

"Soul Food" from Psalm 119 (Part 2)

Sunday Evening, July 12, 2026 – WOCC – Rich Howell

Psalm 119 [R = Request ("Please"); P = Promise ("God will"); C = Commitment ("I will"/"will not"); T = Truth to accept ("Amen!"); G = Gratitude expressed ("Thank you!")]

- 1 Blessed are they whose ways are blameless, who walk according to the law of the LORD.
- 2 Blessed are they who keep his statutes and seek him with all their heart.
- 3 They do nothing wrong; they walk in his ways.
- 4 You have laid down precepts that are to be fully obeyed.
- 5 Oh, that my ways were steadfast in obeying your decrees!
- 6 Then I would not be put to shame when I consider all your commands.
- 7 I will praise you with an upright heart as I learn your righteous laws.
- 8 I will obey your decrees; do not utterly forsake me.

- 9 How can a young man keep his way pure? By living according to your word.
- 10 I seek you with all my heart; do not let me stray from your commands.
- 11 I have hidden your word in my heart that I might not sin against you.
- 12 Praise be to you, O LORD; teach me your decrees.
- 13 With my lips I recount all the laws that come from your mouth.
- 14 I rejoice in following your statutes as one rejoices in great riches.
- 15 I meditate on your precepts and consider your ways.
- 16 I delight in your decrees; I will not neglect your word.

- 17 Do good to your servant, and I will live; I will obey your word.
- 18 Open my eyes that I may see wonderful things in your law.
- 19 I am a stranger on earth; do not hide your commands from me.
- 20 My soul is consumed with longing for your laws at all times.
- 21 You rebuke the arrogant, who are cursed and who stray from your commands.
- 22 Remove from me scorn and contempt, for I keep your statutes.
- 23 Though rulers sit together and slander me, your servant will meditate on your decrees.
- 24 Your statutes are my delight; they are my counselors.

- 25 I am laid low in the dust; preserve my life according to your word.
- 26 I recounted my ways and you answered me; teach me your decrees.
- 27 Let me understand the teaching of your precepts; then I will meditate on your wonders.
- 28 My soul is weary with sorrow; strengthen me according to your word.
- 29 Keep me from deceitful ways; be gracious to me through your law.
- 30 I have chosen the way of truth; I have set my heart on your laws.
- 31 I hold fast to your statutes, O LORD; do not let me be put to shame.
- 32 I run in the path of your commands, for you have set my heart free.

- 33 Teach me, O LORD, to follow your decrees; then I will keep them to the end.
- 34 Give me understanding, and I will keep your law and obey it with all my heart.
- 35 Direct me in the path of your commands, for there I find delight.
- 36 Turn my heart toward your statutes and not toward selfish gain.
- 37 Turn my eyes away from worthless things; preserve my life according to your word.
- 38 Fulfill your promise to your servant, so that you may be feared.
- 39 Take away the disgrace I dread, for your laws are good.
- 40 How I long for your precepts! Preserve my life in your righteousness.

- 41 May your unfailing love come to me, O LORD, your salvation according to your promise;
- 42 then I will answer the one who taunts me, for I trust in your word.
- 43 Do not snatch the word of truth from my mouth, for I have put my hope in your laws.
- 44 I will always obey your law, for ever and ever.
- 45 I will walk about in freedom, for I have sought out your precepts.
- 46 I will speak of your statutes before kings and will not be put to shame,

47 for I delight in your commands because I love them.
 48 I lift up my hands to your commands, which I love, and I meditate on your decrees.
 49 Remember your word to your servant, for you have given me hope.
 50 My comfort in my suffering is this: Your promise preserves my life.
 51 The arrogant mock me without restraint, but I do not turn from your law.
 52 I remember your ancient laws, O LORD, and I find comfort in them.
 53 Indignation grips me because of the wicked, who have forsaken your law.
 54 Your decrees are the theme of my song wherever I lodge.
 55 In the night I remember your name, O LORD, and I will keep your law.
 56 This has been my practice: I obey your precepts.
 57 You are my portion, O LORD; I have promised to obey your words.
 58 I have sought your face with all my heart; be gracious to me according to your promise.
 59 I have considered my ways and have turned my steps to your statutes.
 60 I will hasten and not delay to obey your commands.
 61 Though the wicked bind me with ropes, I will not forget your law.
 62 At midnight I rise to give you thanks for your righteous laws.
 63 I am a friend to all who fear you, to all who follow your precepts.
 64 The earth is filled with your love, O LORD; teach me your decrees.
 65 Do good to your servant according to your word, O LORD.
 66 Teach me knowledge and good judgment, for I believe in your commands.
 67 Before I was afflicted I went astray, but now I obey your word.
 68 You are good, and what you do is good; teach me your decrees.
 69 Though the arrogant have smeared me with lies, I keep your precepts with all my heart.
 70 Their hearts are callous and unfeeling, but I delight in your law.
 71 It was good for me to be afflicted so that I might learn your decrees.
 72 The law from your mouth is more precious to me than thousands of pieces of silver and gold.
 73 Your hands made me and formed me; give me understanding to learn your commands.
 74 May those who fear you rejoice when they see me, for I have put my hope in your word.
 75 I know, O LORD, that your laws are righteous, and in faithfulness you have afflicted me.
 76 May your unfailing love be my comfort, according to your promise to your servant.
 77 Let your compassion come to me that I may live, for your law is my delight.
 78 May the arrogant be put to shame for wronging me without cause; but I will meditate on your precepts.
 79 May those who fear you turn to me, those who understand your statutes.
 80 May my heart be blameless toward your decrees, that I may not be put to shame.
 81 My soul faints with longing for your salvation, but I have put my hope in your word.
 82 My eyes fail, looking for your promise; I say, "When will you comfort me?"
 83 Though I am like a wineskin in the smoke, I do not forget your decrees.
 84 How long must your servant wait? When will you punish my persecutors?
 85 The arrogant dig pitfalls for me, contrary to your law.
 86 All your commands are trustworthy; help me, for men persecute me without cause.
 87 They almost wiped me from the earth, but I have not forsaken your precepts.
 88 Preserve my life according to your love, and I will obey the statutes of your mouth.

(New International Version, 1984)

APPLICATION EXERCISES:

1. Select one **REQUEST** from the ones you marked, and make it your special prayer to God.
2. Select one **PROMISE** from the ones you marked, identify the "condition" and claim the promise.
3. Select one **COMMITMENT** from the ones you marked, and make it your special pledge to God.
4. Select one **TRUTH** from the ones you marked, and write down how it impacts you.
5. Select one **GRATITUDE** statement, and echo that sentiment to the Lord in prayer.