithfulness in His life, of God's faithful Word, *and* how boundless God's Word and love is. God's Word was more than enough for the Psalmist because it continually met his needs, day in and day out (verse 93).

God is limitless in His provision for you and I. He is **unlimited** in His faithfulness. When you think He's provided everything He can for you,

there's *more*. That's the unlimited love and faithfulness of a faithful God. And He is ready to pour out more of His unlimited, boundless blessings on your life. Praise Him for his abounding and unlimited love and wonderful grace. Praise Him for His faithfulness in your life.

"Great is your faithfulness."

Lamentations 3:23

CHAPTER 13

We see the importance of meditating on God's Word in verses 97-104. The Psalmist continually meditated on God's Word because he had learned the importance of incorporating His Word into his everyday life, and he reaped the benefits.

PSALM 119:97-104



Mem (M)

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.*

Psalm 119:97-104, ESV

There's so much in these eight verses, but first we need to understand *how* you can meditate on God's Word and why that is important. You are

continually, day in and day out, bombarded with other “thoughts” or “suggestions” for you to meditate on—from people around you, at work, at school, through avenues of media, etc. When those thoughts and suggestions come from the world they will not have any ultimate, redeeming value. Yes, some is informative, but other than that, they do not lift up God.

Thinking and meditating on God’s Word brings God’s power into your life each day. That’s what God told Joshua and the people in Joshua 1:8. He said that His Word was not to depart from the *mouth* of his people but they were to **meditate** on it day and night.

When you continually feast on God’s Word, you find added strength, both spiritually and physically, encouragement, direction, peace, and so much more.

The Hebrew word for “*meditate*” is *hagah* (*haw-gaw*) in Joshua 1:8 and similar in Psalm 119:97. It means to “*utter or mutter under your breath*,” thus giving us the picture of continually speaking God’s Word. This isn’t a chant or anything like that because it carries the meaning of speaking forth what God has said, confessing His Word and not merely giving mental assent to it.

To amplify the meaning a bit more, it also means to *imagine*. When you meditate on God’s Word, you are speaking the power of God into your life, and in doing that, you can imagine that *word* working in full power in you. When you meditate on God’s Word, you’re not allowing other things to cloud your thinking or diminish God’s Word.

Meditating on God’s Word enables you to live in greater victory and experience all that He has for *you*. God promised good success and ability to prosper when you meditate on His Word. It’s speaking forth what God has promised, setting God’s Word into motion in your life, and moving you from where you are at the moment into a deeper faith.

Let’s dig deeper into what is involved in *meditating on God’s Word*.

Meditating on God's Word wasn't something new to the Psalmist. Psalm 1:2-3 gives further reference of the Psalmist's continual meditation of God's Word. He declares that the *blessed man* is one who delights in the Word and who *meditates* on it day and night. The result of meditating on God's Word enables the blessed man or woman to prosper in all that they do. That's the power of God at work in a believer's life—in your life. You can't get too much of God's Word!

There is another key in Hebrews 4:2 for meditating on God's Word and experiencing His abundant blessings. “....*but the message they heard was of no value to them, because those who heard did not combine it with faith.*” The Amplified Version says those who heard God's Word did not have faith—absolute trust and confidence in God's power, wisdom, and goodness. They didn't combine God's Word with faith. They didn't believe what God said and as a result did not experience ALL that God had for them.

We've already established the fact that God is faithful, and He is forever faithful to His Word. Because He IS faithful, we can believe what He says. And when we begin to meditate on His Word, letting it go into our heart, faith will rise up because we are in agreement with God. How powerful is that! You're drawing on the very power of God and bringing His power into your situation by faith.

No matter what your situation or problem, God's Word has a solution. You are the one who says God's Word (speaks it), but He is the One who brings it to pass.

--Jesse Duplantis

What are the **blessings** you can gain through time spent meditating on God's Word? How about *wisdom, insight, and understanding*, just to name a few (verses 98, 99, and 100). I love the fact that God is a rewarder of those who diligently seek Him (Hebrews 11:6), so let's keep seeking.

The Psalmist says he is **wiser** than his enemies (verse 98) *because* he allows the Word to operate in his life. His wisdom doesn't come from

natural means or only by his intellect or worldly gain. His wisdom is from *above* as James 3:17 says.

God is so willing to share *His wisdom* with you that all you have to do is ask in faith. “*If any of you lacks wisdom, he should ask God, who gives generously to all without finding fault, and it will be given to him.*” Psalm 51:6 declares that God provides wisdom in our inner parts. It is Godly wisdom, not gained from the world. Did you notice that James emphasized that it is God who *gives generously* to anyone who asks. Receiving God’s wisdom (or any other provision) doesn’t depend on *you* and it is **not** tied in to what you have or have not done. God provides it as you believe and receive it. If you don’t believe, you won’t receive. But when you see yourself as God’s child, *in Christ*, then Jesus becomes your *wisdom*, your *righteousness*, your *sanctification*. (1 Corinthians 1:30)

What else has the Psalmist received from his time spent meditating on God’s Word? Look at verses 99, 100, and 104. Just as *he* gained **understanding**, so can you as you meditate on God’s Word. You can go to school to gain worldly understanding in various subjects and that’s fine, but Godly understanding transcends and goes *beyond* what you can understand on your own. God’s understanding and revelation will help you avoid pitfalls. It will help you know where you are to go, what you are to say, and what you are to do. We make our lives a lot easier and more enjoyable by getting understanding and wisdom from God’s Word.

Ephesians 1:17 says “*...ask the Lord to give you the Spirit of wisdom and revelation so that you may know Him better.*” God hasn’t left you without help in this world or to try to do things on your own. Simply ask Him, and as you spend time in the Word, He’ll give you what you need. He is *in* you; and He wants you to draw on His ability to give you His revelation and insight, understanding, and wisdom for everything that affects your life.

Begin activating His ability *in you* by faith as you continue to meditate on the Word and see His awesome benefits operating in your daily walk.

CHAPTER 14

These next 8 verses in Psalm 119 (105-112) are packed full of richness, encouragement, and truth for your daily walk. And verse 105 contains a wealth of knowledge that can change your life for the better.

PSALM 119:105-112



Nun (N)

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.

Psalm 119:105-112, ESV

As we've seen throughout our study of Psalm 119, the emphasis is the Word of God. The Psalmist makes it pretty clear in verse 105 *how* God's Word helped him and will help you and I by giving us guidance for each and every day in our lives. You know, God is practical. He doesn't tell us things that we can't do. His Word is not complicated, neither is His love. It's easy and simple when we follow it.

The Psalmist gives us a practical picture here of how God's Word works in our lives. He says it's both a *lamp* and a *light*. A *lamp holds* the light. The Hebrew meaning for *lamp* references a light, a candle – something that glistens. Early settlers were quite familiar with *lamps* because that was their

sole source of *light* in their cabins. The light from candles illuminated their homes. They wouldn't stumble around in the dark when their lamps burned brightly.

Psalm 18:28 says: "*You, O Lord, keep my lamp burning; my God turns my darkness into light.*"

The Psalmist further seeks for the *light of God's Word* in Psalm 43:3: "*Send forth your light and your truth, let them guide me.*" God's Word provides the guidance you need. He doesn't want you to be in the dark and not know of His great love, His great mercy, and His great grace. As you study His Word, He turns your understanding into revelation and truth.

At first glance you may think a lamp and a light are one in the same, but they aren't. A lamp *holds* the instrument that provides *light*.

In this same chapter (verse 130) the Psalmist declares that "*the entrance of Your Word gives light.*" When God's Word is the main focus of your life, it becomes your lamp. Unless the lamp has the light within it, it won't be able to show you where to go. Jesus said "*...I am the light of the world. Whoever follows me will never walk in darkness, but will have the light of life.*" (John 8:12, NIV).

Again, God is practical and gives us an easy-to-understand illustration. The Word is the guiding force for your life. It will start out by illuminating your immediate surroundings and then you'll soon see His Word shining that *light* to the pathways you are to take. God doesn't want you to be in darkness at all. He wants you to know *where* to go.

King Solomon explains it in easy-to-understand terms in Proverbs 6:20-23 when he tells his son to anchor and bind in his heart the words of God that he's shared with him. Why? "*...when you walk, they will guide you; when you sleep, they will watch over you; when you awake, they will speak to you because these commands [God's Word] are light.*"

Proverbs 29:18 backs this up by saying *where there is no vision* [no light from God's Word to amplify where to go], *the people perish and walk in*

darkness. When you come to Him with an open heart ready to receive from God, His Word **will** be a *lamp* to you directing your steps.

God's Word is your light for your life. And as you take in of God's light, you then become a *light* to others. John 5:14-16 says **you** are the *light of the world* and that you are to let *your light shine forth* in this world.

No matter *what* the Psalmist encountered throughout his life, he continually came back to the Word because it would always minister to him, lift him up, and direct him. He wasn't perfect, but in every situation he found God's faithfulness and love.

God's Word revived him—quickenened him—repaired him as he testifies in verse 107. God's preservation plan is always to **restore to better than original**. When you're physically and emotionally drained, the Word of God will revive you and it's better than splashing cold water on your face because God repairs from the inside out, touching all of you—body, soul, and spirit.

Even when those around him sought to destroy him in some way or another by whatever means, the Psalmist relied on God's Word (verse 110). He couldn't be convinced otherwise because God's **words** gave him great joy even in the midst of turmoil and troubles.

Today, people associate **joy** with *happiness*, but they're not the same thing. Happiness is based in emotions, and we know they can be up or down at any given time depending on any given circumstances. Outward influences affect happiness; whereas, joy comes from *within*. If you're looking for "things" or "people" to make you happy, you'll continue to be disappointed. Jesus told the disciples that their joy would be complete when they walked in His love (John 15:9-11). Joy is a fruit of the Holy Spirit (Galatians 5:22) and it grows in intensity as you live in His love and partake of His Word.

When you have real, true **God joy** inside of you, you're content, settled, and confident no matter *what* is going on in your life. Nehemiah 8:10 says "*The joy of the Lord is my strength.*" God's joy is your weapon for what the enemy brings against you, and in *His joy* you will find strength.

The Psalmist had found God's rich heritage working in his life. He knew he could stand in the joy of the Lord against anything. If you need this joy today, it's yours for the taking. Simply receive it and you'll begin to experience more contentment in your life, confident that God is working and moving in your midst.

Remember: You are the brightness of God to those around you, so **shine brightly**.

CHAPTER 15

The Psalmist makes some strong statements in this next stanza, verses 113-120. We'll delve into each of these statements so that we can glean (collect and extract by further means) truth from God's Word. When we see that the Word of God is practical for us, it will make a difference in our lives and enable us to walk in victory.

PSALM 119:113-120



Samekh, Samech (S)

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.

Psalm 119:113-120, EVS

Did you notice that the first thing the Psalmist mentions is the person who is **double-minded**. He doesn't like those who are of 'double minds'. King James uses *vain thoughts* but the meaning is still the same: *divided thoughts*. What does that mean?

We gain a broader understanding from what James talks about in James 1:8 - *...he is a double-minded man, unstable in all he does.*" In the two preceding verses James gives a picture of a double-minded person. It is one who is like the waves on the sea being tossed about and then blown by the wind going any which direction. The double-minded person believes God and the Word but then doesn't believe. They waffle back and forth, so any point of believing is squelched by their doubt and unbelief.

James further says that if you follow the double-minded thinking you'll not receive anything from God. I'm sure you've heard the phrase: **Feed your faith and starve your doubts to death**. The Psalmist knew the strength and power he gained from believing God, from following His Word. He was single-minded in his focus of God's Word and worship of the Lord.

Now further down in verse 115 of our study, David tells the evil doers or double-minded to leave and not stay around him. His son, Solomon, also shared this wisdom in Proverbs 24:21-22 when he said not to join with the rebellious because they will experience sudden destruction. Rebellion and unbelief will keep you from receiving and walking in God's blessings.

Daily you're faced with situations where you can either stand on God's Word believing what He says and experience His faithfulness **or** reject it and endure further frustration in your life. It's a choice you have. **Don't be double-minded in your faith**. Settle it once and for all today that what God has promised in His Word **He will fulfill** because He is faithful. He is *for you*, not against you. He seeks to do you good and not evil. He is a blessing God.

Another exciting truth about our God is one stop back to verse 114. The Psalmist says You, God are my hiding place—*refuge* in the King James Version. When you look at the Hebrew meaning of the word *hiding place* it speaks of a cover, protection, a shield, defense, buckler, a hiding place.

The Psalmist knew that when he faced his enemies with the forces of the world coming against him, he could find *refuge* and *shelter* in God's presence. He mentions this also in Psalm 32:7 declaring that the Lord will protect him from danger.

Not only did he find a refuge, but the Lord was a *shield* to him. When battles were fought they used shields and swords. If you didn't have a shield in front of you, you would not last long in a battle. The shield, held in one hand, covered your vital organs and in the other hand was a sword to fight the enemy. God was his shield, His protection, day in and day out. Psalm 91:1 declares that the person who dwells (resides and stays) in the *shelter* of the Most High **will** rest in His *shadow* because He will fight for *you*.

Because of the Psalmist's strong confidence in God's protection and faithfulness, he says he has put his **hope** in God's Word. We've touched on the subject of hope in previous stanzas, but the Psalmist was not ashamed that he put his confident expectation in God, not man. In fact in Psalm 25:3 he declares "*No one whose hope is in You will ever be put to shame...*" He knew all about that because He had always found God to be faithful and good to him. No matter what people around him said to the contrary, the Psalmist would not be moved away from his convictions: "*Uphold me [sustain and establish me] and I will be delivered*" was his testimony (verse 116).

You can join the Psalmist in declaring God's presence, protection, provision, deliverance, and blessings in your midst because He is your refuge and shelter.

CHAPTER 16

Life isn't always full of roses, is it? Even the roses have thorns! The Psalmist shares in verses 121-128 that even when he's done what is right and just, oppressors were close by. But he didn't waver from his stand or his testimony of God's preserving power.

PSALM 119:121-128



Ayin (A)

- 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.

Psalm 119:121-128, ESV

The arrogant taunted his faith and love for God. Those who sought to defraud him or deceive him were constantly around him, harassing him; and that's the meaning of *oppressors* and *arrogant* in this verse. Yet in spite of the opposition, the Psalmist continually came back to the Word, seeking the fulfillment of God's righteous promises and His salvation.

He was pressed on every side, yet not destroyed. He continued to look for God's deliverance, protection, and salvation which he knew was his. God had never failed him, even when he was in the middle of various circumstances and didn't see any resolution to his situation. God was faithful.

The Psalmist disliked those who were around him that did not follow the Lord's Word because he saw the result of their actions. He knew, however, the joy, the life, and the power of God's Word in his personal life. He wanted others to see that and live by it as well. No matter if he were in the throes of dilemmas, he continued seeking the Lord, asking for

understanding—discernment—to comprehend what the Lord was doing in his midst. He was confident that God would deal with him according to *His Love and His Mercy* (God’s favor, His kindness, His Love).

If you’re struggling today with situations where you are oppressed, draw on the power of God’s Word as the Psalmist did:

- **Isaiah 54:14:** “*You shall establish yourself in righteousness (rightness, in conformity with God’s will and order): you shall be far from even the thought of oppression or destruction, for you shall not fear...*” (Amplified)
- **2 Corinthians 4:8-9:** “*We are hard pressed on every side, but not crushed; perplexed, but not in despair; persecuted, but not abandoned; struck down, but not destroyed.*” (NIV)

Don’t let situations or circumstances dictate your stand. Determine that *in God YOU are MORE than a conqueror* and that God loves you no matter what and He makes *all* grace abound to you.

CHAPTER 17

In this particular stanza, verses 129-136, you can clearly see the heart of the Psalmist. He loved God’s Word so much that it saddened him when people around him don’t follow it.

PSALM 119:129-136



Peh (P, Ph)

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.

Psalm 119:129-136, ESV

The Psalmist had many years shepherding his fathers' flocks and he spent that time meditating on God's Word—the Word he had at that time. He cultivated a greater understanding of God, His love, and the power of God's Word. He knew more than his years and he could see God's plan of redemption and grace long before Jesus came and fulfilled the Law and ushered in His unending grace and salvation for man.

In verse 130 he declares that the 'unfolding' or *entrance* of God's Word gives *light* to the reader. The same word for *light* he also used in verse 105 that we looked at earlier; an illumination. The light—revelation—is the result of God's Word entering not only your eyes, your mind, but your heart. You can't receive God's revelation in His Word unless you allow it *entrance*. That's what he's stating here.

When God's Word entered his heart, he likened it to panting...which means *to inhale eagerly, to devour*. When you let God's Word speak to you, the Holy Spirit will eagerly draw you forward into greater understanding and revelation of what God is saying *to you*. That's an *eager expectation* in knowing God has something to tell *you*. And in that expectation you are drawn further into His love, His Grace—all that He has for you. It begins by opening His Word and allowing His Word to permeate, revitalize, invigorate and renew your entire being. That's where the Psalmist desired to stay.

Paul put it this way in Hebrews 10:22-23, “...*let us draw near to God with a sincere heart in full assurance of faith....let us hold unswervingly to the hope we profess, for He who promised is faithful.*” (NIV)

The Psalmist builds on this foundation as he talks about God’s grace in his life in verse 132-133. Recognize that he didn’t understand God’s grace in its fullest revelation at this time, but with the understanding he had, he knew that God was merciful—full of mercy, bent to show favor; and that God’s mercy and grace was available to everyone who loved His Word.

In God’s mercy the Psalmist knew the Lord would *direct* his steps throughout his life. The Amplified version gives us such a clear picture in verse 133: “*establish my steps and direct them by (means of) Your Word...*” Doesn’t that remind you of Psalm 37:23? “*The steps of a righteous man are ordered by the Lord: and He delights in his way.*”

Because he knew the Lord was directing his steps, he also asked for God’s grace in not letting sin rule in his life; that is, not letting anything have dominion or power over him. He knew the keeping power of God’s Word and His grace. He wanted to be enabled by His grace *to be free* of the dominating force of any sin that would come against him.

God’s grace is sufficient—ample, complete, more than enough. When you receive God’s abundant grace, you don’t get just a little of it for only one thing in your life. You get ALL of God’s grace in Jesus; and His grace is more than enough to carry you through everything in your life. “*Grace—unearned, undeserved favor and spiritual blessing—and truth came through Jesus Christ.*” (John 1:17) When you allow His grace to reign in your life, you’ll be free from oppression, condemnation, and guilt.

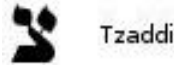
Picture God smiling at you right now—because He is. As His child, He sees you *in Christ* and He is pleased. You’re one of His favorites, you know.

CHAPTER 18

In this study of verses 137-144, we find the theme of God’s righteousness and His faithfulness through the testimony of the Psalmist. He knew that

God's Word, His laws, were right and just, and that in following them he found great peace and blessings. In New Testament terms we'd say he was a doer of the Word because he lived God's Word; he knew without any doubt God's Word was truth and it was *his* foundation.

PSALM 119:137-144



Tzaddi, Tsadhe (Tz)

- 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.

Psalm 119:137-144, ESV

We see the Psalmist theme of God's righteousness again in these verses. In both the Old Testament and New Testament the word *just* or *righteous* are the same. Saying that God is just is saying that He always does what is right and just, what should be done, and that He does it consistently, the same way each time, not showing partiality. This is *how* God operates.

You and I fall short in reaching God's standard of righteousness or rightness; therefore, Jesus came to be *our* righteousness so we could be in right standing with our Heavenly Father. When you're *in Christ*, God sees you in the righteousness of Jesus and accepts you as His child, greatly loved. That's the gospel! "*This righteousness of God comes through faith in Jesus Christ to all who believe.*" (Romans 3:22)

Jesus hasn't changed: *"He is the same yesterday, today, and forever"* (Hebrews 13:8) so you can rejoice today that you **are** *the righteousness* of God in Christ Jesus (2 Corinthians 5:21).

Notice further in verse 138 the Psalmist says God's Word is fully trustworthy. I like the New International version of what God spoke in Psalm 89:33-34: *"...nor will I ever betray my faithfulness. I will not violate my covenant or alter what my lips have uttered."* What God promises, He *will* fulfill.

And Isaiah 55:11 backs that up: *"so is My word that goes out from my mouth; it will not return to me empty, but will accomplish what I desire and achieve the purpose for which I sent it."* God stands behind His Word and His guarantee is actually better than 100%.

Because the Psalmist knew God's faithfulness by his own personal experience, he continued to find delight, comfort, understanding, wisdom, and joy in God's Word. How about you? *"For the eyes of the Lord range throughout the earth to strengthen those whose hearts are fully committed to Him."*

Rejoice today that you're His child, in right-standing through Jesus Christ. Let His faithfulness be your foundation and get ready because God is more than ready to show Himself faithful to you.

Here are some further verses to meditate on as well:

- Psalm 19:9
- Psalm 25:8
- Psalm 89:14
- Proverbs 11:19
- Romans 5:1
- 1 Corinthians 1:30
- Philippians 3:9

CHAPTER 19

In verses 145-152 of Psalm 119, we find that the Psalmist was no different than you and I. He lived in a world full of deceitful men, a world that would easily compromise for worldly gain. He was tempted just as you and I are, yet he continually came back to God's Word and following God's Way. He had learned through his own experiences that God's Word and His Way offered more satisfaction, peace, joy, and fulfillment.

PSALM 119:145-152



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.

Psalm 119:145-152, ESV

The Psalmist shares his frustrations, struggles, and triumphs throughout Psalm 119. In this stanza we find him calling out to the Lord for answers, especially with those around him seeking to persecute, ridicule, and devour him. He *knew* when he called out to the Lord, God would hear him and deliver him.

Years back a popular song spoke of God looking down on earth from a distance. Yes, He is in Heaven, but God is not far-off. He is interested in *you*. He desires to have a real, day-in and day-out relationship with *you*.

Jeremiah 33:3 says *“Call to me and I will answer you and tell you great and unsearchable things you do not know.”*

No matter *where* the Psalmist found himself, he knew he could always call on the Lord and that God would hear his cry and answer him. He gave testimony to that in Psalm 50:15 as he shares God’s heart: *“...and call upon Me in the day of trouble; I will deliver you, and you will honor me.”*

Also, in Psalm 145:18-19, the Psalmist testifies: *“The Lord is near to all who call on Him, to all who call on Him in truth....He hears their cry and saves them.”*

The Apostle Paul backs this up as well in Romans 10:13 when he states that *“everyone who calls on the name of the Lord will be saved.”*

God is listening. He is waiting for you to invite Him into your day. Share your problems and struggles with Him, and listen expectantly for what He will tell you and show you. He has your best interests at heart and He will always lead you in victory in every area of your life when you seek Him (2 Corinthians 2:14).

In verse 145 the Psalmist asks the Lord to give him *life*. The New International Version says *“**preserve** my life, O Lord, according to your laws.”* The Lord is in the business of *preserving life*, but verse 145 is talking about more than just saving life. In looking at the Hebrew meaning of the word *preserve* you find out that it *means to quicken, to revive, nourish, restore, to recover*. That certainly gives a much broader picture of what the Lord does when **He** *preserves* our life. That’s what the Psalmist asked for: God’s preservation of reviving his life, nourishing his life, restoring his life to better than it was previously.

Ephesians 3:20 shows us God’s perspective on this when the Apostle Paul says *“Now unto Him **who is able to do immeasurably more than all we ask or imagine, according to His power that is at work in us...**”* God’s preserving, restoring power is at work in you and I because of Jesus, *and* God will do **even MORE** than you or I ask or think because He loves us. 1 Peter 3:12 confirms God’s care, His interest, and His ability to work

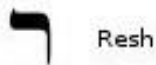
miracles in your life: *“For the eyes of the Lord are on the righteous and His ears are attentive to their prayer.”*

God is so FOR YOU! Let your heart receive His Word and be encouraged that He cares about you. He is standing with you, ready to do immeasurably more than you can ask or think because of *His* power operating in your life. That’s exciting news!

CHAPTER 20

Throughout the study of this Psalm 119 we’ve seen the Psalmist in a variety of circumstances but no matter what he encountered, he always centered on the Word of God. His hope, his peace, his joy, and his life was founded *and* grounded in God’s Word. We learn more of his heart and faith in verses 153-160.

PSALM 119:153-160



Resh (R)

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.

Psalm 119:153-160, ESV

The Psalmist knew God's Word was true. He knew the benefits and blessings of following the Lord. He testified to God's blessings in Psalm 103. These same benefits are **yours** as a child of God, *and* there **no** expiration date. *His benefit package* will never be exhausted, run out, or be discontinued. Praise God!

Here's what is **yours** as a child of God, and it's easy to receive by faith which is simply a positive response to what God has already provided by His love and grace:

² "Praise the LORD, my soul, and forget not all his benefits—
³ who forgives all your sins and heals all your diseases,
⁴ who redeems your life from the pit and crowns you
with love and compassion,
⁵ who satisfies your desires with good things so that
your youth is renewed like the eagle's."
(Psalm 103:2-5)

Truly God's blessings come because of His great **love** and **compassion** for you and me. You can't really separate God's love and compassion because they are wrapped together with His mercy and grace. That's *who* God is, *and* how He acts toward you.

The English word for "mercy" appears some 341 times in the Bible. The Hebrew and Greek words associated with "mercy" are also translated as "kindness", "lovingkindness", "goodness", "favor", and "compassion".

Many of the Prophets in the Old Testament caught the meaning of God's compassion and mercy even before Jesus ushered in God's New Covenant through His Blood. Jeremiah gave such truth and encouragement when he said "*It is of the Lord's **mercies** that we are not consumed, because his **compassions fail not. They are new every morning: great is thy faithfulness***" (Lamentations 3:22-23).

That ought to get you excited. God's mercy, His compassion and lovingkindness hasn't changed. He is moved with what touches and affects your life.

His compassion toward you is full of His love and full of His grace. The Psalmist knew and experienced God's compassion daily.

He emphasizes God's goodness, compassion, mercy, and benefits in Psalm 103:8-13. Let this be your personal song of thanksgiving today as you rejoice in God's goodness, love, and grace to you.

*"The Lord is compassionate and gracious to me,
slow to anger, abounding in love...
He does not treat me as my sins deserve or repay
me according to my iniquities...so great is His love
for me because I worship and reverence Him;
As far as the east is from the west, so far has
He removed my transgressions from me
[and remembers it no more because of Jesus].
As a father has compassion on his children,
so the Lord has compassion on me
because I love Him, I worship and reverence Him."*

CHAPTER 21

The theme of this stanza, God's *peace*, echoes throughout verses 161-168 when the Psalmist declares the great **peace** he has because of God's Word.

PSALM 119:161-168



Sin, Shin (Sh)

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.
Psalm 119:161-168

The Psalmist experienced *great peace* in his life, even in the *midst* of trials, difficulties, and problems, but note he also proclaims that it is for anyone who loves and follows God's Word.

The world looks for peace everywhere else, but the Psalmist knew that real *peace* is only found in the Lord and in His Word. Peace for him wasn't just the absence of turmoil or problems. *Peace* for the Psalmist was the very ***Shalom*** of God.

The Hebrew word for *Peace* is ***shalom***, and its meaning is rich. It means welfare, health, prosperity, peace, being at peace, all is well. It isn't dependent on what's going on around you. The *shalom of God* comes from the presence of God IN you. But you can't truly experience *this* peace without knowing the Lord personally. He IS *peace*.

Because the Psalmist had a relationship with God, he knew and experienced *that* peace. He learned about God's peace from God's Word. It was **great peace**. That's abundant, abounding peace in your heart and mind, and that spills over into your everyday life. *That* kind of peace is what the Psalmist says enables you to withstand being offended, not stumbling at obstacles or enticements that try to steal your peace.

The prophet Isaiah also knew this truth: "You keep him in perfect peace whose mind is stayed [focused] on You, because he trusts in You." (Isaiah 26:3)

If you're lacking *peace* in your life, feed on God's Word. You grow in the *shalom of God* every time you read and dig into His Word and believe it.

Let His Word fill you with peace, joy, and hope because God loves you and wants to be *your shalom*.

And, without the **peace** of God at work in your life, you truly won't know or understand **rest**. And this rest is not just the cessation of work in the natural. God's rest is so much **more**. There is *unrest* in the world, but that's really the absence of God's peace and presence. Without God in the equation of your life, you won't have peace *or* true rest.

Rest is more than just relaxing and getting a few winks of sleep. That's physical rest, and yes, it's important for our physical bodies. But true Biblical *rest* ties in with God's peace. So many people today are bound to religious thought that continually has them *doing* something to earn or gain their salvation or God's approval. That's man's attempt to be righteous before God but it falls short.

Jesus came and provided the spiritual *rest* for man by His sacrifice. You and I don't have to keep *doing* the law or following rules and regulations in order to be made right. We *are* in right-standing with God through Jesus' sacrifice for us.

The rest of God is the work of Christ for you and I. When you know what Jesus has accomplished for you, you're at rest. You no longer need to strive with *doing* works to ensure your salvation or approval before God. Your part is to REST in His provision, believe what He has already provided for you.

The Psalmist knew in part his authority because of what God's Word told him, and he believed the Word. You and I are at a greater advantage today because Jesus is *in* us, and we can take our place of authority against anything that tries to steal our peace and rest. 1 John 4:17 says "*because as Jesus is, so are we in this world.*"

There's not only the shalom peace of God available to right now, but the rest of God is yours because of what Jesus has done for you.

*Look within and be depressed,
Look around and be distressed,
Look at Jesus and be at rest.
(Joseph Prince)*

Here are some other scriptures to also meditate on:

- Psalm 23
- John 14:27
- John 16:33
- Philippians 4:6-7
- Matthew 11:28-30
- Hebrews 4:9-11

CHAPTER 22

We've reached the last stanza of Psalm 119 and in this study we'll zero in on verses 171 and 175 as we delve into the topic of **praise**.

PSALM 119:169-176



Taw, Tau (Th)

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.

Psalm 119:169-176

The Psalmist knew the power of God's Word and His faithfulness in his life; therefore, he continually **praised the Lord**—no matter what was going on around him. He knew that **praise** ushers in the power of God and brings victory.

Is it any surprise then that God called the Tribe of Judah (meaning praise) to be the first to lead into battle? The *praisers* went before the armies of the Lord into battle and declared God's name, His goodness, His faithfulness. The Psalmist was from the tribe of Judah and so was Jesus.

WHY is **praise** so important in your life? What happens when you begin to *praise the Lord* each day? As you do, your focus and attention changes. No longer are you concentrating on *yourself* and *your* problem(s) (*oh, woe is me*), but you're focusing on God, His Word, and His promises.

The Psalmist gives us an example of how our praise should be in verse 171 when he says "*my lips overflow with praise*". It's the picture of water from your faucet overflowing into your cup. When you enter into praise, you're releasing God's power through your lips, your words. The Psalmist also said in Psalm 5:15 "*...my lips will declare your praise*" and Hebrews 13:15 instructs "*let us continually offer to God a sacrifice of praise—the fruit of our lips that confesses His name.*"

Praise ushers in God's power, and you can **sing your praises** to the Lord. It doesn't matter if you've got an excellent singing voice or not. You're not singing for others to hear; you're singing *to the Lord*, and He loves joyful noises that praise and lift Him up.

The Psalms of David were meant to be sung. But he wasn't the first to do so. A judge of Israel, Deborah, declared her position of praise in Judges 5:3 "*hear this, you kings! Listen you rulers! I will sing to the Lord, I will sing; I will make music to the Lord, the God of Israel.*"

There are numerous verses throughout the Old Testament that encourage us to *sing* our praise to the Lord. This is an expressive avenue to exalt and worship God. In Psalm 92:1-2, the Psalmist says *“It is good to praise the Lord and make music to your name, O Most High, to proclaim your love in the morning and your faithfulness at night.”* Also in Psalm 35:28 he says *“My tongue will speak of your righteousness and of your praises all day long.”*

Recognize that the focus is changed when God is the center of your praise and worship. As you speak or sing it forth, He comes and dwells, resides in the midst of your praise and worship. God is there with you – He’s in the house. And when God is in the house, His peace and joy flow unhindered. The victory in your circumstance or battle is about to be seen.

Let the praises of God be in your mouth as you sing, declaring His faithfulness and truth and see things change around you and in your life.

“Let the high praises of God be in your mouth, and a two-edged in your hand.”

Psalm 149:6

* * * * *

This 119th Psalm is rich in God’s love, His truth, His mercy, and His grace. We trust that this study has given you a broader understanding of God’s love for you; and that you have a new and better perspective of all that God provided through Jesus’s finished work. Continue to meditate on God’s Word as you daily walk with Him. He loves you and has good things ahead for you.

Be blessed.