

## How to use Psalm 119

This is a most fascinating chapter. When I first started studying it, the verses seemed to have no logical connection. It almost appeared as if someone had put all of them into a bucket and pitched them onto paper in one swift motion. Fortunately, after almost a year and a half of study and meditation the logic of the chapter has become fairly clear.

The chapter contains twenty-two paragraphs, and each contains eight verses. All of the commentaries I have read agree that each of the paragraphs in the chapter represents a single letter of the Hebrew alphabet starting with the first letter for the first paragraph and ending with the last letter for paragraph twenty-two. All eight verses in a given paragraph start with the same Hebrew letter. The chapter is said to be Hebrew poetry, and using the same Hebrew letter for all verses of a paragraph adds to the poetry aspect in the original Hebrew manuscript. Unfortunately, when Psalm 119 was translated into English much of the poetry aspect was lost. Fortunately, the truths David was trying to convey are still resident and intact in the English text. Just a note here: commentators do not know who actually wrote this Psalm, but I have chosen to believe that David wrote it. The tone of the writing, the troubles he was experiencing, and his faith in God to deliver him are all so consistent with the other Psalms David wrote. By viewing David as the author the whole picture fits neatly together when you consider the way David was so severely persecuted by king Saul and his gooneys. You may feel the author was someone else, and if so, I would not argue the point with you.

Almost all of the verses in the chapter make reference to the Word of God. David used several different synonyms for the Word because each of them dealt with a slightly different aspect of the Word. In twenty of the twenty-two paragraphs David asked the Lord to deliver him from oppression or from the troubles that resulted from oppression. In some cases the request is easy to recognize, but in others the request is not so obvious. As you read this work see if you can recognize all of them. Notice the Scripture [text in blue](#). These are statements where David either asked directly for deliverance from his troubles or used wording that indicated a plea for deliverance. When David wrote this Psalm he was experiencing some really hard times at the hand of King Saul and his men. They chased him all over the place, and they would have killed him if the Lord had not protected him like He did. Keeping this thought in mind, the whole of Psalm 119 is not so much a statement that the Word of God is true as it is a statement that *since* the Word of God is true we can trust the Lord to keep His promise to save his children from the wicked. In His own time and in His own way the Lord will deliver us from the trials and oppression we face in life. Just remember that the Lord was faithful to David, and we serve the same Lord he did. Therefore, you and I can trust the Lord with the assurance that He will go with us through all of our trials and tribulations. He knows how much we are capable of enduring, and He won't allow us to experience any more than we can bear. Therefore, trust the Lord to save you from your troubles, and see how He keeps His word. Please understand something here. Throughout this chapter David was trusting the Lord to deliver him someday. The Lord had not done it when this chapter was penned, but David trusted the Lord to keep His promise anyway. The Lord did deliver him later, but not at the time of the writing of this chapter. Keep this in mind as you read this paraphrase, and keep it in mind as you trust the Lord to deliver you from troubles someday. He is faithful, but He may not be on your timetable.

It is always helpful to learn what the verses in a Psalm are teaching, but knowledge alone will not help anyone live for God. We need to be able to apply what we learn. On the following page you will find a list of the areas of living or believing that are dealt with in Psalm 119. Look them over, and when you have a particular need, go to that paragraph. There you will find guidance and counsel to help you have victory over that particular problem. I hope these will be of help to you.

## Here is a helpful guide for applying Psalm 119 to your life:

- If you want to be really happy go to [paragraph 1](#) (verses 1-8).
- If you have a problem with sin and want victory over it go to [paragraph 2](#) (verses 9-16).
- If you are being persecuted and need encouragement go to [paragraph 3](#) (verses 17-24).
- If your troubles are so heavy you are about to give up go to [paragraph 4](#) (verses 25-32).
- If your focus in life is money or possessions go to [paragraph 5](#) (verses 33-40).
- If you've promised God you'll live for Him once He delivers you go to [paragraph 6](#) (verses 41-48).
- If you seek renewed hope that God will actually deliver you someday go to [paragraph 7](#) (verses 49-56).
- If you need to recognize God's goodness even during times of trial go to [paragraph 8](#) (verses 57-64).
- If you want to understand how your troubles are good for you go to [paragraph 9](#) (verses 65-72).
- If you seek restoration of broken relationships go to [paragraph 10](#) (verses 73-80).
- If you are burdened with grief go to [paragraph 11](#) (verses 81-88).
- If you need a reminder that God keeps His Word go to [paragraph 12](#) (verses 89-96).
- If you want to be wiser than everyone around you go to [paragraph 13](#) (verses 97-104).
- If you need a guide to lead you to God's promises go to [paragraph 14](#) (verses 105-112).
- If you want to gain the fear of the Lord go to [paragraph 15](#) (verses 113-120).
- If you need confidence that trusting the Lord is the right thing to do go to [paragraph 16](#) (verses 121-128).
- If you need help seeing how good God's promises are go to [paragraph 17](#) (verses 129-136).
- If you think your troubles are more important than God's Word go to [paragraph 18](#) (verses 137-144).
- If you need something to help you trust the Lord more go to [paragraph 19](#) (verses 145-152).
- If you need help understanding how God chooses your way go to [paragraph 20](#) (verses 153-160).
- If you want real peace of heart during persecution go to [paragraph 21](#) (verses 161-168).
- If you want a sound reason to trust the Lord to deliver you go to [paragraph 22](#) (verses 169-176).

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KJV	NASB 1977	JLS Paraphrase
<p><sup>1</sup> Blessed are the undefiled in the way, who walk in the law of the LORD. <sup>2</sup> Blessed are they that keep his testimonies, and that seek him with the whole heart. <sup>3</sup> They also do no iniquity: they walk in his ways.</p> <p><sup>4</sup> Thou hast commanded us to keep thy precepts diligently. <sup>5</sup> O that my ways were directed to keep thy statutes! <sup>6</sup> Then shall I not be ashamed, when I have respect unto all thy commandments.</p> <p><sup>7</sup> I will praise thee with uprightness of heart, when I shall have learned thy righteous judgments. <sup>8</sup> I will keep thy statutes: O forsake me not utterly.</p>	<p><sup>1</sup> How blessed are those whose way is blameless, who walk in the law of the LORD. <sup>2</sup> How blessed are those who observe His testimonies, who seek Him with all their heart. <sup>3</sup> They also do no unrighteousness; they walk in His ways.</p> <p><sup>4</sup> Thou hast ordained Thy precepts, that we should keep them diligently. <sup>5</sup> Oh that my ways may be established to keep Thy statutes! <sup>6</sup> Then I shall not be ashamed when I look upon all Thy commandments.</p> <p><sup>7</sup> I shall give thanks to Thee with uprightness of heart, when I learn Thy righteous judgments. <sup>8</sup> I shall keep Thy statutes; <b>do not forsake me utterly!</b></p>	<p><sup>1</sup> Truly happy people are those who have a deep-seated joy, peace, and contentment, and they acquired those qualities by faithfully doing three things:</p> <p>1) They have <u>adopted convictions</u> based upon sound morals found in the Word of God, and those convictions continually drive them to live such a good life that no one can rightfully accuse them of any wrongdoing<sub>1</sub> in either their actions or their speech;</p> <p>2) <sup>2</sup> they do their best to <u>obey and practice</u> the teachings of the Word of God and faithfully seek with every ounce of their being to know the Lord Jesus Christ<sub>2</sub> in an intimate way; and</p> <p>3) <sup>3</sup> they consistently <u>abandon every form of sin and evil</u> so that they will not be hindered as they walk through life imitating the only perfect man who ever lived, Jesus Christ the Messiah<sub>2</sub>.</p> <p><sup>4</sup> Lord Jesus, The Father determined from the beginning of time that His Word is to be obeyed faithfully, meticulously, and with great enthusiasm. <sup>5</sup> I now understand this truth, and I long to be so firmly established in knowing and following the Scriptures that everyone, including my oppressors, will clearly see that I am that blessed man. <sup>6</sup> Then I would never again be ashamed of myself or convicted by my sin when I read and study the Scriptures.</p> <p><sup>7</sup> Lord Jesus, once I come to fully understand how you examine my life, decide perfectly what circumstances I must endure, and choose what the future holds for me<sub>3</sub>, I will thank and praise You out of a heart that has been taught to do what is right in Your sight<sub>4</sub>. <sup>8</sup> Lord, now that I know what it takes to be a blessed and happy man, I have purposed from the depths of my soul that for the rest of my life I will obey everything You teach me. Since I am so willing to do this, please don't give up on me forever. Save me because I really need Your help.</p>

<sup>1</sup> A derivative of Strong's definition of "blameless" <08459>

<sup>2</sup> For the sake of application, since Christ said in John 14:6, "I am the way, the truth, and the life: no man cometh unto the Father but by me," (KJV) the phrase "the Lord Jesus Christ" or "Jesus Christ the Messiah" has been used.

<sup>3</sup> Strong's definition for "judgments" <04941>

<sup>4</sup> The phrase most often used in Scripture for the word "upright" <03476>

KJV	NASB 1977	JLS Paraphrase
<p><sup>9</sup> Wherewithal shall a young man cleanse his way? by taking heed thereto according to thy word. <sup>10</sup> With my whole heart have I sought thee: O let me not wander from thy commandments.</p> <p><sup>11</sup> Thy word have I hid in mine heart, that I might not sin against thee. <sup>12</sup> Blessed art thou, O LORD: teach me thy statutes.</p> <p><sup>13</sup> With my lips have I <b>declared</b> all the judgments of thy mouth. <sup>14</sup> <b>I have rejoiced</b> in the way of thy testimonies, as much as in all riches.</p> <p><sup>15</sup> <b>I will meditate</b> in thy precepts, and have respect unto thy ways. <sup>16</sup> <b>I will delight</b> myself in thy statutes: I will not forget thy word.</p>	<p><sup>9</sup> How can a young man keep his way pure? By keeping it according to Thy word. <sup>10</sup> With all my heart I have sought Thee; do not let me wander from Thy commandments.</p> <p><sup>11</sup> Thy word I have treasured in my heart, that I may not sin against Thee. <sup>12</sup> Blessed art Thou, O LORD; teach me Thy statutes.</p> <p><sup>13</sup> With my lips I <b>have told</b> of all the ordinances of Thy mouth. <sup>14</sup> <b>I have rejoiced</b> in the way of Thy testimonies, as much as in all riches.</p> <p><sup>15</sup> <b>I will meditate</b> on Thy precepts, and regard Thy ways. <sup>16</sup> <b>I shall delight</b> in Thy statutes; I shall not forget Thy word.</p>	<p><sup>9</sup> Dear Lord Jesus<sub>1</sub>, What must a youthful man do in order to make his whole manner of living pure and clean and then keep it that way for life? He can only accomplish this task by bringing all of his thoughts and actions into conformity with the teachings of the Word of God.</p> <p><sup>10</sup> I have sought to know You in a personal, intimate relationship, and I have done it with everything that is within me. Since I have done so, please use the Scriptures to give me daily course corrections so that I will not carelessly wander away from Your Word.</p> <p><sup>11</sup> I have stored Bible verses in my mind and heart through memorization and meditation. I have done this because I know that the Word of God is the only thing that gives me the power I need to abandon sinful practices so that I will not sin against You.</p> <p><sup>12</sup> I praise You Lord Jesus and adore Your holy name. Please teach me how to know and obey the Word from the heart so that I can discern my proper boundaries<sub>2</sub>.</p> <p><sup>13</sup> I have personally told others about how well You examine my life, correctly choose the circumstances I must endure, and plan what the future holds for me<sub>3</sub>. <sup>14</sup> I have been absolutely thrilled with the path of life and manner of living the Word has taught me, and I have learned that the Bible is much more valuable than all the wealth I own, or ever will own for that matter.</p> <p><sup>15</sup> I will dedicate myself to the task of meditating upon the Scriptures day and night and will show You that I really appreciate their value by faithfully practicing what I learn.</p> <p><sup>16</sup> Since the Word makes me clean and keeps me that way, I will delight myself in studying, learning, and applying it to my life so that I will never lose sight of it or cease to care about it through neglect.</p>

<sup>1</sup> For the sake of application, since Christ said in John 14:6, "I am the way, the truth, and the life: no man cometh unto the Father but by me," the phrase "Lord Jesus" or "Jesus Christ the Messiah" has been used.

<sup>2</sup> The essence of Strong's defn. for "statutes" < 02706 >

<sup>3</sup> Strong's defn. for "ordinances" <04941 >

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<p><sup>17</sup> Deal bountifully with thy servant, that I may live, and keep thy word. <sup>18</sup> Open thou mine eyes, that I may behold wondrous things out of thy law.</p> <p><sup>19</sup> I am a stranger in the earth: hide not thy commandments from me.</p> <p><sup>20</sup> My soul breaketh for the longing that it hath unto thy judgments at all times.</p> <p><sup>21</sup> Thou hast rebuked the proud that are cursed, which do err from thy commandments. <sup>22</sup> Remove from me reproach and contempt; for I have kept thy testimonies.</p> <p><sup>23</sup> Princes also did sit and speak against me: but thy servant did meditate in thy statutes. <sup>24</sup> Thy testimonies also are my delight and my counselors.</p>	<p><sup>17</sup> Deal bountifully with Thy servant, that I may live and keep Thy word. <sup>18</sup> Open my eyes, that I may behold wonderful things from Thy law.</p> <p><sup>19</sup> I am a stranger in the earth; do not hide Thy commandments from me. <sup>20</sup> My soul is crushed with longing after Thine ordinances at all times.</p> <p><sup>21</sup> Thou dost rebuke the arrogant, the cursed, who wander from Thy commandments. <sup>22</sup> <a href="#">Take away reproach and contempt from me</a>, for I observe Thy testimonies.</p> <p><sup>23</sup> Even though princes sit and talk against me, thy servant meditates on Thy statutes.</p> <p><sup>24</sup> Thy testimonies also are my delight; they are my counselors.</p>	<p><sup>17</sup> Dear Lord Jesus<sup>1</sup>, Please pour out lots and lots of tender love and kindness upon me, and restore me to vibrant life and health. That way I can continue learning and obeying the Word of God. <sup>18</sup> Open the eyes of my understanding so that I may comprehend all the wonderful and extraordinary things contained in the Bible, even those that are hard to understand.</p> <p><sup>19</sup> I know that heaven will be my home when I die, but for now I am just a pilgrim in this old world. Please don't let this fact cause You to hide the Scriptures from my understanding. <sup>20</sup> Teach me, because every waking moment of the day everything within me is burdened with a deep longing to know and understand how You carefully examine my life, determine the circumstances I must endure, and plan what the future holds for me<sup>2</sup>.</p> <p><sup>21</sup> I know that at the time of Your choosing You will call into account and punish every man who is conceited in his pride. It is only right that You should do this because all of them have turned their backs on You and the Bible and have become cursed of God and rejected. <sup>22</sup> I am not one of them, so since I have walked in my integrity by believing and obeying the Word, please take away whatever it is that makes people despise me and wish I were dead.</p> <p><sup>23</sup> Even though rulers and men in authority sit in their royal courts and accuse me of all sorts of things that are not true, I will not let that destroy me. Instead, I will seek Your help by meditating upon the Word. <sup>24</sup> Yes, I will do so because the Scriptures are the delight and joy of my soul. I find great pleasure in studying their teachings because they are the counselors that show me how to live so that everything I do will please You.</p>

<sup>1</sup> Since Christ said in John 14:6, "I am the way, the truth, and the life: no man cometh unto the Father, but by me," the word "Jesus" has been used.

<sup>2</sup> Strong's definition for "ordinances" <04941> same word as "judgments"

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KJV	NASB 1977	JLS Paraphrase
<p><sup>25</sup> My soul cleaveth unto the dust: quicken thou me according to thy word. <sup>26</sup> I have declared my ways, and thou heardest me: teach me thy statutes.</p> <p><sup>27</sup> Make me to understand the way of thy precepts: so shall I talk of thy wondrous works. <sup>28</sup> My soul melteth for heaviness: strengthen thou me according unto thy word.</p> <p><sup>29</sup> Remove from me the way of lying: and grant me thy law graciously. <sup>30</sup> I have chosen the way of truth: thy judgments have I laid before me.</p> <p><sup>31</sup> I have stuck unto thy testimonies: O LORD, put me not to shame. <sup>32</sup> I will run the way of thy commandments, when thou shalt enlarge my heart.</p>	<p><sup>25</sup> My soul cleaves to the dust; <b>revive me</b> according to Thy word. <sup>26</sup> I have told of my ways, and Thou hast answered me; teach me Thy statutes.</p> <p><sup>27</sup> Make me understand the way of Thy precepts, so I will meditate on Thy wonders. <sup>28</sup> My soul weeps because of grief; <b>strengthen me</b> according to Thy word.</p> <p><sup>29</sup> Remove the false way from me, and graciously grant me Thy law. <sup>30</sup> <b>I have chosen</b> the faithful way; I have placed Thine ordinances before me.</p> <p><sup>31</sup> <b>I cleave to</b> Thy testimonies; O LORD, <b>do not put me to shame!</b> <sup>32</sup> <b>I shall run</b> the way of Thy commandments, for Thou wilt enlarge my heart.</p>	<p><sup>25</sup> Dear Lord Jesus<sub>1</sub>, I am forced to endure such severe persecution that I feel like I am going to die. Please restore me to vibrant life and health like I had before all these troubles came upon me, and do it like the Word of God tells me You will. <sup>26</sup> I have poured out my heart to You in the past, and each time You heard my appeal and saved me. I need Your help again, so please teach me the Word so that I will recognize Your answer when it comes.</p> <p><sup>27</sup> Give me the ability to understand the principles and instructions contained in the Scriptures and what You intend to accomplish in and through me as I live them. I really want to possess this kind of knowledge, and because I do, I will meditate upon the wonderful and sometimes hard to understand truths found in the Word until I make them my own. <sup>28</sup> Lord Jesus, everything within me cries out to You for help, and because of the pain and grief my oppressors heap upon me my eyes are continually filled with tears. Lord, please use the Scriptures to give me the strength not only to bear up under this awful oppression but also to stand firm in the knowledge of Your love and concern for me.</p> <p><sup>29</sup> Take away from me every trace of lying and deception so that I will be pure, and show Your favor by allowing me to understand and practice the teachings contained in the Word. <sup>30</sup> I have chosen to follow the stable path of life found in strict adherence to the truths found in the Bible. In fact, I have made doing so the focal point of my life.</p> <p><sup>31</sup> I am clinging to the Word of God with all my being, and I will not release my hold upon it for any reason. Since I have made it mine, please don't put me to shame like my oppressors have done! <sup>32</sup> I am determined to run the race of life according to the rules set forth in the Word of God because I know that in doing so You will encourage me and increase my capacity to treasure the Word in my heart even more.</p>

<sub>1</sub> Since Christ said in John 14:6, "I am the way, the truth, and the life: no man cometh unto the Father, but by me," the word "Jesus" has been used.

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<p><sup>33</sup> Teach me, O LORD, the way of thy statutes; and I shall keep it unto the end. <sup>34</sup> Give me understanding, and I shall keep thy law; yea, I shall observe it with my whole heart.</p> <p><sup>35</sup> Make me to go in the path of thy commandments; for therein do I delight. <sup>36</sup> Incline my heart unto thy testimonies, and not to covetousness.</p> <p><sup>37</sup> Turn away mine eyes from beholding vanity; and quicken thou me in thy way. <sup>38</sup> Stablish thy word unto thy servant, who is devoted to thy fear.</p> <p><sup>39</sup> Turn away my reproach which I fear: for thy judgments are good. <sup>40</sup> Behold, I have longed after thy precepts: quicken me in thy righteousness.</p>	<p><sup>33</sup> <b>Teach me</b>, O LORD, the way of Thy statutes, and I shall observe it to the end. <sup>34</sup> <b>Give me understanding</b>, that I may observe Thy law, and keep it with all my heart.</p> <p><sup>35</sup> <b>Make me walk</b> in the path of Thy commandments, for I delight in it. <sup>36</sup> <b>Incline my heart</b> to Thy testimonies, and not to dishonest gain.</p> <p><sup>37</sup> <b>Turn away my eyes</b> from looking at vanity, and <b>revive me</b> in Thy ways. <sup>38</sup> <b>Establish Thy word</b> to Thy servant, as that which produces reverence for Thee.</p> <p><sup>39</sup> <b>Turn away my reproach</b> which I dread, for Thine ordinances are good. <sup>40</sup> Behold, I long for Thy precepts; <b>revive me</b> through Thy righteousness.</p>	<p><sup>33</sup> Dear Lord Jesus<sub>1</sub>, If You will teach me what the Word of God says to do and believe, I promise that I will faithfully do it until I die and stand before You in heaven. <sup>34</sup> I do not wish to blindly follow a set of rules, so after You teach me what to do, please give me the kind of understanding and discernment I will need in order to comprehend all that You want to accomplish in and through me as a result of my obedience. When You do, I will obey the Bible with all of my heart and soul.</p> <p><sup>35</sup> As I learn and practice the Word of God, use it to guide me down the pathway paved with Your wishes even when doing so is hard, because I find such deep pleasure and satisfaction in doing Your will. <sup>36</sup> Create in me an even greater desire to learn the Word and do Your will. I ask this because I know that these are the only things that will keep me from getting side-tracked by the pursuit of wealth or possessions through violent or unjust means<sub>2</sub>.</p> <p><sup>37</sup> Use the Word to keep me thoroughly focused upon spiritual things. When this happens, You will control my heart so that I will have no need to turn aside to look at or long to participate in the worthless and empty things this world has to offer. In fact, I will be so focused upon the Word that it will renew and invigorate my life. This is life at its best, and it will enable me to walk in Your ways from the heart. <sup>38</sup> Establish the Word so firmly in my heart that I will always reverence and fear You no matter how difficult or painful the trials of life may become.</p> <p><sup>39</sup> Please take away this awful rejection and contempt that evil people have for me because I dread facing it day after day. I ask this because I know that the Word is good and has tremendous benefits for all who believe and obey it. <sup>40</sup> Lord, I want so very much to thoroughly know and understand the Bible. As I learn it, deliver me from oppression, then restore me to vibrant life and health<sub>3</sub> as I follow Your example of being good, right, and fair<sub>4</sub> in every aspect of my life.</p>

<sup>1</sup> Since Christ said in John 14:6, "I am the way, the truth, and the life: no man cometh unto the Father, but by me," the word "Jesus" has been used.

<sup>2</sup> Strong's definition for "dishonest gain" < 01215 >

<sup>3</sup> A derivative of Strong's defn. for "revive: <02421 >

<sup>4</sup> Strong's defn. for "righteous" <06666 >

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<p><sup>41</sup> Let thy mercies come also unto me, O LORD, even thy salvation, according to thy word. <sup>42</sup> So shall I have wherewith to answer him that reproacheth me: for I trust in thy word. <sup>43</sup> And take not the word of truth utterly out of my mouth; for I have hoped in thy judgments.</p> <p><sup>44</sup> So shall I keep thy law continually for ever and ever. <sup>45</sup> And I will walk at liberty: for I seek thy precepts. <sup>46</sup> I will speak of thy testimonies also before kings, and will not be ashamed. <sup>47</sup> And I will delight myself in thy commandments, which I have loved. <sup>48</sup> My hands also will I lift up unto thy commandments, which I have loved; and I will meditate in thy statutes.</p>	<p><sup>41</sup> May Thy lovingkindnesses also come to me, O LORD, Thy <b>salvation</b> according to Thy word; <sup>42</sup> so I shall have an answer for him who reproaches me, for I trust in Thy word. <sup>43</sup> And do not take the word of truth utterly out of my mouth, for I wait for Thine ordinances.</p> <p><sup>44</sup> So <b>I will keep</b> Thy law continually, forever and ever. <sup>45</sup> And <b>I will walk</b> at liberty, for I seek Thy precepts. <sup>46</sup> <b>I will also speak</b> of Thy testimonies before kings, and shall not be ashamed. <sup>47</sup> And <b>I shall delight</b> in Thy commandments, which I love. <sup>48</sup> And <b>I shall lift up my hands</b> to Thy commandments, which I love; and <b>I will meditate</b> on Thy statutes.</p>	<p><sup>41</sup> Dear Lord Jesus<sub>1</sub>, Please pour out Your tender love and kindness upon me like You have done for others You love, and grant me the deliverance that You promised in the Word of God. <sup>42</sup> When You do, I will be able to answer those who ridicule and mock me because they will see that confidence in the Word brings deliverance and pays great dividends. <sup>43</sup> Don't let oppression or hardships take such a toll on me that I become ashamed to tell others about how well You examine my life, determine what circumstances I must endure, and plan what the future holds for me<sub>2</sub>. Because Your judgments are always good, right, and fair I am compelled to testify of Your goodness. In fact, I look forward to speaking up since the Word is my only hope.</p> <p><sup>44</sup> If You will deliver me I promise to</p> <ol style="list-style-type: none"> <li>1) obey the Word of God and serve You as long as I live;</li> <li>2) <sup>45</sup> walk as a free man, delivered from the weight of oppression and reproach because I seek with all my heart to understand and obey the Word;</li> <li>3) <sup>46</sup> freely tell kings and those in authority of the wonderful way You delivered me as the result of my obedience to the Word;</li> <li>4) have the confidence to look any man square in the eye and boldly tell him of Your great love and mercy;</li> <li>5) <sup>47</sup> take great delight in the Bible I love;</li> <li>6) <sup>48</sup> lift up my hands in praise and adoration to the Word of God since I love it; and</li> <li>7) meditate upon the Word continually.</li> </ol>

<sup>1</sup> Since Christ said in John 14:6, "I am the way, the truth, and the life: no man cometh unto the Father, but by me," the word "Jesus" has been used.

<sup>2</sup> Strong's definition for "judgments" or "ordinances" <04941>



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<p><sup>49</sup> Remember the word unto thy servant, upon which thou hast caused me to hope. <sup>50</sup> This is my comfort in my affliction: for thy word hath quickened me.</p> <p><sup>51</sup> The proud have had me greatly in derision: yet have I not declined from thy law. <sup>52</sup> I remembered thy judgments of old, O LORD; and have comforted myself.</p> <p><sup>53</sup> Horror hath taken hold upon me because of the wicked that forsake thy law. <sup>54</sup> Thy statutes have been my songs in the house of my pilgrimage.</p> <p><sup>55</sup> I have remembered thy name, O LORD, in the night, and have kept thy law. <sup>56</sup> This I had, because I kept thy precepts.</p>	<p><sup>49</sup> Remember the word to Thy servant, in which Thou hast made me hope. <sup>50</sup> This is my comfort in my affliction, that Thy word has revived me.</p> <p><sup>51</sup> The arrogant utterly deride me, yet I do not turn aside from Thy law. <sup>52</sup> I have remembered Thine ordinances from of old, O LORD, and comfort myself.</p> <p><sup>53</sup> Burning indignation has seized me because of the wicked, who forsake Thy law. <sup>54</sup> Thy statutes are my songs in the house of my pilgrimage.</p> <p><sup>55</sup> O LORD, I remember Thy name in the night, and keep Thy law. <sup>56</sup> This has become mine, that I observe Thy precepts.</p>	<p><sup>49</sup> Dear Lord Jesus<sup>1</sup>, Would You please think back in time, and remember when I learned of Your promise to save me from all of my troubles? Do You remember how it literally filled my heart and soul with the hope that You actually would deliver me someday? <sup>50</sup> The way my heart is encouraged anew each time I read, study, or hear the Word of God is the only thing that has comforted me throughout this awful ordeal.</p> <p><sup>51</sup> There seems to be no end to the scorn and ridicule that proud and insolent people mercilessly pour out upon me. Yet, regardless of how hard they try to put me down, I am not about to give up on You or the Word. <sup>52</sup> Lord, there have been many times when You have examined my life, decided the circumstances I must endure, and planned what the future holds for me<sup>2</sup>. In every case Your judgments were good and in keeping with what the Bible teaches. Now, as often as I remember Your judgments on my behalf they bring new comfort to my heart.</p> <p><sup>53</sup> I love the Word so much that I have become angry with those who are guilty of sinning against You. In fact, I am so angry that I have almost gone into a rage over them. I feel this way because they have either neglected or abandoned the Bible. <sup>54</sup> Regardless of how I feel about them, the Word has given me such a sense of security that even though I am driven from place to place it has become my song of rejoicing wherever I call home.</p> <p><sup>55</sup> Lord, I meditate upon the glory and splendor of Your name when I awaken during the night, and each time I do, I find comfort and rededicate myself to obeying the Word. <sup>56</sup> Living and loving the Word has become the joy of my life, and it is a thrill to obey because in doing so I know that You will be pleased with everything I do.</p>

<sup>1</sup> Since Christ said in John 14:6, "I am the way, the truth, and the life: no man cometh unto the Father, but by me," the word "Jesus" has been used.  
<sup>2</sup> Strong's defn for "ordinances" <04941> the same word as "judgments"

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KJV	NASB 1977	JLS Paraphrase
<p><sup>57</sup> Thou art my portion, O LORD: I have said that I would keep thy words. <sup>58</sup> I intreated thy favour with my whole heart: be merciful unto me according to thy word.</p> <p><sup>59</sup> I thought on my ways, and turned my feet unto thy testimonies. <sup>60</sup> I made haste, and delayed not to keep thy commandments.</p> <p><sup>61</sup> The bands of the wicked have robbed me: but I have not forgotten thy law. <sup>62</sup> At midnight I will rise to give thanks unto thee because of thy righteous judgments.</p> <p><sup>63</sup> I am a companion of all them that fear thee, and of them that keep thy precepts. <sup>64</sup> The earth, O LORD, is full of thy mercy: teach me thy statutes.</p>	<p><sup>57</sup> The LORD is my portion; I have promised to keep Thy words. <sup>58</sup> I entreated Thy favor with all my heart; <b>be gracious to me</b> according to Thy word.</p> <p><sup>59</sup> I considered my ways, and turned my feet to Thy testimonies. <sup>60</sup> I hastened and did not delay to keep Thy commandments.</p> <p><sup>61</sup> The cords of the wicked have encircled me, but I have not forgotten Thy law. <sup>62</sup> At midnight I shall rise to give thanks to Thee because of Thy righteous ordinances.</p> <p><sup>63</sup> I am a companion of all those who fear Thee, and of those who keep Thy precepts. <sup>64</sup> The earth is full of Thy lovingkindness, O LORD; teach me Thy statutes.</p>	<p><sup>57</sup> Dear Lord Jesus<sup>1</sup>, You are my portion, my inheritance from the Father, and You are all I will ever need. Therefore, I have promised to faithfully obey all that You have taught me from the Word of God. <sup>58</sup> I have begged over and over again with every ounce of my being for You to show favor toward me, so please pour out Your tender love and kindness upon me just like You promised in the Word.</p> <p><sup>59</sup> I have carefully evaluated everything about the way I live and think, and as a result, I have dedicated myself anew to obeying all that the Word teaches me to do. Therefore, I have made up my mind that I will not go anywhere or do anything that is contrary to the teachings of the Bible. <sup>60</sup> This kind of response was so important that I did it right away without a moment's hesitation.</p> <p><sup>61</sup> The pain and grief that wicked men have heaped upon me by their oppression have almost overwhelmed me, but in spite of how difficult these trials have been to bear I have not abandoned the Word. <sup>62</sup> In fact, I will set my alarm and get out of bed at midnight to thank You for giving me a Bible that teaches me that every time you judge me, choose the circumstances I must endure, and determine what the future holds for me<sup>2</sup>, those decisions are good, right, and fair.<sup>3</sup></p> <p><sup>63</sup> I am a friend of everyone who 1) fears You enough to turn away from all forms of sin and evil and 2) loves You enough to do good and practice obeying the Word of God. <sup>64</sup> Whether or not men recognize it, the whole earth is full and running over with Your tender love and kindness. Lord, teach me to understand the Word so that I can recognize Your tender love and kindness in every circumstance or trial I experience.</p>

<sup>1</sup> Since Christ said in John 14:6, "I am the way, the truth, and the life: no man cometh unto the Father, but by me," the word "Jesus" has been used.

<sup>2</sup> Strong's defn for "ordinances" <04941>

<sup>3</sup> Strong's defn for "righteous" <06664>

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KJV	NASB 1977	JLS Paraphrase
<p><sup>65</sup> Thou hast dealt well with thy servant, O LORD, according unto thy word.  <sup>66</sup> Teach me good judgment and knowledge: for I have believed thy commandments.</p> <p><sup>67</sup> Before I was afflicted I went astray: but now have I kept thy word. <sup>68</sup> Thou art good, and doest good; teach me thy statutes.</p> <p><sup>69</sup> The proud have forged a lie against me: but I will keep thy precepts with my whole heart. <sup>70</sup> Their heart is as fat as grease; but I delight in thy law.</p> <p><sup>71</sup> It is good for me that I have been afflicted; that I might learn thy statutes. <sup>72</sup> The law of thy mouth is better unto me than thousands of gold and silver.</p>	<p><sup>65</sup> Thou hast dealt well with Thy servant, O LORD, according to Thy word. <sup>66</sup> Teach me good discernment and knowledge, for I believe in Thy commandments.</p> <p><sup>67</sup> Before I was afflicted I went astray, but now I keep Thy word. <sup>68</sup> Thou art good and doest good; teach me Thy statutes.</p> <p><sup>69</sup> The arrogant have forged a lie against me; with all my heart I will observe Thy precepts. <sup>70</sup> Their heart is covered with fat, but I delight in Thy law.</p> <p><sup>71</sup> It is good for me that I was afflicted, that I may learn Thy statutes. <sup>72</sup> The law of Thy mouth is better to me than thousands of gold and silver pieces.</p>	<p><sup>65</sup> Dear Lord Jesus<sup>1</sup>,  I am being dreadfully persecuted and oppressed by others, and they show no mercy. In spite of how poorly they have treated me I feel that You have treated me well. In fact, You have treated me exactly like the Scriptures said You would. <sup>66</sup> I believe the Word is true and trustworthy, so please teach me the kind of knowledge and decision-making ability I will need in order to make the best decisions which in turn will produce the best results in every situation of life.</p> <p><sup>67</sup> Before all these hardships came upon me I went my own way without seriously considering Your wishes, but my present difficulties have made me take a long, hard look at the Scriptures. As a result, I am now ready to obey the Word of God in everything. <sup>68</sup> You are good and everything You do is good; therefore, teach me more of Your Word so that I can know my proper boundaries<sup>3</sup> and be able to follow Your example.</p> <p><sup>69</sup> The pride and hatred of arrogant people have driven them to fabricate all sorts of lies about me. In spite of how much their accusations hurt me, I will cling to the Word and obey it with every ounce of my being. <sup>70</sup> My accusers are totally engrossed in their sinful practices, and their evil ways have made them quite wealthy. They can do as they wish, but I will delight myself in the Scriptures knowing that true riches only come through obedience to the Word.</p> <p><sup>71</sup> Now I understand that it was good for me to experience all of these troubles, because they have driven me to get serious about learning and obeying what the Word teaches are my proper boundaries<sup>2</sup>. <sup>72</sup> I also understand that the Scriptures are far better and much more valuable to me than millions of dollars in my bank account.</p>

<sup>1</sup> Since Christ said in John 14:6, "I am the way, the truth, and the life: no man cometh unto the Father, but by me," the word "Jesus" has been used.

<sup>2</sup> Strong's defn. for "Statutes" <02706>

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KJV	NASB 1977	JLS Paraphrase
<p><sup>73</sup> Thy hands have made me and fashioned me: give me understanding, that I may learn thy commandments.</p> <p><sup>74</sup> They that fear thee will be glad when they see me; because I have hoped in thy word.</p> <p><sup>75</sup> I know, O LORD, that thy judgments are right, and that thou in faithfulness hast afflicted me. <sup>76</sup> Let, I pray thee, thy merciful kindness be for my comfort, according to thy word unto thy servant.</p> <p><sup>77</sup> Let thy tender mercies come unto me, that I may live: for thy law is my delight. <sup>78</sup> Let the proud be ashamed; for they dealt perversely with me without a cause: but I will meditate in thy precepts.</p> <p><sup>79</sup> Let those that fear thee turn unto me, and those that have known thy testimonies.</p> <p><sup>80</sup> Let my heart be sound in thy statutes; that I be not ashamed.</p>	<p><sup>73</sup> Thy hands made me and fashioned me; give me understanding, that I may learn Thy commandments.</p> <p><sup>74</sup> May those who fear Thee see me and be glad, because I wait for Thy word.</p> <p><sup>75</sup> I know, O LORD, that Thy judgments are righteous, and that in faithfulness Thou hast afflicted me. <sup>76</sup> O may Thy lovingkindness comfort me, according to Thy word to Thy servant.</p> <p><sup>77</sup> <a href="#">May Thy compassion come to me that I may live,</a> for Thy law is my delight.</p> <p><sup>78</sup> May the arrogant be ashamed, for they subvert me with a lie; but I shall meditate on Thy precepts.</p> <p><sup>79</sup> May those who fear Thee turn to me, even those who know Thy testimonies.</p> <p><sup>80</sup> May my heart be blameless in Thy statutes, <a href="#">that I may not be ashamed.</a></p>	<p><sup>73</sup> Dear Lord Jesus<sup>1</sup>,          You made me physically, intellectually, and emotionally, and you understand everything about me. Since You know me so well, please give me the kind of understanding I will need for my own personality and abilities so that I can learn the Word of God in order to obey it. <sup>74</sup> Also, please move upon the hearts of those who love You enough to do good and fear You enough to depart from evil. Cause them to have a change of heart and come to recognize and appreciate the fact that I trust You to keep Your promise to deliver me from my oppressors instead of getting even with them myself.</p> <p><sup>75</sup> I know that all of the decisions You make regarding me are good, just, and fair<sup>2</sup>; therefore, I know that the way You have chosen to allow me to be so severely afflicted was intended for the honor and glory of Your name and not primarily for my hurt. In light of this truth, I can see that You had a good reason for afflicting me, and You will see that purpose through to its logical end, which is glory to Your holy name. <sup>76</sup> Lord, use the Word to comfort and console me, and help me see and appreciate Your tender love and kindness in every circumstance You send my way.</p> <p><sup>77</sup> Lord, You have real compassion—that is, You have a deep sorrow for the troubles and suffering I am experiencing accompanied by a deep desire to come to my aid<sup>3</sup>. Please allow that compassion to move You to once again restore me to vibrant life and health because the Word is my greatest delight. <sup>78</sup> At the same time, use the insolent pride of the arrogant to make them ashamed of their evil deeds against me, because through their lies they have made me out to be a vile, wicked sinner. I am innocent of every one of their charges, but they don't care. Yet, in spite of all that they have done to destroy me, I am committed to meditating upon the Scriptures day and night.</p> <p><sup>79</sup> Lord, I ask once again that You would move upon the hearts of those who love You enough to do good and fear You enough to depart from evil; cause them to remember what the Word teaches and <i>rally around me in support of my cause</i>. Then encourage them to reestablish good and friendly relationships with me once again. <sup>80</sup> Let the Word so saturate my inner being that I will live such a good life that no one can rightfully accuse me of wrongdoing<sup>4</sup>. When I grow to this stature spiritually, I will never again have reason to be ashamed of myself or of my actions.</p>

<sup>1</sup> Since Christ said in John 14:6, "I am the way, the truth, and the life: no man cometh unto the Father, but by me," the word "Jesus" has been used.

<sup>2</sup> Strong's defn for "righteous" <06664>

<sup>3</sup> Dictionary defn for "compassion" <07356> (Webster's Ninth New Collegiate Dictionary, copyright © 1982 by Merriam-Webster Inc.)

<sup>4</sup> Strong's defn. for "blameless" <08549>

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<p><sup>81</sup> My soul fainteth for thy salvation: but I hope in thy word.  <sup>82</sup> Mine eyes fail for thy word, saying, When wilt thou comfort me?</p> <p><sup>83</sup> For I am become like a bottle in the smoke; yet do I not forget thy statutes. <sup>84</sup> How many are the days of thy servant? when wilt thou execute judgment on them that persecute me?</p> <p><sup>85</sup> The proud have digged pits for me, which are not after thy law. <sup>86</sup> All thy commandments are faithful: they persecute me wrongfully; help thou me.</p> <p><sup>87</sup> They had almost consumed me upon earth; but I forsook not thy precepts. <sup>88</sup> Quicken me after thy lovingkindness; so shall I keep he testimony of thy mouth.</p>	<p><sup>81</sup> My soul languishes for Thy salvation; I wait for Thy word.  <sup>82</sup> My eyes fail with longing for Thy word, while I say, "When wilt Thou comfort me?"</p> <p><sup>83</sup> Though I have become like a wineskin in the smoke, I do not forget Thy statutes. <sup>84</sup> How many are the days of Thy servant? When wilt Thou execute judgment on those who persecute me?</p> <p><sup>85</sup> The arrogant have dug pits for me, men who are not in accord with Thy law. <sup>86</sup> All Thy commandments are faithful; they have persecuted me with a lie; help me!</p> <p><sup>87</sup> They almost destroyed me on earth, but as for me, I did not forsake Thy precepts. <sup>88</sup> Revive me according to Thy lovingkindness, so that I may keep the testimony of Thy mouth.</p>	<p><sup>81</sup> Dear Lord Jesus<sub>1</sub>,  I am almost at the end of myself waiting for You to deliver me from this awful persecution, and I feel like I am going to die if You wait much longer. Even so, I wait patiently for You to keep Your promise to save me. <sup>82</sup> I have looked so long and hard for You to deliver me that I have almost given up hope that You will ever come to my aid. Lord, when will you comfort me by saving me from the oppression of evil men? How much longer must I wait?</p> <p><sup>83</sup> The misery I have endured as a result of this terrible oppression has caused me to shrivel into almost nothing, but regardless of the severity of this trial, I still trust in the promises You have given in the Word of God. <sup>84</sup> How long will I live, and how many more days must I endure these terrible trials before You execute justice upon those who so severely mistreat me?</p> <p><sup>85</sup> Saul and the officials of his kingdom are proud, arrogant, and neither understand nor keep the Word. They have set sophisticated traps for me by their lies. <sup>86</sup> They don't understand or care that every promise in the Word of God is faithful and true, so in spite of this truth they keep persecuting me with lies. Help me, Lord!</p> <p><sup>87</sup> They have come within an inch of taking my life, but as for me, I have not stopped believing that You will someday save me like You have promised.  <sup>88</sup> Lord, please restore me to vibrant life and health once again in keeping with Your tender love and kindness so that I may continue learning and doing all that the Scriptures instruct me to do.</p>

<sub>1</sub> Since Christ said in John 14:6, "I am the way, the truth, and the life: no man cometh unto the Father, but by me," the word "Jesus" has been used.

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<p><sup>89</sup> For ever, O LORD, thy word is settled in heaven. <sup>90</sup> Thy faithfulness is unto all generations: thou hast established the earth, and it abideth.</p> <p><sup>91</sup> They continue this day according to thine ordinances: for all are thy servants. <sup>92</sup> Unless thy law had been my delights, I should then have perished in mine affliction.</p> <p><sup>93</sup> I will never forget thy precepts: for with them thou hast quickened me. <sup>94</sup> I am thine, save me; for I have sought thy precepts.</p> <p><sup>95</sup> The wicked have waited for me to destroy me: but I will consider thy testimonies. <sup>96</sup> I have seen an end of all perfection: but thy commandment is exceeding broad.</p>	<p><sup>89</sup> Forever, O LORD, Thy word is settled in heaven. <sup>90</sup> Thy faithfulness continues throughout all generations; Thou didst establish the earth, and <b>it stands</b>.</p> <p><sup>91</sup> <b>They stand</b> this day according to Thine ordinances, For all things are Thy servants. <sup>92</sup> If Thy law had not been my delight, then I would have perished in my affliction.</p> <p><sup>93</sup> I will never forget Thy precepts, for by them Thou hast revived me. <sup>94</sup> <b>I am Thine, save me</b>; for I have sought Thy precepts.</p> <p><sup>95</sup> The wicked wait for me to destroy me; I shall diligently consider Thy testimonies. <sup>96</sup> I have seen a limit to all perfection; Thy commandment is exceedingly broad.</p>	<p><sup>89</sup> Dear Lord Jesus<sup>1</sup>,  <b>The Word of God is everlasting</b> and will always accomplish the Father's will. Although we have copies to use in learning and studying for our own benefit, the home of the Scriptures is and always will be in heaven in the presence of God Himself. <sup>90</sup> <b>Your faithful devotion</b> to doing everything You have stated in the Word continues from eternity past to eternity future. It is obvious that You are just as faithful today as You have been in the past because You established the earth and set its course through time, and it still follows the course You established for it.</p> <p><sup>91</sup> Both the Word and Your faithfulness stand firm. They did before time began, and they always will because everything mortal and immortal, seen and unseen are servants to You in all things. You planned it that way. <sup>92</sup> I'm glad I can trust the Word because if it had not been my greatest delight I would have died long ago as a result of the severe persecution and misery I have been forced to endure.</p> <p><sup>93</sup> I will never forget or fail to follow the Word of God because every time I read it I gain new strength and hope. <sup>94</sup> I am Yours, and I belong to You; since I am Your child please rescue me from my oppressors because I have searched for and learned the Word in order to obey it.</p> <p><sup>95</sup> Some really wicked people have spread lies about me and wait for any opportunity to do more bad things to me hoping to destroy me in the process. Even so, in spite of their attacks and how much they have hurt me I will diligently seek to gain insight, understanding, and discernment<sup>2</sup> from the Word and do my best to practice what I learn. <sup>96</sup> I have seen and now understand that everything except the Word of God falls short of perfection in some way or another, but the Scriptures <b>are absolutely perfect in every way</b>. In fact, they have the answer for every aspect of the believer's life.</p>

<sup>1</sup> Since Christ said in John 14:6, "I am the way, the truth, and the life: no man cometh unto the Father, but by me," the word "Jesus" has been used.

<sup>2</sup> Strong's defn for "Consider" <0995> same word translated "understanding"

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<p><sup>97</sup> O how love I thy law! it is my meditation all the day. <sup>98</sup> Thou through thy commandments hast made me wiser than mine enemies: for they are ever with me.</p> <p><sup>99</sup> I have more understanding than all my teachers: for thy testimonies are my meditation. <sup>100</sup> I understand more than the ancients, because I keep thy precepts.</p> <p><sup>101</sup> I have refrained my feet from every evil way, that I might keep thy word. <sup>102</sup> I have not departed from thy judgments: for thou hast taught me.</p> <p><sup>103</sup> How sweet are thy words unto my taste! yea, sweeter than honey to my mouth! <sup>104</sup> Through thy precepts I get understanding: therefore I hate every false way.</p>	<p><sup>97</sup> O how I love Thy law! It is my meditation all the day. <sup>98</sup> Thy commandments <b>make me wiser than my enemies</b>, for they are ever mine.</p> <p><sup>99</sup> <b>I have more insight than all my teachers</b>, for Thy testimonies are my meditation. <sup>100</sup> <b>I understand more than the aged</b>, because I have observed Thy precepts.</p> <p><sup>101</sup> I have restrained my feet from every evil way, that I may keep Thy word. <sup>102</sup> I have not turned aside from Thine ordinances, for Thou Thyself hast taught me.</p> <p><sup>103</sup> How sweet are Thy words to my taste! Yes, sweeter than honey to my mouth! <sup>104</sup> From Thy precepts I get understanding; therefore I hate every false way.</p>	<p>Dear Lord Jesus<sub>1</sub>,</p> <p><sup>97</sup> I love the Word of God so very much! In fact, it has become such an integral part of my life that I ponder and meditate upon it all day long. <sup>98</sup> The word has given me sound knowledge, understanding, and discernment accompanied by excellent decision-making ability. As a result, I act and think more wisely than all of my enemies. Not only that, but this wisdom is mine forever.</p> <p><sup>99</sup> I have more insight into and understanding about the consequences of my choices in life than all of my teachers, and the reason I have this gift is because I meditate upon God's Word day and night. <sup>100</sup> I have more understanding, perception, and discernment than the elderly men of my country. God gave me this gift because I have faithfully and consistently guarded my way and have practiced what I have learned from the Word.</p> <p><sup>101</sup> I have carefully disciplined myself to avoid or abandon every form of sin and evil in order to practice doing what You have taught me from the Bible. <sup>102</sup> I have not turned away from following what it teaches, because You Yourself have taught me. How could I abandon You when You have done so much for me?</p> <p><sup>103</sup> The words of Scripture are sweet to my taste, and I enjoy them so very much! Yes, they are sweeter to me than the finest chocolates! <sup>104</sup> I get knowledge, understanding, perception, and discernment from the Word of God, and as a result of how it has affected my life, I have grown to hate every way of life that incorporates either lies or deception, or is designed to bring hurts or disappointments to others.</p>

<sub>1</sub> Since Christ said in John 14:6, "I am the way, the truth, and the life: no man cometh unto the Father, but by me," the word "Jesus" has been used.

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<p><sup>105</sup> Thy word is a lamp unto my feet, and a light unto my path.  <sup>106</sup> I have sworn, and I will perform it, that I will keep thy righteous judgments.</p> <p><sup>107</sup> I am afflicted very much: quicken me, O LORD, according unto thy word. <sup>108</sup> Accept, I beseech thee, the freewill offerings of my mouth, O LORD, and teach me thy judgments.</p> <p><sup>109</sup> My soul is continually in my hand: yet do I not forget thy law.  <sup>110</sup> The wicked have laid a snare for me: yet I erred not from thy precepts.</p> <p><sup>111</sup> Thy testimonies have I taken as an heritage for ever: for they are the rejoicing of my heart. <sup>112</sup> I have inclined mine heart to perform thy statutes always, even unto the end.</p>	<p><sup>105</sup> Thy word is a lamp to my feet, and a light to my path.  <sup>106</sup> I have sworn, and I will confirm it, that I will keep Thy righteous ordinances.</p> <p><sup>107</sup> I am exceedingly afflicted; revive me, O LORD, according to Thy word.  <sup>108</sup> O accept the freewill offerings of my mouth, O LORD, and teach me Thine ordinances.</p> <p><sup>109</sup> My life is continually in my hand, yet I do not forget Thy law. <sup>110</sup> The wicked have laid a snare for me, yet I have not gone astray from Thy precepts.</p> <p><sup>111</sup> I have inherited Thy testimonies forever, for they are the joy of my heart.  <sup>112</sup> I have inclined my heart to perform Thy statutes forever, even to the end.</p>	<p><sup>105</sup> Dear Lord Jesus<sup>1</sup>,  The teachings of the Bible are a small light (something like a candle)<sup>2</sup> that shows me what steps I should take <b>today</b> in order to walk wisely and securely. With the help of this light I can know whether or not there is something I am about to do, say, or decide that will be detrimental, trip me up, or cause me to fall. These same teachings are also a light as bright as day<sup>3</sup>, and they show me what direction I should choose for <b>the future</b>. With the help of this light I can see the big picture and know how to properly order my life so that what I do today will benefit me for years to come. <sup>106</sup> I have entered into a contract with You promising that I will faithfully follow the teachings of the Bible. I fully intend to keep that promise, and I will show You that I am really serious about my commitment by living what the Scriptures teach me since they contain only good, right, and just<sup>4</sup> teachings.</p> <p><sup>107</sup> I am so severely weighed down by the oppression of evil men that I do not know if I can stand any more of it. Lord, please use the Word to restore me once again to vibrant life and health, and do it just like You promised. <sup>108</sup> O Lord, please accept the praise I offer to You. I give it as a sacrifice of my own free will and not of compulsion. I want to praise You, so since I desire to know the truth, please teach me both the Scriptures and what You wish to accomplish in and through me as the result of these severe trials.</p> <p><sup>109</sup> I am in grave danger all the time, and I know it. Nevertheless, I have placed my life in Your hands for safe keeping. You could allow my adversaries to take my life at any moment, but regardless of the severity of my trials I will not cease to care deeply about trusting in and living the Word of God. <sup>110</sup> Some terribly wicked men have set dangerous traps for me designed to bring real calamity to my life, but regardless of the potential hurts or heartaches they may bring, I have stayed true to the Word of God by believing and obeying it.</p> <p><sup>111</sup> I have taken possession of the Word forever as an inheritance directly from Your hand because it is my greatest source of joy and rejoicing. <sup>112</sup> I have made everything within me ready and willing to practice what the Scriptures teach, and I am committed to doing it until the day I die.</p>

<sup>1</sup> Since Christ said in John 14:6, "I am the way, the truth, and the life: no man cometh unto the Father, but by me," the word "Jesus" has been used.

<sup>2</sup> Strong's defn for "lamp" <05216>

<sup>3</sup> Strong's defn for "light" <0216>

<sup>4</sup> Strong's defn for "righteous" <06664>

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<p><sup>113</sup> I hate vain thoughts: but thy law do I love.  <sup>114</sup> Thou art my hiding place and my shield: I hope in thy word.</p> <p><sup>115</sup> Depart from me, ye evildoers: for I will keep the commandments of my God. <sup>116</sup> Uphold me according unto thy word, that I may live: and let me not be ashamed of my hope.</p> <p><sup>117</sup> Hold thou me up, and I shall be safe: and I will have respect unto thy statutes continually.</p> <p><sup>118</sup> Thou hast trodden down all them that err from thy statutes: for their deceit is falsehood. <sup>119</sup> Thou puttest away all the wicked of the earth like dross: therefore I love thy testimonies. <sup>120</sup> My flesh trembleth for fear of thee; and I am afraid of thy judgments.</p>	<p><sup>113</sup> I hate those who are double-minded, but I love Thy law. <sup>114</sup> Thou art my hiding place and my shield; I wait for Thy word.</p> <p><sup>115</sup> Depart from me, evildoers, that I may observe the commandments of my God. <sup>116</sup> Sustain me according to Thy word, that I may live; and do not let me be ashamed of my hope.</p> <p><sup>117</sup> Uphold me that I may be safe, that I may have regard for Thy statutes continually. <sup>118</sup> Thou hast rejected all those who wander from Thy statutes, for their deceitfulness is useless. <sup>119</sup> Thou hast removed all the wicked of the earth like dross; therefore I love Thy testimonies. <sup>120</sup> My flesh trembles for fear of Thee, and I am afraid of Thy judgments.</p>	<p>Dear Lord Jesus<sub>1</sub>,</p> <p><sup>113</sup> I have no use for people like my oppressors who half-heartedly claim to be followers of Jesus Christ the Messiah<sub>2</sub> but live like the world and the devil; on the contrary, I love the Scriptures and all who obey them. <sup>114</sup> I trust in Your name, Lord Jesus, and hide there for my own safety and security. I can do this because You are a shield that protects me from the attacks of my oppressors. Since my hope is in You, please give me the kind of understanding from the Word of God that will bring peace to my soul.</p> <p><sup>115</sup> Listen to me, all of you who habitually cause hurts, heartaches, pain, or suffering for others<sub>2</sub>: Get away from me and stay away. I don't want anything to do with you because my goal is to learn, treasure, and obey all of God's commands, and I cannot accomplish this task while being adversely influenced by people like you. <sup>116</sup> Lord, restore me to vibrant life and health, and give me the strength to go on. Then keep me that way through a heart-felt understanding of the Word. Never allow me to lose faith or become ashamed of the fact that I have put my hope and trust in the Bible.</p> <p><sup>117</sup> Establish, strengthen, and support<sub>3</sub> me so that I will be delivered and kept safe from all of my oppressors. Please do this so that I will always have a healthy respect for the Scriptures.</p> <p><sup>118</sup> You have rejected all those who turn away from believing in and following the Bible and have tossed them aside as something that is totally useless. You have done so because You know that their craftiness and deceitfulness will profit them nothing in the end except to bring hurts, heartaches, and pain upon them in return.</p> <p><sup>119</sup> Before the world began You ordained that at the time of Your choosing You would exterminate from the earth all those who are guilty of practicing sinful and evil acts against God and men. You will destroy them because they are of no more value to You than the slag that is skimmed off the top of the refiner's crucible and discarded. The fact that You will someday pour out Your vengeance upon the wicked is one of the main reasons I love the Word. <sup>120</sup> My whole body trembles for fear when I think of the way You could punish me were it not for Your tremendous grace and mercy. I stand in awe at the way You rightly evaluate everything I do, and then in keeping with Your tender love and kindness You decide what circumstances I must endure and what the future holds for me.<sub>4</sub> All in all, I am comforted by the fact that You always make decisions that are best for me, and I thank you for being so kind.</p>

<sup>1</sup> Since Christ said in John 14:6, "I am the way, the truth, and the life: no man cometh unto the Father, but by me," the phrase "Jesus Christ the Messiah" has been used.

<sup>2</sup> Strong's defn. for "evildoers" <07489>

<sup>3</sup> Strong's defn for "uphold" <05582>

<sup>4</sup> Strong's defn for "judgments" <04941>

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KJV	NASB 1977	JLS Paraphrase
<p><sup>121</sup> I have done judgment and justice: leave me not to mine oppressors. <sup>122</sup> Be surety for thy servant for good: let not the proud oppress me.</p> <p><sup>123</sup> Mine eyes fail for thy salvation, and for the word of thy righteousness. <sup>124</sup> Deal with thy servant according unto thy mercy, and teach me thy statutes.</p> <p><sup>125</sup> I am thy servant; give me understanding, that I may know thy testimonies. <sup>126</sup> It is time for thee, LORD, to work: for they have made void thy law.</p> <p><sup>127</sup> Therefore I love thy commandments above gold; yea, above fine gold. <sup>128</sup> Therefore I esteem all thy precepts concerning all things to be right; and I hate every false way.</p>	<p><sup>121</sup> I have done justice and righteousness; <b>do not leave me to my oppressors.</b> <sup>122</sup> <b>Be surety for Thy servant for good; do not let the arrogant oppress me.</b></p> <p><sup>123</sup> My eyes fail with <b>longing for Thy salvation</b>, and for Thy righteous word. <sup>124</sup> Deal with Thy servant according to Thy lovingkindness, and teach me Thy statutes.</p> <p><sup>125</sup> I am Thy servant; give me understanding, that I may know Thy testimonies. <sup>126</sup> <b>It is time for the LORD to act</b>, for they have broken Thy law.</p> <p><sup>127</sup> Therefore I love Thy commandments above gold, yes, above fine gold. <sup>128</sup> Therefore I esteem right all Thy precepts concerning everything, I hate every false way.</p>	<p><sup>121</sup> Dear Lord Jesus<sub>1</sub>, From childhood I have treated my countrymen, including those who oppress me, in a good and fitting way, and I have conducted myself in a pure and proper manner before them both morally and spiritually<sub>2</sub>; since I have lived a good life, please don't leave me to be devoured by my oppressors. <sup>122</sup> In fact, please be the one responsible to protect me<sub>3</sub>; don't let these proud, arrogant, and insolent men continue oppressing me the way they do.</p> <p><sup>123</sup> I have cried until my eyes were bloodshot asking You to deliver me from my oppressors. Lord, I am desperate to hear You say that You will carry out that promise for all to see. <sup>124</sup> Deal with me as You must based upon Your tender love and kindness, and train me up in the understanding and wise use of the Word of God.</p> <p><sup>125</sup> I am Your servant and a true worshipper; please give me sound understanding of the Word, and teach me whatever I need to know in order to live like You desire of me. <sup>126</sup> Lord, I feel like right now is a good time for You to save me from my oppressors because they have violated the Scriptures and regard them as useless and ineffectual.</p> <p><sup>127</sup> Since it is time for You to act on my behalf, I love the Word of God more than the finest gold. <sup>128</sup> In addition to loving the Word I am convinced that all of it is true; therefore, I hate every manner of living that propagates deception and lies.</p>

<sup>1</sup> Since Christ said in John 14:6, "I am the way, the truth, and the life: no man cometh unto the Father, but by me," the word "Jesus" has been used.

<sup>2</sup> Strong's defn for "righteousness" <06664>

<sup>3</sup> Strong's defn. for "surety: <06148>

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<p><sup>129</sup> Thy testimonies are wonderful: therefore doth my soul keep them. <sup>130</sup> The entrance of thy words giveth light; it giveth understanding unto the simple.</p> <p><sup>131</sup> I opened my mouth, and panted: for I longed for thy commandments. <sup>132</sup> Look thou upon me, and be merciful unto me, as thou usest to do unto those that love thy name.</p> <p><sup>133</sup> Order my steps in thy word: and let not any iniquity have dominion over me. <sup>134</sup> Deliver me from the oppression of man: so will I keep thy precepts.</p> <p><sup>135</sup> Make thy face to shine upon thy servant; and teach me thy statutes. <sup>136</sup> Rivers of waters run down mine eyes, because they keep not thy law.</p>	<p><sup>129</sup> Thy testimonies are wonderful; therefore my soul observes them. <sup>130</sup> The unfolding of Thy words gives light; it gives understanding to the simple.</p> <p><sup>131</sup> I opened my mouth wide and panted, for I longed for Thy commandments. <sup>132</sup> Turn to me and be gracious to me, after Thy manner with those who love Thy name.</p> <p><sup>133</sup> Establish my footsteps in Thy word, and do not let any iniquity have dominion over me. <sup>134</sup> Redeem me from the oppression of man, that I may keep Thy precepts. <sup>135</sup> Make Thy face shine upon Thy servant, and teach me Thy statutes. <sup>136</sup> My eyes shed streams of water, because they do not keep Thy law.</p>	<p><sup>129</sup> Dear Lord Jesus<sub>1</sub>, The promises given in the Word of God are testimony to Your great love, and they are wonderful in every way. Because of them everything within me is ready and willing to do what they teach me. <sup>130</sup> The unfolding of the Scriptures illumines both the mind and the heart. It gives knowledge and understanding even to people who seldom consider the consequences of their actions and then have to pay dearly for their poor decisions<sub>2</sub>.</p> <p><sup>131</sup> I have been very vocal when I cried out to You for help, and many times I have become short of breath working so hard at it. I have put all of my energies into seeking You and the Word because I want more than anything in life to acquire a full knowledge and understanding of the Word of God. <sup>132</sup> Lord, turn Your full attention to me in my need, and take pity upon me. Then try my case, make a determination, and do something good for me the same way You show tender love and kindness to all those who love Your name.</p> <p><sup>133</sup> Establish every step I take, and make my path secure as I live and practice the Word. Please don't let any sinful or wicked practice take control of me. <sup>134</sup> Rescue me from my persecutors, and make them stop doing malicious things against me. I ask this so that I can be free to publicly worship and serve You as I have been commanded in the Word.</p> <p><sup>135</sup> Allow me to see the brightness of Your smiling face as You look upon me with favor, and teach me how to really know and live the Word of God. <sup>136</sup> Please show me Your favor since I have shed streams of tears over the fact that my oppressors do not obey the Word.</p>

<sup>1</sup> Since Christ said in John 14:6, "I am the way, the truth, and the life: no man cometh unto the Father, but by me," the word "Jesus" has been used.

<sup>2</sup> A summary of Strong's defn for "simple" <06612>

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<p><sup>137</sup> Righteous art thou, O LORD, and upright are thy judgments. <sup>138</sup> Thy testimonies that thou hast commanded are righteous and very faithful.</p> <p><sup>139</sup> My zeal hath consumed me, because mine enemies have forgotten thy words. <sup>140</sup> Thy word is very pure: therefore thy servant loveth it.</p> <p><sup>141</sup> I am small and despised: yet do not I forget thy precepts. <sup>142</sup> Thy righteousness is an everlasting righteousness, and thy law is the truth.</p> <p><sup>143</sup> Trouble and anguish have taken hold on me: yet thy commandments are my delights. <sup>144</sup> The righteousness of thy testimonies is everlasting: give me understanding, and I shall live.</p>	<p><sup>137</sup> Righteous art Thou, O LORD, and upright are Thy judgments. <sup>138</sup> Thou hast commanded Thy testimonies in righteousness and exceeding faithfulness.</p> <p><sup>139</sup> My zeal has consumed me, because my adversaries have forgotten Thy words. <sup>140</sup> Thy word is very pure, therefore Thy servant loves it.</p> <p><sup>141</sup> I am small and despised, yet I do not forget Thy precepts. <sup>142</sup> Thy righteousness is an everlasting righteousness, and Thy law is truth.</p> <p><sup>143</sup> Trouble and anguish have come upon me; yet Thy commandments are my delight. <sup>144</sup> Thy testimonies are righteous forever; <b>give me understanding</b> that I may live.</p>	<p><sup>137</sup> Dear Lord Jesus<sup>1</sup>, You are truly just, lawful, and good<sup>2</sup>, and every time You judge a man, choose the circumstances he must endure, and determine what the future holds for him<sup>3</sup>, those decisions are always proper, fitting, and good<sup>4</sup>. <sup>138</sup> You designed and orchestrated the recording of <b>the Scriptures</b> so that all of them are just, lawful, and good<sup>3</sup>, and they will always accomplish the Father's will. Therefore, I can be sure that You will keep Your Word.</p> <p><sup>139</sup> My oppressors have either forgotten or have chosen to ignore the Word of God. I have become so angry about it that my anger has almost consumed me. <sup>140</sup> It's too bad that they have rejected the Word of God, because all of it is true and trustworthy. It is as pure as fresh snow, and that's why I love it so much.</p> <p><sup>141</sup> I am despised, insignificant, and regarded with contempt. Even though I am treated like the scum of the earth I am not about to forget or abandon the Scriptures. <sup>142</sup> It is Your nature to act in a good, right, just, and fair manner<sup>5</sup>, and You will do so for all eternity. You are not only good, but <b>the Word</b> is true and is the basis of all truth.</p> <p><sup>143</sup> I am inundated with troubles, mental pain, and anguish, but in spite of all this, the Word is still my greatest delight. <sup>144</sup> I said it before, and I'll say it again; <b>the Word</b> is good, right, and just<sup>5</sup>, and it will be that way forever. Please give me the knowledge, understanding, and discernment<sup>6</sup> from the Word of God that I will need to be restored to vibrant life and health once again.</p>

<sup>1</sup> Since Christ said in John 14:6, "I am the way, the truth, and the life: no man cometh unto the Father, but by me," the word "Jesus" has been used.

<sup>2</sup> Strong's definition for "righteous" <06662>

<sup>3</sup> Strong's definition for "judgments" <04941>

<sup>4</sup> Strong's definition for "upright" <03477>

<sup>5</sup> Strong's definition for "righteousness" <06664>

<sup>6</sup> Strong's definition for "understanding" <0995>

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<p><sup>145</sup> I cried with my whole heart; hear me, O LORD: I will keep thy statutes. <sup>146</sup> I cried unto thee; save me, and I shall keep thy testimonies.</p> <p><sup>147</sup> I prevented the dawning of the morning, and cried: I hoped in thy word. <sup>148</sup> Mine eyes prevent the night watches, that I might meditate in thy word. <sup>149</sup> Hear my voice according unto thy lovingkindness: O LORD, quicken me according to thy judgment. <sup>150</sup> They draw nigh that follow after mischief: they are far from thy law.</p> <p><sup>151</sup> Thou art near, O LORD; and all thy commandments are truth. <sup>152</sup> Concerning thy testimonies, I have known of old that thou hast founded them for ever.</p>	<p><sup>145</sup> I cried with all my heart; <b>answer me</b>, O LORD! I will observe Thy statutes. <sup>146</sup> I cried to Thee; <b>save me</b>, and I shall keep Thy testimonies.</p> <p><sup>147</sup> I rise before dawn and <b>cry for help</b>; I wait for Thy words. <sup>148</sup> My eyes anticipate the night watches, that I may meditate on Thy word.</p> <p><sup>149</sup> Hear my voice according to Thy lovingkindness; <b>revive me</b>, O LORD, according to Thine ordinances. <sup>150</sup> Those who follow after wickedness draw near; they are far from Thy law.</p> <p><sup>151</sup> Thou art near, O LORD, and all Thy commandments are truth. <sup>152</sup> Of old I have known from Thy testimonies, that Thou hast founded them forever.</p>	<p><sup>145</sup> Dear Lord Jesus<sub>1</sub>, I cried out with everything that is in me asking You to hear and <b>answer my plea</b> for help, and I promised that if You would save me I would obey the Scriptures for the rest of my life. <sup>145</sup> I cried out, "<b>Save me</b> from these wicked people, and I promise that I will faithfully do all that You have commanded me in the Word."</p> <p><sup>147</sup> I am so sincere about seeking Your help that I get out of bed before sunrise each morning and cry out once again asking You to come to my rescue. I ask and then wait patiently for word from You that You will indeed act on my behalf. <sup>148</sup> I look forward to those nights when I cannot sleep because each time it happens it gives me another opportunity to meditate upon the Word.</p> <p><sup>149</sup> Lord, I am crying out to You again saying, "Please hear my cry and listen with an attitude of wanting to shower me with Your tender love and kindness. When You have heard and have chosen to help, please judge my case, find me innocent<sub>2</sub>, and restore me to vibrant life and health<sub>3</sub> just like You said You would in the Word." <sup>150</sup> Those who habitually cause me pain, hurts, misery, and loss<sub>4</sub> are hot on my trail, and they almost have me in their grasp. Although they are within an inch of taking my life, they are a great distance from You and the Bible.</p> <p><sup>151</sup> You may be far from them, but You are very close to me. I know this is true because I have read it in the Bible, and everything in the Word is true, right, and trustworthy. <sup>152</sup> As far back as I can remember, even into early childhood, I have recognized, admitted, and believed that the Word of God is true and the only reliable guide for life and practice. Of that there is no doubt because the Father established and ordained His Word to stand firm and accomplish all of His will forever and ever.</p>

<sup>1</sup> Since Christ said in John 14:6, "I am the way, the truth, and the life: no man cometh unto the Father, but by me," the word "Jesus" has been used.

<sup>2</sup> Strong's definition for "ordinances" <04941>

<sup>3</sup> Strong's defn for "revive" <02421>

<sup>4</sup> Strong's defn for "wickedness" <02154>

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<p><sup>153</sup> Consider mine affliction, and deliver me: for I do not forget thy law. <sup>154</sup> Plead my cause, and deliver me: quicken me according to thy word.</p> <p><sup>155</sup> Salvation is far from the wicked: for they seek not thy statutes. <sup>156</sup> Great are thy tender mercies, O LORD: quicken me according to thy judgments.</p> <p><sup>157</sup> Many are my persecutors and mine enemies; yet do I not decline from thy testimonies. <sup>158</sup> I beheld the transgressors, and was grieved; because they kept not thy word.</p> <p><sup>159</sup> Consider how I love thy precepts: quicken me, O LORD, according to thy lovingkindness. <sup>160</sup> Thy word is true from the beginning: and every one of thy righteous judgments endureth for ever.</p>	<p><sup>153</sup> Look upon my affliction and <b>rescue me</b>, for I do not forget Thy law. <sup>154</sup> <b>Plead my cause and redeem me; revive me according to Thy word.</b></p> <p><sup>155</sup> Salvation is far from the wicked, for they do not seek Thy statutes. <sup>156</sup> Great are Thy mercies, O LORD; <b>revive me</b> according to Thine ordinances.</p> <p><sup>157</sup> Many are my persecutors and my adversaries, yet I do not turn aside from Thy testimonies. <sup>158</sup> I behold the treacherous and loathe them, because they do not keep Thy word.</p> <p><sup>159</sup> Consider how I love Thy precepts; <b>revive me</b>, O LORD, according to Thy lovingkindness. <sup>160</sup> The sum of Thy word is truth, and every one of Thy righteous ordinances is everlasting.</p>	<p><sup>153</sup> Dear Lord Jesus<sup>1</sup>, Look closely at me and see all of the pain and misery I am enduring at the hands of my oppressors. When You do, please rescue me from this most difficult trial. Please consider helping me because I have not forgotten or ignored the Word. <sup>154</sup> Please be my lawyer and plead my case before the Father. Beg Him to buy me back from the clutches of my persecutors. Plead with Him to give me vibrant life and health once again like He promised in His Word, like I had before these terrible trials came upon me.</p> <p><sup>155</sup> The wicked cannot expect You to deliver them from their troubles because they are far from You, and You are far from them. This is true because they do not care in the least about learning or doing what the Bible teaches. <sup>156</sup> You are full of compassion, and the way You have a deep sympathy for those of Your own who are hurting or oppressed accompanied by a strong desire to come to their aid<sup>2</sup> is as vast as the heavens; Lord, please show that same compassion toward me, and restore me to vibrant life and health just like You promised in the Bible.</p> <p><sup>157</sup> I have more enemies than I can count, and they have made it their goal in life to make my life as miserable as they can; these trials are extremely hard to bear, but even if the whole world were to turn against me I would still stay true to the Word. I will never abandon the Bible. <sup>158</sup> I can see what these deceitful, offensive, and treacherous people are doing, and I have nothing but contempt for them; yes, I dislike them this much because they don't care in the least about believing in or following the Scriptures.</p> <p><sup>159</sup> Please consider my deep love and hunger for the Word of God, and in response, restore me to vibrant life and health in keeping with the way You pour out Your tender love and kindness upon those You love. <sup>160</sup> The whole of the Bible is true and is the basis of all truth. Every time You judge a man, decide what circumstances he must endure, and plan what the future holds for him<sup>3</sup> Your decisions are always good, right, and just<sup>4</sup>.</p>

<sup>1</sup> Since Christ said in John 14:6, "I am the way, the truth, and the life: no man cometh unto the Father, but by me," the word "Jesus" has been used.

<sup>2</sup> Strong's definition for "mercies" <07356> same word as "compassion"

<sup>3</sup> Strong's definition for "ordinances" <04941>

<sup>4</sup> Strong's definition for "righteous" <06664>

KJV	NASB 1977	JLS Paraphrase
<p><sup>161</sup> Princes have persecuted me without a cause: but my heart standeth in awe of thy word. <sup>162</sup> I rejoice at thy word, as one that findeth great spoil.</p> <p><sup>163</sup> I hate and abhor lying: but thy law do I love. <sup>164</sup> Seven times a day do I praise thee because of thy righteous judgments.</p>	<p><sup>161</sup> Princes persecute me without cause, but my heart stands in awe of Thy words. <sup>162</sup> I rejoice at Thy word, as one who finds great spoil.</p> <p><sup>163</sup> I hate and despise falsehood, but I love Thy law. <sup>164</sup> Seven times a day I praise Thee, because of Thy righteous ordinances.</p>	<p><sup>161</sup> Dear Lord Jesus<sup>1</sup>, King Saul and the officials of his kingdom have repeatedly told terrible lies about me, and they have done lots of other things to make my life miserable as well. I have done nothing to deserve such harsh treatment, but they don't care about the truth nor can they see that I am innocent of their charges. All they care about is ruining my life or hastening my death. Yet, in spite of the way they oppress me and how hard they have made my life, everything within me is captured by a sense of reverence, fear, and wonder<sup>2</sup> when I think about the Word of God. <sup>162</sup> In fact, I find my greatest delight when I hear, read, or study the Scriptures, and this feeling is every bit as exciting to me as if I were to win \$100 million.</p> <p><sup>163</sup> While I love the Word, I hate every form of lying and deception, and I despise the very thought that I would ever do such things myself. <sup>164</sup> In fact, I love the Word so much that I praise You and boast about Your greatness seven times a day. I do so because You are my judge, and I believe that all of the decisions You make on my behalf and all of the circumstance You determine I should experience<sup>3</sup> are always good, fair, and just<sup>4</sup>.</p>
<p><sup>165</sup> Great peace have they which love thy law: and nothing shall offend them. <sup>166</sup> LORD, I have hoped for thy salvation, and done thy commandments.</p>	<p><sup>165</sup> Those who love Thy law have great peace, and nothing causes them to stumble. <sup>166</sup> I hope for Thy salvation, O LORD, and do Thy commandments.</p>	<p><sup>165</sup> Those who truly love the Word of God have a deep, settled peace, and because they live what the Word teaches, nothing will trip them up as they walk through life. In addition, they will do their best to avoid doing anything that would cause a brother to stumble. <sup>166</sup> Lord, I have placed my hope in You to deliver me from all my troubles, and to prove to You that I am sincere, I have determined to faithfully do whatever the Scriptures teach.</p>
<p><sup>167</sup> My soul hath kept thy testimonies; and I love them exceedingly. <sup>168</sup> I have kept thy precepts and thy testimonies: for all my ways are before thee.</p>	<p><sup>167</sup> My soul keeps Thy testimonies, and I love them exceedingly. <sup>168</sup> I keep Thy precepts and Thy testimonies, for all my ways are before Thee.</p>	<p><sup>167</sup> I have not merely obeyed the Word out of duty, but everything within me wants to obey because I love the Bible more than anything else in this world. <sup>168</sup> I try my best to obey it because I know that You see and know everything I think and do.</p>

<sup>1</sup> Since Christ said in John 14:6, "I am the way, the truth, and the life: no man cometh unto the Father, but by me," the word "Jesus" has been used.

<sup>2</sup> Strong's definition for "stands in awe" <06342>

<sup>3</sup> Strong's definition for "ordinances" <04941>

<sup>4</sup> Strong's definition for "righteous" <06664>

KJV	NASB 1977	JLS Paraphrase
<p><sup>169</sup> Let my cry come near before thee, O LORD: give me understanding according to thy word. <sup>170</sup> Let my supplication come before thee: deliver me according to thy word.</p> <p><sup>171</sup> My lips shall utter praise, when thou hast taught me thy statutes. <sup>172</sup> My tongue shall speak of thy word: for all thy commandments are righteousness.</p> <p><sup>173</sup> Let thine hand help me; for I have chosen thy precepts. <sup>174</sup> I have longed for thy salvation, O LORD; and thy law is my delight.</p> <p><sup>175</sup> Let my soul live, and it shall praise thee; and let thy judgments help me. <sup>176</sup> I have gone astray like a lost sheep; seek thy servant; for I do not forget thy commandments.</p>	<p><sup>169</sup> Let my cry come before Thee, O LORD; give me understanding according to Thy word. <sup>170</sup> Let my supplication come before Thee; deliver me according to Thy word.</p> <p><sup>171</sup> Let my lips utter praise, for Thou dost teach me Thy statutes. <sup>172</sup> Let my tongue sing of Thy word, for all Thy commandments are righteousness.</p> <p><sup>173</sup> Let Thy hand be ready to help me, for I have chosen Thy precepts. <sup>174</sup> I long for Thy salvation, O LORD, and Thy law is my delight.</p> <p><sup>175</sup> Let my soul live that it may praise Thee, and let Thine ordinances help me. <sup>176</sup> I have gone astray like a lost sheep; seek Thy servant, for I do not forget Thy commandments.</p>	<p><sup>169</sup> Dear Lord Jesus<sub>1</sub>, I am in desperate need of help, so please allow my crying out in prayer to capture Your attention. Please save me from those who hate me, and then give me discernment, insight, and understanding<sub>2</sub> so that I can more fully understand the promises in the Word of God. <sup>170</sup> Lord, I ask You again, please allow my repeated prayers to capture Your attention and respond by rescuing me from persecution by those who hate me. Then when You do save me, do it just like You promised in the Word.</p> <p><sup>171</sup> Save me so that my mouth can gush forth<sub>3</sub> praise, adoration, and thanksgiving to Your wonderful name. What else could I do after learning about all the wonderful things the Scriptures tell me You want to accomplish in and through me. <sup>172</sup> Yes, deliver me from those wicked people. When You do I will not only speak Your praises, but I will also sing about the Bible and tell everyone that all of it is good, just, and right<sub>4</sub>.</p> <p><sup>173</sup> Since I have based my hope on the promises contained in the Word of God, please be ready and willing to help me out of this most difficult situation. <sup>174</sup> Lord, I want so very much for You to deliver me from all my troubles, and my greatest delight is in knowing and trusting Your promises.</p> <p><sup>175</sup> Please restore me to vibrant life and health so that I may continue praising You. I understand that You examine the life of every individual, and then You vindicate the innocent and punish the wicked<sub>5</sub>. Since I am innocent, help me understand why You have allowed me to be so severely oppressed for all these years. <sup>176</sup> Lord, I am like a sheep that has wandered off and become lost. Search for me and save me from destruction because regardless of the severity of my troubles I will not abandon You or the Bible.</p>

<sup>1</sup> Since Christ said in John 14:6, "I am the way, the truth, and the life: no man cometh unto the Father, but by me," the words "Lord Jesus" have been used.

<sup>2</sup> Strong's definition for "understanding" <0995>

<sup>3</sup> Strong's definition for "utter" <05042>

<sup>4</sup> Strong's definition for "righteous" <06664>

<sup>5</sup> Strong's definition for "ordinances" <04941> the same Hebrew word as "judgment"