

TRANSFORMED

A Journey Through Psalms 119



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INTRODUCTION

A Journey Psalms 119

Dear Friend,

I am glad that you are desiring to read and journal through Psalm 119. This Psalm is unique because it provides a lengthy meditation on the Scripture itself. By far the longest of the Psalms, Psalm 119 is composed as an acrostic poem in which each line of each stanza begins with the same letter of the Hebrew alphabet. The acrostic provides a beautiful poetic structure that is lost in our English translation. The structure communicates the author's intent to give us a full A to Z contemplation of the wonder of God's word.

It is worth noting that in the Bible God offers his most comprehensive description of Scripture through poetry and not prose. Composed for singing, the Psalms inform our minds but also stir our affections. Through Psalm 119, God wants us to know something about his word, and he also wants us to feel something about his word. In his book *Bible Delight*, Christopher Ash says the following about Psalm 119:

"For the Psalms perfectly combine thought and feeling, theology and prayer, emotion and reality, the subjective and the objective. In particular, Psalm 119 can inject into the heartbeat of Christian experience the passionate and reasonable delight in the written word of God." (p. 13)

This is my prayer for all of us as we journey through Psalm 119 together: that we may both think and feel rightly about God's word so that we will better know, enjoy and serve our Lord.

his study is broken up into 22 entries corresponding to the 22 stanzas of Psalm 119. I suggest you read and respond to one section per day. We will be studying the Psalm for 30 days, so if you miss a day or a few days, no worries. It will be easy to jump back in and finish on time. May God reveal himself to you through this wonderful Psalm, and may he transform you as you look to him!

Gratefully,

Craig Cabaniss

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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!

1. What does this passage teach you to think about God or his Word?

2. What does this passage move you to feel about God or his Word?

3. How will you apply this passage in your life?

4. How will you pray in response to this passage?



9 How can a young man keep his way pure?
By guarding it according to your word.
10 With my whole heart I seek you;
let me not wander from your commandments!
11 I have stored up your word in my heart,
that I might not sin against you.
12 Blessed are you, O Lord;
teach me your statutes!
13 With my lips I declare
all the rules of your mouth.
14 In the way of your testimonies I delight
as much as in all riches.
15 I will meditate on your precepts
and fix my eyes on your ways.
16 I will delight in your statutes;
I will not forget your word.

1. What does this passage teach you to think about God or his Word?

2. What does this passage move you to feel about God or his Word?

3. How will you apply this passage in your life?

4. How will you pray in response to this passage?

GIMEL
Psalms 119: 17-24

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.

1. What does this passage teach you to think about God or his Word?

2. What does this passage move you to feel about God or his Word?

3. How will you apply this passage in your life?

4. How will you pray in response to this passage?

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!

1. What does this passage teach you to think about God or his Word?

2. What does this passage move you to feel about God or his Word?

3. How will you apply this passage in your life?

4. How will you pray in response to this passage?



Psalms 119:33-40

- 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!

1. What does this passage teach you to think about God or his Word?

2. What does this passage move you to feel about God or his Word?

3. How will you apply this passage in your life?

4. How will you pray in response to this passage?



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.

1. What does this passage teach you to think about God or his Word?

2. What does this passage move you to feel about God or his Word?

3. How will you apply this passage in your life?

4. How will you pray in response to this passage?



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.

1. What does this passage teach you to think about God or his Word?

2. What does this passage move you to feel about God or his Word?

3. How will you apply this passage in your life?

4. How will you pray in response to this passage?



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!

1. What does this passage teach you to think about God or his Word?

2. What does this passage move you to feel about God or his Word?

3. How will you apply this passage in your life?

4. How will you pray in response to this passage?



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.

1. What does this passage teach you to think about God or his Word?

2. What does this passage move you to feel about God or his Word?

3. How will you apply this passage in your life?

4. How will you pray in response to this passage?

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!

1. What does this passage teach you to think about God or his Word?

2. What does this passage move you to feel about God or his Word?

3. How will you apply this passage in your life?

4. How will you pray in response to this passage?



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.

1. What does this passage teach you to think about God or his Word?

2. What does this passage move you to feel about God or his Word?

3. How will you apply this passage in your life?

4. How will you pray in response to this passage?

LAMEDH
Psalms 119: 89-96

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.

1. What does this passage teach you to think about God or his Word?

2. What does this passage move you to feel about God or his Word?

3. How will you apply this passage in your life?

4. How will you pray in response to this passage?



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.

1. What does this passage teach you to think about God or his Word?

2. What does this passage move you to feel about God or his Word?

3. How will you apply this passage in your life?

4. How will you pray in response to this passage?



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.

1. What does this passage teach you to think about God or his Word?

2. What does this passage move you to feel about God or his Word?

3. How will you apply this passage in your life?

4. How will you pray in response to this passage?





*How sweet are your words to my taste,
sweeter than honey to my mouth!*
Psalms 119: 103

SAMEKH
Psalms 119:113-120

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.

1. What does this passage teach you to think about God or his Word?

2. What does this passage move you to feel about God or his Word?

3. How will you apply this passage in your life?

4. How will you pray in response to this passage?

AYIN
Psalm 119: 121-128

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.

1. What does this passage teach you to think about God or his Word?

2. What does this passage move you to feel about God or his Word?

3. How will you apply this passage in your life?

4. How will you pray in response to this passage?



Psalm 119: 129-136

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.

1. What does this passage teach you to think about God or his Word?

2. What does this passage move you to feel about God or his Word?

3. How will you apply this passage in your life?

4. How will you pray in response to this passage?

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.

1. What does this passage teach you to think about God or his Word?

2. What does this passage move you to feel about God or his Word?

3. How will you apply this passage in your life?

4. How will you pray in response to this passage?



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.

1. What does this passage teach you to think about God or his Word?

2. What does this passage move you to feel about God or his Word?

3. How will you apply this passage in your life?

4. How will you pray in response to this passage?



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.

1. What does this passage teach you to think about God or his Word?

2. What does this passage move you to feel about God or his Word?

3. How will you apply this passage in your life?

4. How will you pray in response to this passage?

SIN & SHIN
Psalms 119, 161-168

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.

1. What does this passage teach you to think about God or his Word?

2. What does this passage move you to feel about God or his Word?

3. How will you apply this passage in your life?

4. How will you pray in response to this passage?



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.

1. What does this passage teach you to think about God or his Word?

2. What does this passage move you to feel about God or his Word?

3. How will you apply this passage in your life?

4. How will you pray in response to this passage?

PSALMS



"Your word is a lamp to my feet and a light for my path." Psalms 119:105