Psalm 119[[a](https://www.biblegateway.com/passage/?search=Psalm%20119&version=NIV#fen-NIV-15900a)]

**א Aleph**

**1**Blessed are those whose ways are blameless,  
    who walk according to the law of the Lord.  
**2**Blessed are those who keep his statutes  
    and seek him with all their heart—  
**3**they do no wrong

    but follow 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.

**ב Beth**

**9**How can a young person stay on the path of purity?  
    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, 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.

**ג Gimel**

**17**Be good to your servant while I live,  
    that I may 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 accursed,  
    those who stray from your commands.  
**22**Remove from me their 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.

**ד Daleth**

**25**I am laid low in the dust;  
    preserve my life according to your word.  
**26**I gave an account of my ways and you answered me;  
    teach me your decrees.  
**27**Cause me to understand the way of your precepts,  
    that I may meditate on your wonderful deeds.  
**28**My soul is weary with sorrow;  
    strengthen me according to your word.  
**29**Keep me from deceitful ways;  
    be gracious to me and teach me your law.  
**30**I have chosen the way of faithfulness;  
    I have set my heart on your laws.  
**31**I hold fast to your statutes, Lord;  
    do not let me be put to shame.  
**32**I run in the path of your commands,  
    for you have broadened my understanding.

**ה He**

**33**Teach me, Lord, the way of your decrees,  
    that I may follow it to the end.[[b](https://www.biblegateway.com/passage/?search=Psalm%20119&version=NIV#fen-NIV-15932b)]  
**34**Give me understanding, so that I may 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.[[c](https://www.biblegateway.com/passage/?search=Psalm%20119&version=NIV#fen-NIV-15936c)]  
**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!  
    In your righteousness preserve my life.

**ו Waw**

**41**May your unfailing love come to me, Lord,  
    your salvation, according to your promise;  
**42**then I can answer anyone who taunts me,  
    for I trust in your word.  
**43**Never take your 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 reach out for your commands, which I love,  
    that I may meditate on your decrees.

**ז Zayin**

**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 unmercifully,  
    but I do not turn from your law.  
**52**I remember, Lord, your ancient laws,  
    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, Lord, I remember your name,  
    that I may keep your law.  
**56**This has been my practice:  
    I obey your precepts.

**ח Heth**

**57**You are my portion, 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.  
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, Lord;  
    teach me your decrees.

**ט Teth**

**65**Do good to your servant  
    according to your word, Lord.  
**66**Teach me knowledge and good judgment,  
    for I trust 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.

**י Yodh**

**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, Lord, that your laws are righteous,  
    and that 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 I wholeheartedly follow your decrees,  
    that I may not be put to shame.

**כ Kaph**

**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 pits to trap me,  
    contrary to your law.  
**86**All your commands are trustworthy;  
    help me, for I am being persecuted without cause.  
**87**They almost wiped me from the earth,  
    but I have not forsaken your precepts.  
**88**In your unfailing love preserve my life,  
    that I may obey the statutes of your mouth.

**ל Lamedh**

**89**Your word, 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.

**מ Mem**

**97**Oh, how I love your law!  
    I meditate on it all day long.  
**98**Your commands are always with me  
    and make me wiser than my enemies.  
**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.

**נ Nun**

**105**Your word is a lamp for my feet,  
    a light on 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, Lord, according to your word.  
**108**Accept, 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.[[d](https://www.biblegateway.com/passage/?search=Psalm%20119&version=NIV#fen-NIV-16011d)]

**ס Samekh**

**113**I hate double-minded people,  
    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, my God, 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 delusions come to nothing.  
**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.

**ע Ayin**

**121**I have done what is righteous and just;  
    do not leave me to my oppressors.  
**122**Ensure your servant’s well-being;  
    do not let 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, 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.

**פ Pe**

**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 human oppression,  
    that I may obey your precepts.  
**135**Make your face shine on your servant  
    and teach me your decrees.  
**136**Streams of tears flow from my eyes,  
    for your law is not obeyed.

**צ Tsadhe**

**137**You are righteous, 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 give me delight.  
**144**Your statutes are always righteous;  
    give me understanding that I may live.

**ק Qoph**

**145**I call with all my heart; answer me, 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, 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, Lord,  
    and all your commands are true.  
**152**Long ago I learned from your statutes  
    that you established them to last forever.

**ר Resh**

**153**Look on 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, Lord, is great;  
    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, Lord, in accordance with your love.  
**160**All your words are true;  
    all your righteous laws are eternal.

**ש Sin and Shin**

**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 detest falsehood  
    but I love your law.  
**164**Seven times a day I praise you  
    for your righteous laws.  
**165**Great peace have those who love your law,  
    and nothing can make them stumble.  
**166**I wait for your salvation, 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.

**ת Taw**

**169**May my cry come before you, 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, Lord,  
    and your law gives me 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.