

**Your Word Is a Lamp to My Feet****Aleph**

- 119** <sup>[a]</sup> Blessed are those whose way is blameless,  
who walk in the law of the LORD!
- <sup>2</sup> Blessed are those who keep his testimonies,  
who seek him with their whole heart,
- <sup>3</sup> who also do no wrong,  
but walk in his ways!
- <sup>4</sup> You have commanded your precepts  
to be kept diligently.
- <sup>5</sup> Oh that my ways may be steadfast  
in keeping your statutes!
- <sup>6</sup> Then I shall not be put to shame,  
having my eyes fixed on all your commandments.
- <sup>7</sup> I will praise you with an upright heart,  
when I learn your righteous rules. <sup>[b]</sup>
- <sup>8</sup> I will keep your statutes;  
do not utterly forsake me!

**Beth**

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

**Footnotes**

- a. [Psalm 119:1](#) This psalm is an acrostic poem of twenty-two stanzas, following the letters of the Hebrew alphabet; within a stanza, each verse begins with the same Hebrew letter
- b. [Psalm 119:7](#) Or *your just and righteous decrees*; also verses [62](#), [106](#), [160](#), [164](#)
- c. [Psalm 119:13](#) Or *all the just decrees*

*Life- daily life activities.*

*Identity - as God's child, wife, mother, sister at Exeter Chapel.*

*Growth - identifying areas of weakness and asking for the Spirit's help.*

*Heart- a clean heart, seeking to be more like the LORD's heart.*

*Thoughts - orienting the mind to the LORD's will for circumstances.*