



PSALM 119

Day to Day



Contents

Contents.....	1
About.....	2
Psalms 119:1.....	3
Psalms 119:2.....	4
Psalms 119:3.....	5
Psalms 119:4.....	6
Psalms 119:5-6.....	7
Psalms 119:7.....	8
Psalms 119:8.....	9
Psalms 119:9.....	10
Psalms 119:10.....	11
Psalms 119:11.....	12
Psalms 119:12.....	13
Psalms 119:13-16.....	14

About

Psalm 119 is a beautiful prayer that we can pray today. Though it was written under the Old Covenant Law, it translates beautifully for us under the New Covenant today.

This Psalm contains 176 verses that have been divided into 22 parts in Hebraic alphabetical order. It takes approximately 15 minutes to read aloud, which I highly recommend doing once in a while. I can see within this Psalm the Gospel of Jesus Christ and His Kingdom, and my goal is to show this as we go through verse by verse in Psalm 119 Day to Day.

I dedicate this to my mom – with all my love

Psalm 119:1

*Blessed are the undefiled in the way,
Who walk in the Law of the Lord!*

Jesus explains what defiles us in [Matt 15:1-20](#), and we learn it is our human heart and all that comes out of it that soils us. How can anyone hope to ever be blameless before God with this unpleasant reality? Thankfully we are not doomed because the answer is found in the Gospel of Jesus Christ or the Good News. Jesus tells us unless we are born again, we can't even see the Kingdom of God let alone be one of its citizens!; [John 3:3](#). The new birth is where we begin with the Lord to start living life in Christ with our new hearts. How can this be but by the miraculous work of God? By faith through His Spirit.

The new birth does not come by a prayer we pray or words we confess but a complete and honest mind/heart change in turning to God and away from self, sin and the God of this world, Satan. Listed below are practical steps in receiving the Lord Jesus Christ and New Birth:

- Acknowledge to God that we are defiled and need to be washed of our sins.
- Turn from living to serve ourselves and sin to live to serve God, which is repentance.
- By faith, we receive the forgiveness of our sins and the Lord Jesus as our Savior so we may begin to walk with the Lord AS Lord over our lives.

New Birth was revealed in the Old Covenant hundreds of years before Jesus came, and the promise it holds is for us today! Read [Ezekiel 36:24-29](#).

The words that begin this Psalm are appropriate because they describe all who have been born of the Spirit through Jesus Christ our Lord and good cause to rejoice for we are a blessed people indeed!

Psalm 119:2

Blessed are those who keep His testimonies,
Who seek Him with the whole heart!

The Kingdom of God will bear fruits that will testify of its existence through us in the lost world. [Matt 21:43](#). Such fruits are keeping God's testimonies and the life pursuit of seeking God with the whole heart. What gives us this drive is the Holy Spirit, who dwells in us. When we participate with the Holy Spirit, He witnesses in/to us that we are the Lord's Children;

For as many as are led by the Spirit of God, these are sons of God. For you did not receive the Spirit of bondage again to fear, but you received the Spirit of adoption by whom we cry out, "Abba, Father." The Spirit Himself bears witness with our Spirit that we are children of God, and if children, then heirs—heirs of God and joint heirs with Christ, if indeed we suffer with Him, that we may also be glorified together. Romans 8:14-16

We will have inner rejoicing in us because we know we are His, which propels us to walk the path (obedience) that the Lord calls us.

As believers in Christ, it is up to us to make sure that we have this witness in us, to make sure our calling and election are sure - [2 Pet 1:10](#) because Jesus tells us that many are called but few are chosen ([Matt 22:13-15](#)), and He explains that not everyone who calls Him Lord shall enter the Kingdom of God; [Matt 7:21-23](#). It is a priority to establish that we have been born of the Spirit and received a new heart. Our entrance into the Kingdom of God is contingent upon the new birth experience (see the previous post). Further to this, those who practice the rules of this Kingdom are able to remain in it; [John 15:1-17](#). We will thrive, and our lives will testify the Lord Jesus Christ as we are diligent to love the Lord God with everything we have and when we settle for nothing less!

'You shall love the Lord your God with all your heart, with all your soul, and with all your mind.' This is the first and great commandment. Matt 22:37.

Psalm 119:3

*They also do no iniquity;
They walk in His ways.*

What is sin? It is all that is unlawful in the sight of God. It is to go the opposite way of what the Lord commands. Sin is iniquity and unrighteousness. None is righteous in the eyes of God; in fact, there is no natural desire in any human being to do what is right – UNLESS the Lord gives it to us. This can come no other way but by Jesus Christ. When we understand that we are sinners and need a Savior, we will repent of our sins and be in the correct position so we may receive Jesus Christ not only as our Savior but that He also becomes our Lord. It is essential to know that repentance is not something we merely say, but it is an act of changing our whole thinking line—to agree with God and His Word. If this has been done, the evidence will be that we will have a new growing desire to walk in the way, truth and life, the embodiment of Jesus Christ and found in the Word of God.

Jesus said to him, "I am the way, the truth, and the life. No one comes to the Father except through Me. John 14:6

We cannot skip the steps in the Gospel of Jesus Christ; otherwise, we will be spinning the religious wheels that leads nowhere. The mark of those who have genuinely grasped Jesus and His Gospel is we will have a new relationship with sin. Previous to Jesus, we were dead in our sins, post we are now dead to sin. When we are dead to sin, we no longer live to serve and be slaves in it. Read [Romans 6](#). Jesus has promised us that the truth will set us free provided we abide in it;

Then Jesus said to those Jews who believed Him, "If you abide in My word, you are My disciples indeed. And you shall know the truth, and the truth shall make you free." John 8:31-31

There is no such thing as being a slave to sin in the Kingdom of God, and if this is so, it only reveals that the Gospel of Jesus Christ has not been fully grasped and believed to abide in. God will do what He says when we do our part. It is far easier for us to lay the entire work on Christ that was not meant than to die to ourselves so we may live in His fullness and freedom.

Until we are with the Lord in heaven, we will always have something that He desires us to lay down for His name's sake, for this is the Christian life and our sanctification. If we are not experiencing this work in our day-to-day lives, it may indicate an area that may need attention. Let us not forget that to die to ourselves is always gain in the Kingdom of God and to not be afraid to ask the Lord to convict us where He wants to work in sanctification, though it is painful for a moment or two, it is far better once we look on the other side of it; [Luke 9:23-26](#).

Psalm 119:4

*You have commanded us
To keep Your precepts diligently.*

Jesus promises us that He and the Father will come into us – WHEN we keep His Word.

"If anyone loves Me, he will keep My Word, and My Father will love him, and We will come to him and make Our home with him. He who does not love Me does not keep My words, and the Word which you hear is not Mine but the Father's who sent me" John 14:23-24

The Holy Spirit will teach us, and it is up to us to keep the instruction of the Lord's Word. To keep the instruction, we must find out what this is. In our pursuit, we mustn't rely on other's study of the Word to replace our own personal study. Today, this is easy to do with all the wealth of information we have access to literally at our fingertips. They are excellent resources and sources of inspiration, but nothing can give us what our own personal quest does. It is where the Holy Spirit imprints deeply into our inner man - the truth, and when we hear it, obey and abide in it, it becomes part of us, and our faith is strengthened that much more, in the Lord because we put into practice what we learn.

So then faith comes by hearing, and hearing by the Word of God. Romans 10:17

Unless we know the Word, how can we believe? So it is imperative to our testimony to diligently seek Him to find out who He is and the Gospel of His Kingdom. His Story is found in the pages of the Bible, and it is only to our benefit that we read it as His love letter to mankind. No matter how many times we have read the Bible cover to cover, there is always something that the Lord reveals to us from His vast depths to add to our knowledge of Him. The Lord enjoys giving to us more as we seek to partake with Him - more. This is one of His spiritual laws: Read [Luke 8:16-18](#).

But without faith it is impossible to please Him, for he who comes to God must believe that He is, and that He is a rewarder of those who diligently seek Him. Heb 11:6

If we remember one thing, that is to not neglect the value of our own personal study and pursuit of the Lord as we diligently seek Him in the Word of God. To join with the Holy Spirit as He opens up to us the truth that is the living water ([John 7:38-39](#)) so we may not only drink but have enough to share with others!

Psalm 119:5-6

*Oh, that my ways were directed
To keep Your commandments!
Then I would not be ashamed,
When I look into all Your commandments.*

We read that Adam and Eve did not feel ashamed as they walked with God in the garden, but this changed. Read [Gen 2:18-25](#) & [Gen 3](#). Adam & Eve enjoyed their fellowship with God, but when they listened to the serpent to be deceived by his words to them, they disobeyed God in what He commanded and sinned. Sin makes us want to run from God, not run to Him because of shame. Shame is a fruit that sin produces in us.

When shame causes us to run from God it becomes rebellion. To be in rebellion comes a hardened heart; [Heb 3:7-11](#).

The only way God directs us is through His Word. It is up to us to take what He gives to heart and put it to practice. The Holy Spirit will always lead us to the obedience of the Word.

It is essential to know that Lord does not shame us; shame comes upon us as an indicator we have sinned. And the Word of God will reveal where we have strayed provided we let it.

The Good News of the Gospel says the Lord Jesus Christ has accomplished freedom from the power that sin has over us. It takes faith in Christ and courage to turn from our sin. He will lead us out of our misery as long as we ask Him in sincerity and desire Him to lead us to keep His statutes. As we turn from whatever is cause for shame, He will provide the light and His cleansing so we may see our way out – of shame.

This is the message which we have heard from Him and declare to you, that God is light and in Him is no darkness at all. If we say that we have fellowship with Him, and walk in darkness, we lie and do not practice the truth. But if we walk in the light as He is in the light, we have fellowship with one another, and the blood of Jesus Christ His Son cleanses us from all sin. 1 John 1:5-7

Psalm 119:7

*I will praise You with uprightness of heart,
When I learn Your righteous judgments.*

When the knowledge of the Lord Jesus Christ enters our hearts in Spirit and truth, we are in the correct posture to offer God acceptable praise and worship and is the kind of worship the Lord wants; Jesus explains:

Jesus said to her, "Woman, believe Me, the hour is coming when you will neither on this mountain, nor in Jerusalem, worship the Father. You worship what you do not know; we know what we worship, for salvation is of the Jews. But the hour is coming, and now is, when the true worshipers will worship the Father in Spirit and truth; for the Father is seeking such to worship Him. God is Spirit, and those who worship Him must worship in Spirit and truth." John 4:21-24

We must understand worship is what God wants is not about our preferences and enjoyment. Many have grown dependant on music, individuals and groups to worship God. This would not be needed if we understood that worship is not something we do but rather is our way of life. It is not an emotional feeling or something that we must work up to 'enter in.'

Our lives are to be living sacrifices to God.

I beseech you therefore, brethren, by the mercies of God, that you present your bodies a living sacrifice, holy, acceptable to God, which is your reasonable service. And do not be conformed to this world, but be transformed by the renewing of your mind, that you may prove what is that good and acceptable and perfect will of God. Romans 12:1-2

True worship comes by being faithful in His Spirit, one with God through His Son, and out of this union, we become responders to the Lord's majesty – in us. It is us going low lifting Him up. Our life is a song we sing to the Lord that will form in us, if we allow it, words we may sing to Him in Spirit and truth daily in our secret closets in which He takes great delight.

This kind of worship depends on nothing but being one with the Living God; [John 17:20-23](#).

Psalm 119:8

*I will keep Your statutes;
Oh, do not forsake me utterly!*

In our walk with the Lord, there will be times where we may not see or feel like the Lord is near, which invariably describes the walk of faith. It is not by sight nor by our feelings but resolve in Who we believe – no matter what we are experiencing. We are encouraged as Jesus Himself cried out to God:

And about the ninth hour Jesus cried out with a loud voice, saying, "Eli, Eli, lama sabachthani?" that is, "My God, My God, why have You forsaken Me?"

Crying out like this is not a lack of faith – but expressing our need for God in our human condition. Let us not mistake this to become a cry of complaint to God. God hears all who cry out to Him in their lack - to those who look to Him to give what they need and not what they think they need. As we keep His Word by walking in His ways, we can cry out with honest hearts in times of silence, pain and sorrow and be confident that He hears and is nearer to us than we could ever imagine.

It could be a moment where God is waiting for us to

**Be still, and know that I *am* God;
I will be exalted among the nations,
I will be exalted in the earth! Psalm 46:10**

And just as He revealed His Glory in Jesus, so He waits to do the same with us!

Psalm 119:9

*How can a young man cleanse his way?
By taking heed according to Your word.*

Our young people would certainly do well to pay special attention to this verse and the old alike, for it contains valuable information that is good for us when applied. It by no means is new advice but is practical and vital just the same.

For all who come to the cross of Jesus Christ and believe in Him and His gospel, God grants us forgiveness of our sins. Sin in us is unclean. The blood of Jesus washes us clean, so we stand blameless before God - praise His name!

However, the question this Psalmist asks is not regarding the finished work of Jesus, but how can he personally attain cleanliness in his life.

It is BECAUSE we are the vessels of God through the blood of Jesus that we are to 'pay heed according to the Word.'

But in a great house there are not only vessels of gold and silver, but also of wood and clay, some for honor and some for dishonor. Therefore if anyone cleanses himself from the latter, he will be a vessel for honor, sanctified and useful for the Master, prepared for every good work. Flee also youthful lusts; but pursue righteousness, faith, love, peace with those who call on the Lord out of a pure heart. 2 Tim 2:20-22

We now walk out and away from sin and the world - according to the Word of the Lord.

Therefore lay aside all filthiness and overflow of wickedness, and receive with meekness the implanted word, which is able to save your souls. James 1:21.

Psalm 119:10

*With my whole heart I have sought You;
Oh, let me not wander from Your commandments!*

Can we say, 'with my whole heart I have sought You,' as the Psalmist has said? Even in this statement, he realizes that he can wander from the will of God as he pleads for this not to be so. As believers, under the new covenant, we take for granted and even neglect a vital aspect of our faith: fear of the Lord. Many will deny any such idea as fear the Lord because it does not line up with the Jesus they know. The Jesus they know and believe has granted much grace and acceptance, so how can they fear such a compassionate and loving God? While He is indeed compassionate, He also is righteous. In this entire Psalm, we hear in its author contain a fear of the Lord, one of which is the fear of wandering away from God. Something for us to remember is the Lord has given us Himself and in Him are all the promises of God; [2 Cor 1:20](#), and this is wonderful! But with this, He warns us to keep all that He has commanded us; [John 14:21](#), and doing so, we will be able to endure and overcome (the world and sin); [1 John 5:3-5](#). To not follow in His instruction is to wander away from Him and into darkness which is a place where the judgment of God rests; [John 12:44-50](#). As this Psalmist cries to God, so should we! For we are like sheep who quickly get distracted by whatever dangles in front of our eyes that lure us away from believing and seeking the Way, Truth & Life – who is Jesus Christ; [John 14:6](#).

Psalm 119:11

*Your word I have hidden in my heart,
That I might not sin against You.*

The Word came down and became flesh; [John 1:1-18](#). He dwelt among us and did not sin. He was the perfect sacrificial lamb that could take upon Himself the curse of sin that was pronounced on all of us and save us; [2 Cor 5:20-21](#). He died, and God raised Him to everlasting life. [Rom 6:3-5](#). Out of this miraculous exchange, God gives us a new heart so we may know His Word. [Ez 36:25-27](#), and only those who obtain this can understand His Word; [1 Cor 2:13-15](#). Not only this, God has granted us power and grace by His Spirit, in us, that we may walk obediently according to His will. What does this mean? Christ freed us - from ourselves! That is selfishness, which stems from our carnal mind, will, and emotions. [2 Cor 3:16-18](#).

Jesus says, come to Me ([Matt 11:28-29](#)) – that when we come to Him, we at the same time walk away from selfishness, and this is our way to walk.

His Word is how we overcome Self, Sin, and ultimately Satan. The more we fill up with the Word found in the scriptures, the more arsenal we have against our flesh's attempts to dethrone the Lord; [Rev 12:11](#).

I beseech you therefore, brethren, by the mercies of God, that you present your bodies a living sacrifice, holy, acceptable to God, which is your reasonable service. And do not be conformed to this world, but be transformed by the renewing of your mind, that you may prove what is that good and acceptable and perfect will of God. Romans 12:1-2

Psalm 119:12

*Blessed are You, O LORD!
Teach me Your statutes.*

When we recognize the blessedness of the Lord, our response will be as the Psalmist cries out, *teach me more!*

Peter eloquently speaks of the riches that have been granted to us and O how we need the Lord to teach us such depths!

Blessed be the God and Father of our Lord Jesus Christ, who according to His abundant mercy has begotten us again to a living hope through the resurrection of Jesus Christ from the dead, to an inheritance incorruptible and undefiled and that does not fade away, reserved in heaven for you, who are kept by the power of God through faith for salvation ready to be revealed in the last time. 1 Pet 1:3-5

May we continually cry out to the Lord to work out in us these truths – ‘teach me!’ so it becomes our personal experience and testimony, Amen.

Psalm 119:13-16

With my lips I have declared
All the judgments of Your mouth.
I have rejoiced in the way of Your testimonies,
As much as in all riches.
I will meditate on Your precepts,
And contemplate Your ways.
I will delight myself in Your statutes;
I will not forget Your word.

For us to be able to declare, rejoice, meditate, and delight in the Word of God we must have the Holy Spirit in us. Anyone can do these things, but not everyone will truly see and understand the spiritual depths and knowledge that only the Spirit gives; [1 Cor 2:10-14](#). Jesus spoke harshly to the religious in His day who were well learned in the scriptures but did not see that the Messiah they looked for was right in front of them because they were without the leading of His Spirit. Read [John 8:19-59](#).

Daily is our practice to open our Bibles to join the Lord through His Spirit to seek His instruction and learn who our great God is. We must take care in the handling of truth to put it into practice. For those who only read and do not practice, God takes from them such knowledge.

“No one, when he has lit a lamp, covers it with a vessel or puts it under a bed, but sets it on a lampstand, that those who enter may see the light. For nothing is secret that will not be revealed, nor anything hidden that will not be known and come to light. Therefore take heed how you hear. For whoever has, to him more will be given; and whoever does not have, even what he seems to have will be taken from him.” Luke 8:16-18.

James tells us that those who only hear the word will forget what they learned; [James 1:22-25](#).

We must be careful we are not like the religious that Jesus rebuked as we study and seek God in His Word. For we will not gain, nor will we grow in the depths of God and will be unable to express love and devotion for God’s Word as the Psalmist so beautifully does, for without the Spirit, it is only empty religion we practice.