

"Soul Food" from Psalm 119 (Part 3)

Sunday Evening, July 19, 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!")]

89 Your word, O LORD, is eternal; it stands firm in the heavens.
90 Your faithfulness continues through all generations; you established the earth, and it endures.
91 Your laws endure to this day, for all things serve you.
92 If your law had not been my delight, I would have perished in my affliction.
93 I will never forget your precepts, for by them you have preserved my life.
94 Save me, for I am yours; I have sought out your precepts.
95 The wicked are waiting to destroy me, but I will ponder your statutes.
96 To all perfection I see a limit; but your commands are boundless.

97 Oh, how I love your law! I meditate on it all day long.
98 Your commands make me wiser than my enemies, for they are ever with me.
99 I have more insight than all my teachers, for I meditate on your statutes.
100 I have more understanding than the elders, for I obey your precepts.
101 I have kept my feet from every evil path so that I might obey your word.
102 I have not departed from your laws, for you yourself have taught me.
103 How sweet are your words to my taste, sweeter than honey to my mouth!
104 I gain understanding from your precepts; therefore I hate every wrong path.

105 Your word is a lamp to my feet and a light for my path.
106 I have taken an oath and confirmed it, that I will follow your righteous laws.
107 I have suffered much; preserve my life, O LORD, according to your word.
108 Accept, O LORD, the willing praise of my mouth, and teach me your laws.
109 Though I constantly take my life in my hands, I will not forget your law.
110 The wicked have set a snare for me, but I have not strayed from your precepts.
111 Your statutes are my heritage forever; they are the joy of my heart.
112 My heart is set on keeping your decrees to the very end.

113 I hate double-minded men, but I love your law.
114 You are my refuge and my shield; I have put my hope in your word.
115 Away from me, you evildoers, that I may keep the commands of my God!
116 Sustain me according to your promise, and I will live; do not let my hopes be dashed.
117 Uphold me, and I will be delivered; I will always have regard for your decrees.
118 You reject all who stray from your decrees, for their deceitfulness is in vain.
119 All the wicked of the earth you discard like dross; therefore I love your statutes.
120 My flesh trembles in fear of you; I stand in awe of your laws.

121 I have done what is righteous and just; do not leave me to my oppressors.
122 Ensure your servant's well-being; let not the arrogant oppress me.
123 My eyes fail, looking for your salvation, looking for your righteous promise.
124 Deal with your servant according to your love and teach me your decrees.
125 I am your servant; give me discernment that I may understand your statutes.
126 It is time for you to act, O LORD; your law is being broken.
127 Because I love your commands more than gold, more than pure gold,
128 and because I consider all your precepts right, I hate every wrong path.

129 Your statutes are wonderful; therefore I obey them.
130 The unfolding of your words gives light; it gives understanding to the simple.
131 I open my mouth and pant, longing for your commands.
132 Turn to me and have mercy on me, as you always do to those who love your name.
133 Direct my footsteps according to your word; let no sin rule over me.

134 Redeem me from the oppression of men, that I may obey your precepts.
 135 Make your face shine upon your servant and teach me your decrees.
 136 Streams of tears flow from my eyes, for your law is not obeyed.
 137 Righteous are you, O LORD, and your laws are right.
 138 The statutes you have laid down are righteous; they are fully trustworthy.
 139 My zeal wears me out, for my enemies ignore your words.
 140 Your promises have been thoroughly tested, and your servant loves them.
 141 Though I am lowly and despised, I do not forget your precepts.
 142 Your righteousness is everlasting and your law is true.
 143 Trouble and distress have come upon me, but your commands are my delight.
 144 Your statutes are forever right; give me understanding that I may live.
 145 I call with all my heart; answer me, O LORD, and I will obey your decrees.
 146 I call out to you; save me and I will keep your statutes.
 147 I rise before dawn and cry for help; I have put my hope in your word.
 148 My eyes stay open through the watches of the night, that I may meditate on your promises.
 149 Hear my voice in accordance with your love; preserve my life, O LORD, according to your laws.
 150 Those who devise wicked schemes are near, but they are far from your law.
 151 Yet you are near, O LORD, and all your commands are true.
 152 Long ago I learned from your statutes that you established them to last forever.
 153 Look upon my suffering and deliver me, for I have not forgotten your law.
 154 Defend my cause and redeem me; preserve my life according to your promise.
 155 Salvation is far from the wicked, for they do not seek out your decrees.
 156 Your compassion is great, O LORD; preserve my life according to your laws.
 157 Many are the foes who persecute me, but I have not turned from your statutes.
 158 I look on the faithless with loathing, for they do not obey your word.
 159 See how I love your precepts; preserve my life, O LORD, according to your love.
 160 All your words are true; all your righteous laws are eternal.
 161 Rulers persecute me without cause, but my heart trembles at your word.
 162 I rejoice in your promise like one who finds great spoil.
 163 I hate and abhor falsehood but I love your law.
 164 Seven times a day I praise you for your righteous laws.
 165 Great peace have they who love your law, and nothing can make them stumble.
 166 I wait for your salvation, O LORD, and I follow your commands.
 167 I obey your statutes, for I love them greatly.
 168 I obey your precepts and your statutes, for all my ways are known to you.
 169 May my cry come before you, O LORD; give me understanding according to your word.
 170 May my supplication come before you; deliver me according to your promise.
 171 May my lips overflow with praise, for you teach me your decrees.
 172 May my tongue sing of your word, for all your commands are righteous.
 173 May your hand be ready to help me, for I have chosen your precepts.
 174 I long for your salvation, O LORD, and your law is my delight.
 175 Let me live that I may praise you, and may your laws sustain me.
 176 I have strayed like a lost sheep. Seek your servant, for I have not forgotten your commands.

(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.