

Lesson 29

Psalm 119:1–88 (writer unknown)

א Aleph

- ¹Blessed are those who live without blame.
They live in keeping with the Law of the Lord.
- ²Blessed are those who obey His covenant laws.
They trust in Him with all their hearts.
- ³They don't do anything wrong.
They live as He wants them to live.
- ⁴You have given me rules
that I must obey completely.
- ⁵I hope I will always stand firm
in following Your orders.
- ⁶Then I won't be put to shame
when I think about all Your commands.
- ⁷I will praise You with an honest heart
as I learn about how fair Your decisions are.
- ⁸I will obey Your orders.
Please don't leave me all alone.

ב Beth

- ⁹How can a young person keep their life pure?
By living according to Your Word.
- ¹⁰I trust in You with all my heart.
Don't let me wander away from Your commands.
- ¹¹I have hidden Your Word in my heart
so that I won't sin against You.
- ¹²Lord, I give praise to You.
Teach me Your orders.
- ¹³With my lips I talk about
all the decisions You have made.
- ¹⁴Following Your covenant laws gives me joy
just as great riches give joy to others.
- ¹⁵I spend time thinking about Your rules.
I consider how You want me to live.

¹⁶I take delight in Your orders.
I won't fail to obey Your Word.

י Gimel

¹⁷Be good to me while I am alive.
Do this so that I may obey Your Word.
¹⁸Open my eyes so that I can see
the wonderful truths in Your Law.
¹⁹I'm a stranger on earth.
Don't hide Your commands from me.
²⁰My heart is filled with longing
for Your laws at all times.
²¹You correct proud people. They are under Your curse.
They wander away from Your commands.
²²I obey Your covenant laws.
So don't let evil people laugh at me or hate me.
²³Even if rulers sit together and tell lies about me,
I will spend time thinking about Your orders.
²⁴Your covenant laws are my delight.
They give me wise advice.

ד Daleth

²⁵I lie in the dust. I'm about to die.
Keep me alive as You have promised.
²⁶I told You how I've lived, and You gave me Your answer.
Teach me Your orders.
²⁷Help me understand how Your rules direct me to live.
Then I may think deeply about the wonderful things You have done.
²⁸My sadness has worn me out.
Give me strength as You have promised.
²⁹Keep me from cheating and telling lies.
Be kind to me and teach me Your Law.
³⁰I have chosen to be faithful to You.
I put my trust in Your laws.
³¹Lord, I'm careful to obey Your covenant laws.
Don't let me be put to shame.
³²I am quick to follow Your commands,
because You have added to my understanding.

𐤇 He

- ³³Lord, teach me how Your orders direct me to live.
Then I will live that way to the very end.
- ³⁴Help me understand Your Law so that I may follow it.
I will obey it with all my heart.
- ³⁵Teach me to live as You command,
because that makes me very happy.
- ³⁶Make me want to follow Your covenant laws
instead of wanting to gain things only for myself.
- ³⁷Turn my eyes away from things that are worthless.
Keep me alive as You have promised.
- ³⁸Keep Your promise to me.
Then other people will have respect for You.
- ³⁹Please don't let me be put to shame.
Your laws are good.
- ⁴⁰I really want to follow Your rules.
Keep me alive, because You do what is right.

𐤇 Waw

- ⁴¹Lord, show me Your faithful love.
Save me as You have promised.
- ⁴²Then I can answer anyone who makes fun of me,
because I trust in Your Word.
- ⁴³Help me always to tell the truth about how faithful You are.
I have put my hope in Your laws.
- ⁴⁴I will always obey Your Law,
for ever and ever.
- ⁴⁵I will lead a full and happy life,
because I've tried to obey Your rules.
- ⁴⁶I will talk about Your covenant laws to kings.
I will not be put to shame.
- ⁴⁷I take delight in obeying Your commands
because I love them.
- ⁴⁸I reach out for Your commands that I love.
I do this so that I may think deeply about Your orders.

𐤇 Zayin

- ⁴⁹Remember what You have said to me.
You have given me hope.

- ⁵⁰Even when I suffer, I am comforted
because You promised to keep me alive.
- ⁵¹Proud people make fun of me without mercy.
But I don't turn away from Your Law.
- ⁵²Lord, I remember the laws You gave long ago.
I find comfort in them.
- ⁵³I am very angry
because evil people have turned away from Your Law.
- ⁵⁴No matter where I live,
I sing about Your orders.
- ⁵⁵Lord, during the night I remember who You are.
That's why I keep Your Law.
- ⁵⁶I have really done my best
to obey Your rules.

𐤇 Heth

- ⁵⁷Lord, You are everything I need.
I have promised to obey Your words.
- ⁵⁸I have looked to You with all my heart.
Be kind to me as You have promised.
- ⁵⁹I have thought about the way I live.
And I have decided to follow Your covenant laws.
- ⁶⁰I won't waste any time.
I will be quick to obey Your commands.
- ⁶¹Evil people may tie me up with ropes.
But I won't forget to obey Your Law.
- ⁶²At midnight I get up to give You thanks
because Your decisions are very fair.
- ⁶³I'm a friend to everyone who has respect for You.
I'm a friend to everyone who follows Your rules.
- ⁶⁴Lord, the earth is filled with Your love.
Teach me Your orders.

𐤅 Teth

- ⁶⁵Lord, be good to me
as You have promised.
- ⁶⁶Increase my knowledge and give me good sense,
because I trust Your commands.
- ⁶⁷Before I went through suffering, I went down the wrong path.
But now I obey Your Word.

- ⁶⁸You are good, and what You do is good.
Teach me Your orders.
- ⁶⁹The lies of proud people have taken away my good name.
But I follow Your rules with all my heart.
- ⁷⁰Their unfeeling hearts are hard and stubborn.
But I take delight in Your Law.
- ⁷¹It was good for me to suffer.
That's what helped me to understand Your orders.
- ⁷²The Law You gave is worth more to me
than thousands of pieces of silver and gold.

׃ Yodh

- ⁷³You made me and formed me with Your own hands.
Give me understanding so that I can learn Your commands.
- ⁷⁴May those who have respect for You be filled with joy when they see me.
I have put my hope in Your Word.
- ⁷⁵Lord, I know that Your laws are right.
You were faithful to Your promise when You made me suffer.
- ⁷⁶May Your faithful love comfort me
as You have promised me.
- ⁷⁷Show me Your tender love so that I can live.
I take delight in Your Law.
- ⁷⁸May proud people be put to shame for treating me badly for no reason.
I will think deeply about Your rules.
- ⁷⁹May those who have respect for You come to me.
Then I can teach them Your covenant laws.
- ⁸⁰May I follow Your orders with all my heart.
Then I won't be put to shame.

כ Kaph

- ⁸¹I deeply long for You to save me.
I have put my hope in Your Word.
- ⁸²My eyes grow tired looking for what You have promised.
I say, "When will You comfort me?"
- ⁸³I'm as useless as a wineskin that smoke has dried up.
But I don't forget to follow Your orders.
- ⁸⁴How long do I have to wait?
When will You punish those who attack me?
- ⁸⁵Proud people do what is against Your Law.
They dig pits for me to fall into.

⁸⁶All Your commands can be trusted.

Help me, because people attack me without any reason.

⁸⁷They almost wiped me off the face of the earth.

But I have not turned away from Your rules.

⁸⁸Keep me alive, because of Your faithful love.

Do this so that I may obey the covenant laws You have given.

Questions

- 1 How are you to live? I am to live _____ blame. (Ps. 119:1)
- 2 How are you to praise the Lord? I am to praise the Lord with an _____ heart. (Ps. 119:7)
- 3 How can you keep your life pure? I can keep my life pure by:
 - a) _____ **ing** according to God's Word,
 - b) _____ **ing** in the Lord with _____ my _____,
 - c) _____ **ing** His Word in my heart,
 - d) spending time _____ **ing** about His Word,
 - e) _____ **ing** how He wants me to live, and
 - f) taking _____ in His Word. (Ps. 119:9–11, 15–16)
- 4 What should you pray before you read God's Word? I should pray to the Lord to _____ my eyes so that I can _____ the _____ truths in His teachings. (Ps. 119:18)
- 5 What else should be your prayer to the Lord? I should pray to the Lord to _____ my eyes _____ from things that are _____. (Ps. 119:37)
- 6 What is another important prayer request? Another important prayer request is to ask the Lord to help me _____ the _____ about how _____ He is. (Ps. 119:43)



This is so that others may believe and be saved too!

- 7 What is a good thing to do when you are having trouble sleeping? When I am having trouble sleeping, it is good for me to _____ who the Lord is. (Ps. 119:55)
- 8 Do you have everything you need? (Yes/No) _____. I have _____ I need, because I have the Lord. (Ps. 119:57)
- 9 Where should you always look? I should always look to the _____ with _____ my _____. (Ps. 119:58)

- 10 What is good to do if you wake up in the middle of the night and can't sleep? If I wake up in the middle of the night and can't sleep, I should get ____ and _____ the Lord _____.
(Ps. 119:62)
- 11 What is filled with the Lord's love? The _____ is filled with the Lord's love, because He made it all for us. (Ps. 119:64)
- 12 What does trusting in the Lord's teachings give you? Trusting in the Lord's teachings increases my _____ and gives me _____. (Ps. 119:66)
- 13 What did suffering stop the writer of this psalm from doing? Suffering stopped the writer from going down the _____ path, and instead caused the writer to start _____ God's Word. (Ps. 119:67)
- 14 Can suffering be good? (Yes/No) _____. Suffering can be good because it can _____ me _____ the Lord's teachings. (Ps. 119:71)
- 15 What is worth more than thousands of pieces of silver or gold? God's _____ (His Word) is worth _____ than thousands of pieces of _____ and _____. (Ps. 119:72)
- 16 What should you always put your hope in? I should always put my hope in God's _____.
(Ps. 119:74)

How did the Holy Spirit speak to you this week as you studied these Bible verses? In other words, what did you learn this week from reading God's Word?
