



PSALM
119

Tom Quinlan

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Contact the author by email at:
tom@zcpres.org

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Psalm 119a (ALEPH 8)

Blessed Are They Whose Ways Are Blameless

- 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
to be fully obeyed.
- ⁵ Oh, that my ways were steadfast
in obeying *all* Your decrees!
- ⁶ Then I would not be put to shame
when I consider Your commands.
- ⁷ I will praise You with an upright heart
as I learn Your righteous laws.
- ⁸ I will obey *all* Your decrees;
do not utterly forsake me. *Repeat*

Psalm 119b (BETH ב)

How Can a Young Man Keep His Way Pure?

- ⁹ How can a young man keep his way pure?
By living according to Your Word.
- ¹⁰ I *do* seek You with all my heart;
don't 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 *proceed* from Your mouth.
- ¹⁴ I rejoice in following Your statutes
as one rejoices in great *wealth*.
- ¹⁵ I meditate on Your precepts
and *I* consider your ways.
- ¹⁶ I delight in Your decrees;
I will not neglect Your Word. *Repeat v. 16*
- ⁹ How can a young man keep his way pure?

Psalm 119c (GIMEL ג)

I Am a Stranger on Earth

- 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,
at all times.
- ²⁴ Your statutes are my delight; *Repeat*
they are my counselors. *Repeat*

Psalm 119d (DALETH 7)*I Am Laid Low in the Dust*

- ²⁵ I am laid low in the dust;
preserve my life according to Your Word.
- ²⁶ I recounted *all* 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 *upon* 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.

Psalm 119e (HEH 7)*Turn My Eyes Away from Worthless Things*

- 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 *I'll* obey 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.
Repeat v. 33-34
- 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.
in Your righteousness. Repeat 2 times

Psalm 119f (VAV 1)

I Will Talk About Your Statutes Before Kings

- 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 *take* 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 *Your* freedom,
for I have sought out Your precepts.
- ⁴⁶ I will *talk about* Your statutes before kings
and I 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,
and I meditate, meditate on Your decrees.
Repeat vs. 44-46

Psalm 119g (ZAYIN 1)

Your Decrees Are the Theme of My Song

- ⁴⁹ Remember Your Word to Your servant,
for You have given me hope.
- ⁵⁰ My comfort in my suffering is this:
Your promise *has given me 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, *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; *this has been my way*:
I obey Your precepts. *Repeat*

Psalm 119^h (HETH 𐤇)*You Are My Portion O LORD*

- ⁵⁷ You are my portion, O LORD;
I have promised to obey your words.
⁵⁷ You are my portion, O LORD;
- ⁵⁸ I have sought your face with all my heart;
be gracious to me according to your promise.
⁵⁷ You are my portion, O LORD;
- ⁵⁹ I have considered my ways
and *I* have turned my steps to-ward 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 *will* a-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.

Psalm 119ⁱ (TETH 𐤈)
It Was Good for Me to be Afflicted

- 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
that I might learn Your decrees.
- ⁷² The law from Your mouth is more precious to me
than thousands of pieces of silver and of gold.
Repeat vs. 68 & 72

Psalm 119j (YODH ך)

Let Your Compassion Come to Me

- ⁷³ Your hands *have* 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. *Chorus*
- 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. *Chorus*
- ⁷⁹ May *all* 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. *Chorus*

Chorus

- 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, *I will meditate* on Your precepts.

Psalm 119k (KAPH כ)

How Long Must Your Servant Wait?

- ⁸¹ My soul faints with longing for Your salvation,
but I have put my hope –
put my hope – in Your Word.
- ⁸² My eyes fail, looking – *they fail looking* –
for Your promise; I say,
“When will You — 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? *Repeat*
When will You punish those who persecute me?
- ⁸⁵ The arrogant dig pitfalls for me, contrary to Your law.
- ⁸⁶ All Your commands are worthy of trust;
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.
Repeat vs. 84 twice

Psalm 119l (LAMEDH ל)

Your Word O LORD Is Eternal

- ⁸⁹ Your Word, O Lord, is eternal;
it stands firm in the heavens.
- ⁹⁰ Your faithfulness continues *throughout* all generations;
You established the earth, and it endures.
- ⁹¹ Your laws endure to this day,
for all things are Your servants.
- 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 given life to me*.
- ⁹⁴ Save me, for *I belong to You*, I am Yours;
I have sought out Your precepts,
(*which endure to this day*).
- ⁹⁵ The wicked are waiting to destroy me,
but I will ponder *all* Your statutes.
- ⁹⁶ *I have seen an end to all perfection*;
but Your *commandments* are *without bounds*.

Psalm 119m (MEM מ)

I See More Clearly Than the Ancients

- ⁹⁷ Oh, how I love Your law!
I meditate on it all day long.
- ⁹⁸ Your commands make me wiser than *all* my enemies,
for *Your commandments* are ever with me.
⁹⁷ Oh, how I love Your law!
- ⁹⁹ I have more insight than my teachers,
for I meditate on Your statutes.
- ¹⁰⁰ I *see more clearly* than the *ancients*
for I obey Your precepts.
- ¹⁰¹ I've kept my feet from every evil path
that I might *keep* Your Word.
- ¹⁰² I've not departed from Your laws,
for You Yourself have *instructed* me.
- ¹⁰³ How sweet are Your words to my taste,
sweeter than honey to my mouth!
- ¹⁰⁴ From Your precepts *I've come to know You* ;
therefore I hate every wrong path.
- ⁹⁷ Oh, how I love Your law!

PSALM 119_N

Psalm 119_n (NUN ן)

Your Word Is a Lamp Unto My Feet

- ¹⁰⁵ Your Word is a lamp *unto* my feet
and a light *unto* my pathway.
- ¹⁰⁶ I have taken an oath and *I've* confirmed it,
that I will *keep* Your righteous laws.
- ¹⁰⁷ I have suffered much; preserve my life, O LORD,
according to Your Word.
- ¹⁰⁸ Accept, O LORD, the willing praises 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 *I've inclined my heart to do your statutes,
forever, even to the end.*
- ¹⁰⁵ Your Word is a lamp *unto* my feet
and a light *unto* my pathway.

PSALM 119_O

Psalm 119_o (SAMEKH ם)

Away From Me You Evildoers

- ¹¹³ I hate *the thoughts of* double-minded men,
but I love Your law.
- ¹¹⁴ You are my refuge and *You are* my shield;
I've 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'll live;
don't let my hopes be dashed.
- ¹¹⁷ Uphold me, and I will be delivered;
I'll 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 *testimonies*.
- ¹²⁰ My flesh trembles in fear of You;
I stand in awe of Your laws.

Psalm 119p (AYIN ו)

It Is Time for You to Act, O LORD

- 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'm Your servant; give me discernment
that I may understand Your *testimonies*.
- 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.

Psalm 119q (PEH ה)

Streams of Tears Flow from My Eyes

- ¹²⁹ Your *testimonies* are wonderful;
therefore *my soul has obeyed* 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 *keep* 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 — *for Your law is not obeyed*.

Psalm 119^r (TSADHE ז)

Your Promises Have Been Thoroughly Tested

- ¹³⁷ Righteous are You, O LORD,
and Your laws are right.
- ¹³⁸ The statutes You have laid down are righteous;
fully worthy of trust.
- ¹³⁹ My zeal wears me out,
for my *foes* ignore Your words.
- ¹⁴⁰ Your promises have been thoroughly tested,
and Your servant loves them.
- ¹⁴¹ Though I am *small* 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,
yet Your commands are my delight.
- ¹⁴⁴ Your statutes are forever right;
give me understanding — give me understanding
that I may live.

Psalm 119^s (QOPH פ)

I Rise Before Dawn and Cry for Help

- 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 *O LORD*,
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 *according to* Your love;
preserve my life, O LORD,
in accordance with Your laws.
- ¹⁵⁰ Those who devise wicked schemes are near,
but they are far from Your law.
- ¹⁵¹ Yet You are near *unto me* O LORD,
and all Your commands are true.
- ¹⁵² Long ago I learned from Your *testimonies*
that You established them — *You established them*
to last forever — *forever.*

Psalm 119_t (RESH ר)*Your Salvation is Far from the Wicked*

- ¹⁵³ Look upon my suffering and deliver me,
I have not forgotten Your law.
- ¹⁵⁴ Defend my cause and redeem me;
give me life according to Your Word.
- ¹⁵⁵ *Your* Salvation is far from the wicked,
they do not seek out Your decrees.
- ¹⁵⁶ Your compassion is great, O LORD;
give me life according to Your laws.
- ¹⁵⁷ Many are *my persecutors and my foes*,
but I have not turned from Your statutes.
- ¹⁵⁸ I look *upon* the faithless *and I grieve*,
for they do not obey Your Word.
- ¹⁵⁹ See how I love Your precepts, O LORD;
give me life, according to Your love.
- ¹⁶⁰ *Your Word* is true from the beginning;
all Your righteous laws are eternal.

Psalm 119_u (SHIN ש)*Great Peace Have They Who Love Your Law*

- ¹⁶¹ Rulers persecute me without cause,
but my heart trembles at Your Word.
- ¹⁶² I rejoice in Your promise like one —
like one who finds great spoil.
- ¹⁶³ I hate and abhor *lying ways* but I love Your Law.
- ¹⁶⁴ Seven times a day I praise *Your Name*
for Your righteous laws.
- ¹⁶⁵ Great peace have they who love Your Law,
nothing *at all* can make them stumble.
- ¹⁶⁶ I wait for Your salvation, O LORD,
and I follow Your commands.
- ¹⁶⁷ Your *testimonies my soul* obeys ,
for I love them *exceedingly*.
- ¹⁶⁸ I obey Your precepts and *testimonies*,
for all my ways are known to You.
- ¹⁶⁵ Great peace have they who love Your Law.

Psalm 119^v (TAV Π)*I Have Strayed Like a Lost Sheep*

- 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 Your *righteous commands*.
- 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 *gone astray* like a lost sheep.
Seek Your servant — *seek Your servant* — *seek Your servant*,
for I have not forgotten Your commands —
for I have not forgotten Your commands.

PSALM 119

THE LAW OF THE SPIRIT OF LIFE IN JESUS THE MESSIAH

Psalm 119, the subject of my consideration and meditation for many months, is set apart from its Psalm peers in a number of ways.

To begin with, 119 is not only the longest Psalm but also the longest chapter in the Bible. It is divided into 22 sections of 8 verses each. Every one of the 8 verses in each section begins with the letter of the Hebrew alphabet that corresponds to that letter's position in the alphabet. For example, every verse in the first section begins with the first letter of the Hebrew alphabet called Aleph.

Without exception, each one of the 176 verses in Psalm 119 makes a reference to either God's Law or a synonym of it (His Word, His promise, His decrees, commands, precepts, testimonies (statutes:NIV), etc.

My interest in Psalm 119 is bound up in the person Jesus, who I believe to be THE promised Messiah, and who said:

“Do not think that I have come to abolish the Law or the Prophets; I have not come to abolish them but to fulfill them.” *Matthew 5:17*

One gospel account begins by saying this of Jesus:

“In the beginning was the Word, and the Word was with God, and the Word was God. He was with God in the beginning” *John 1:1-2*

Later, the apostle Paul equates Jesus with the commanded Passover Lamb of Exodus:

“Christ our Passover is sacrificed for us: Therefore let us keep the feast...” *1st Corinthians 5:7-8*

So then, the Law (and all its synonyms) describes and reveals the character and attributes of God, as revealed in Christ. It is about Him, inspired by Him and, to be interpreted correctly, must be interpreted by Him through the presence of His very own Holy Spirit abiding within. Without His Spirit, that perfect and Holy Law is weakened and interpreted in such a way that it can be kept by the strength and determination of men.

When I meditate on Psalm 119, my thoughts fly to Jesus, THE Keeper of the Law. Any stray thought that entertains the suggestion that I could possibly please God without Him and the whole chapter becomes a farce, and the peace and joy of the Lord vanish.

Jesus is my portion (v. 57). He is the Lamp unto my feet (v. 105); the un-failing Love of God that comes to me (v. 41). With Him I can say “Oh! How I love your Law! (v. 97). I am able to boldly say (with Paul):

“The law of the Spirit of Life in Christ Jesus has set me free from the law of sin and death.” *Romans 8:2*

Without Him I am left to face my legal punishment alone. 🙏

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