

Psalm 119

Prepared while alone for the 2004 PK Retreat, 12/30/04.

Legend:

- Words and phrases used to describe the Bible (blue bold)
- What the Bible is (double underline)
- Benefits of (bold outlined text)
- What to pray for (single underline)
- Proper responses to the Word (green shadowed)
- *The need to recognize right from wrong, and to respond properly (embrace/reject) to both* (bold italics)
- The requirement for active, deep, purposeful, continuous, concentrated focus (orange bold shadowed)
- The requirement for intense, complete, full effort (bold red text)
- **11** The need to cling to the Word in every circumstance, good or bad (bold, italics, red shadowed number)

Aleph

- 1 Blessed [are] the *undefiled in the way*, Who walk in the law of the LORD!
- 2 Blessed [are] those who keep His testimonies, Who seek Him with the whole heart!
- 3 They also do no iniquity; They walk in His ways.
- 4 You have commanded [us] To keep Your precepts diligently.
- 5 Oh, *that my ways were directed To keep Your statutes!*
- 6 Then I would not be ashamed, When I look into all Your commandments.
- 7 I will praise You with uprightness of heart, When I learn Your righteous judgments.
- 8 I will keep Your statutes; Oh, do not forsake me utterly!

Beth

- 9 How can a young man cleanse his way? By taking heed according to Your word.
- 10 With my whole heart I have sought You; Oh, let me not wander from Your commandments!
- 11 Your word I have hidden 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 have declared All the judgments of Your mouth.
- 14 I have rejoiced in the way of Your testimonies, As [much as] in all riches.
- 15 I will meditate on Your precepts, And contemplate Your ways.
- 16 I will delight myself in Your statutes; I will not forget Your word.

Gimel

- 17 Deal bountifully with Your servant, [That] I may live and keep Your word.
- 18 Open my eyes, that I may see Wondrous things from Your law.
- 19 I [am] a stranger in the earth; Do not hide Your commandments from me.
- 20 My soul breaks with longing For Your judgments at all times.
- 21 *You rebuke the proud -- the cursed, Who stray from Your commandments.*
- 22 Remove from me reproach and contempt, For I have kept Your testimonies.
- 23 Princes also sit [and] speak against me, [But] Your servant meditates on Your statutes.
- 24 Your testimonies also [are] my delight [And] my counselors.

Daleth

- 25 My soul clings to the dust; Revive me according to Your word.
- 26 I have declared my ways, and You answered me; Teach me Your statutes.
- 27 Make me understand the way of Your precepts; So shall I meditate on Your wondrous works.

28 My soul melts from heaviness; Strengthen me according to **Your word**.
29 Remove from me the way of lying, And grant me Your law graciously.
30 I have **chosen the way of truth**; **Your judgments** I have laid [before me].
31 I **cling** to **Your testimonies**; O LORD, do not put me to shame!
32 I will **run the course** of **Your commandments**, For You shall enlarge my heart.

He

33 Teach me, O LORD, the way of **Your statutes**, And I shall **keep** it [to] the end.
34 Give me understanding, and I shall **keep Your law**; Indeed, I shall **observe** it with [my] **whole heart**.
35 Make me walk in the path of Your commandments, For I **delight** in it.
36 Incline my heart to Your testimonies, And **not to covetousness**.
37 Turn away my eyes from looking at worthless things, [And] revive me in Your way.
38 Establish Your word to Your servant, Who [is **devoted**] **to fearing You**.
39 Turn away my reproach which I dread, For **Your judgments** [are] good.
40 Behold, I **long** for **Your precepts**; Revive me in Your righteousness.

Waw

41 Let Your mercies come also to me, O LORD -- Your salvation according to **Your word**.
42 So shall I have an answer for him who reproaches me, For I **trust** in **Your word**.
43 And take not the word of truth utterly out of my mouth, For I have **hoped** in **Your ordinances**.
44 So shall I **keep Your law** continually, Forever and ever.
45 And I will walk at liberty, For I **seek Your precepts**.
46 I will **speak** of **Your testimonies** also before kings, And will not be ashamed.
47 And I will **delight** myself in **Your commandments**, Which I **love**.
48 **My hands also I will lift up** to **Your commandments**, Which I **love**, And I will **meditate** on **Your statutes**.

Zayin

49 Remember the word to Your servant, Upon which You have caused me to hope.
50 This [is] my comfort in my affliction, For **Your word** has given me life.
51 **The proud have me in great derision**, [Yet] I do not turn aside from **Your law**.
52 I remembered **Your judgments** of old, O LORD, And have comforted myself.
53 **Indignation has taken hold of me Because of the wicked, who forsake Your law**.
54 **Your statutes have been my songs** In the house of my pilgrimage.
55 I remember Your name **in the night**, O LORD, And I **keep Your law**.
56 This has become mine, Because I **kept Your precepts**.

Heth

57 [You are] my portion, O LORD; I have said that I would **keep Your words**.
58 I entreated Your favor with [my] **whole heart**; Be merciful to me according to **Your word**.
59 I thought about **my ways**, And **turned my feet** to **Your testimonies**.
60 I **made haste**, and **did not delay To keep Your commandments**.
61 The **cords of the wicked have bound me**, [But] I **have not forgotten Your law**.
62 **At midnight** I will rise to **give thanks** to You, Because of **Your righteous judgments**.
63 I [am] **a companion of all who fear You**, And of those who **keep Your precepts**.
64 The earth, O LORD, is full of Your mercy; Teach me Your statutes.

Teth

65 You have **dealt well** with Your servant, O LORD, according to **Your word**.

66 Teach me good judgment and knowledge, For I **believe 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 **proud have forged a lie against me**, [But] I will **keep Your precepts** with [my] **whole heart**.

70 **Their heart is as fat as grease**, [But] I **delight in Your law**.

71 [It is] good for me that I have been afflicted, That I may **learn Your statutes**.

72 **The law of Your mouth** [is] **better** to me Than thousands of [coins of] gold and silver.

Yod

73 Your hands have made me and fashioned me; Give me understanding, that I may **learn Your commandments**.

74 **Those who fear You will be glad when they see me**, Because I have **hoped in Your word**.

75 I know, O LORD, that **Your judgments** [are] right, And [that] in faithfulness You have afflicted me.

76 Let, I pray, Your merciful kindness be for my comfort, According to **Your word** to Your servant.

77 Let Your tender mercies come to me, that I may live; For **Your law** [is] my **delight**.

78 **Let the proud be ashamed**, For they treated me wrongfully with falsehood; [But] I will **meditate on Your precepts**.

79 Let those who fear You turn to me, Those who **know Your testimonies**.

80 Let my heart be blameless regarding Your statutes, That I may not be ashamed.

Kaph

81 My soul faints for Your salvation, But I **hope in Your word**.

82 My eyes fail [from searching] **Your word**, Saying, "When will You comfort me?"

83 For I have become like a wineskin in smoke, [Yet] I **do not forget Your statutes**.

84 How many [are] the days of Your servant? When will You execute judgment on those who persecute me?

85 The **proud have dug pits for me**, Which [is] not according to **Your law**.

86 All **Your commandments** [are] faithful; They **persecute me wrongfully**, Help me!

87 They almost made an end of me on earth, But I **did not forsake Your precepts**.

88 Revive me according to Your lovingkindness, So that I may **keep the testimony of Your mouth**.

Lamed

89 Forever, O LORD, Your word is settled in heaven.

90 Your faithfulness [endures] to all generations; You established the earth, and it abides.

91 They continue this day according to **Your ordinances**, For all [are] Your servants.

92 Unless **Your law** [had been] my **delight**, I would then 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 wait for me to destroy me**, [But] I will **consider Your testimonies**.

96 I have seen the consummation of all perfection, [But] **Your commandment** [is] exceedingly broad.

Mem

97 Oh, how I **love Your law**! It [is] my **meditation** all the day.

98 You, through **Your commandments**, make me wiser than **my enemies**; For they [are] ever with me.

99 I have more understanding than all my teachers, For **Your testimonies** [are] my **meditation**.

100 I understand more than the ancients, Because I **keep Your precepts**.

101 I have **restrained my feet from every evil way**, That I may **keep Your word**.

102 I **have not departed** from **Your judgments**, For You Yourself have taught me.

103 How sweet are **Your words** to my taste, [Sweeter] than honey to my mouth!

104 Through **Your precepts** I get understanding; Therefore **I hate every false way**.

Nun

- 105 **Your word** [is] a lamp to my feet And a light to my path.
- 106 I have sworn and confirmed That I will **keep Your righteous judgments**.
- 107 I am afflicted very much; **Revive me**, O LORD, according to **Your word**.
- 108 Accept, I pray, the freewill offerings of my mouth, O LORD, And teach me Your judgments.
- 109 My life [is] continually in my hand, Yet **I do not forget Your law**.
- 110 The **wicked have laid a snare for me**, Yet **I have not strayed from Your precepts**.
- 111 **Your testimonies** I have **taken as a heritage** forever, For they [are] the **rejoicing** of my heart.
- 112 **I have inclined my heart to perform Your statutes** Forever, to the very end.

Samek

- 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**, For I will **keep the commandments of my God!**
- 116 Uphold me according to Your word, that I may live; And do not let me be ashamed of my hope.
- 117 Hold me up, and I shall be safe, And I shall **observe Your statutes** continually.
- 118 **You reject all those who stray from Your statutes**, For **their deceit [is] falsehood**.
- 119 **You put away all the wicked of the earth [like] dross**; Therefore I **love Your testimonies**.
- 120 **My flesh trembles for fear of You, And I am afraid of Your judgments**.

Ayin

- 121 I have done justice and righteousness; Do not leave me to my oppressors.
- 122 Be surety for Your servant for good; Do not let the proud oppress me.
- 123 My eyes fail [from seeking] Your salvation And **Your righteous word**.
- 124 Deal with Your servant according to Your mercy, And teach me Your statutes.
- 125 I [am] Your servant; Give me understanding, That I may **know Your testimonies**.
- 126 [It is] time for [You] to act, O LORD, [For] **they have regarded Your law as void**.
- 127 Therefore I **love Your commandments** More than gold, yes, than fine gold!
- 128 Therefore all **[Your] precepts** [concerning] all [things] I **consider [to be] right**; **I hate every false way**.

Pe

- 129 **Your testimonies** are wonderful; Therefore my soul **keeps** them.
- 130 The entrance of **Your words** gives light; It gives understanding to the simple.
- 131 I opened my mouth and panted, For I **longed for Your commandments**.
- 132 Look upon me and be merciful to me, As Your custom [is] toward those who **love Your name**.
- 133 Direct my steps by Your word, And **let no iniquity have dominion over me**.
- 134 Redeem me from the oppression of man, That I may **keep Your precepts**.
- 135 Make Your face shine upon Your servant, And teach me Your statutes.
- 136 **Rivers of water run down from my eyes, Because [men] do not keep Your law**.

Tsadde

- 137 Righteous [are] You, O LORD, And upright [are] **Your judgments**.
- 138 **Your testimonies**, [which] You have commanded, [Are] righteous and very faithful.
- 139 **My zeal has consumed me, Because my enemies have forgotten Your words**.
- 140 **Your word** [is] very pure; Therefore Your servant **loves** it.
- 141 I [am] small and despised, [Yet] I **do not forget Your precepts**.
- 142 Your righteousness [is] an everlasting righteousness, And **Your law** [is] truth.

143 Trouble and anguish have overtaken me, [Yet] **Your commandments** [are] my **delights**.

144 The righteousness of **Your testimonies** [is] everlasting; Give me understanding, and I shall live.

Qoph

145 I cry out with [my] **whole heart**; Hear me, O LORD! I will **keep Your statutes**.

146 I cry out to You; Save me, and I will **keep Your testimonies**.

147 **I rise before the dawning of the morning**, And cry for help; I **hope in Your word**.

148 **My eyes are awake through the [night] watches**, That I may **meditate on Your word**.

149 Hear my voice according to Your lovingkindness; O LORD, revive me according to Your justice.

150 They draw near who follow after wickedness; They are far from Your law.

151 You [are] near, O LORD, And all **Your commandments** [are] truth.

152 Concerning **Your testimonies**, I have known of old that You have founded them forever.

Resh

153 Consider my affliction and deliver me, For I **do not forget Your law**.

154 Plead my cause and redeem me; Revive me according to **Your word**.

155 Salvation [is] far from the wicked, For they do not **seek Your statutes**.

156 Great [are] Your tender mercies, O LORD; Revive me according to **Your judgments**.

157 Many [are] my persecutors and my enemies, [Yet] I **do not turn from Your testimonies**.

158 **I see the treacherous, and am disgusted**, Because they do not **keep Your word**.

159 Consider how I **love Your precepts**; Revive me, O LORD, according to Your lovingkindness.

160 The entirety of **Your word** [is] truth, And every one of **Your righteous judgments** [endures] forever.

Shin

161 Princes persecute me without a cause, But my heart stands in **awe of Your word**.

162 I **rejoice at Your word** As one who finds great treasure.

163 **I hate and abhor lying**, [But] I **love Your law**.

164 Seven times a day I praise You, Because of **Your righteous judgments**.

165 Great peace have those who **love Your law**, And nothing causes them to stumble.

166 LORD, I hope for Your salvation, And I **do Your commandments**.

167 My soul **keeps Your testimonies**, And I **love** them exceedingly.

168 I **keep Your precepts and Your testimonies**, For all my ways [are] before You.

Tau

169 Let my cry come before You, O LORD; Give me understanding according to **Your word**.

170 Let my supplication come before You; Deliver me according to **Your word**.

171 My lips shall utter praise, For You teach me **Your statutes**.

172 My tongue shall speak of **Your word**, For all **Your commandments** [are] righteousness.

173 Let Your hand become my help, 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 it shall praise You; And let **Your judgments** help me.

176 I have gone astray like a lost sheep; Seek Your servant, For I **do not forget Your commandments**.