



THE ESSENTIALS

1 How blessed are those whose way is blameless, Who walk in the law of the Lord.

2 How blessed are those who observe His testimonies, Who seek Him with all their heart.

3 They also do no unrighteousness; They walk in His ways.

4 You have ordained Your precepts, That we should keep them diligently.

Psalm 119:1-4

**5 Oh that my ways may be established
To keep
Your statutes!**

**6 Then I shall not be ashamed
When I look upon
all Your commandments.**

**7 I shall give thanks to You with uprightness of
heart, When I learn Your righteous judgments.**

**8 I shall keep Your statutes; Do not forsake me
utterly!**

Psalm 119:5-8

9 How can a young man keep his way pure? By keeping it according to Your word.

10 With all my heart I have sought You; Do not let me wander from Your commandments.

11 Your word I have treasured in my heart, That I may not sin against You.

12 Blessed are You, O Lord; Teach me Your statutes.

Psalm 119:9-12

**13 With my lips I have told of All the ordinances
of Your mouth.**

**14 I have rejoiced in the way of Your
testimonies, As much as in all riches.**

**15 I will meditate on Your precepts And regard
Your ways.**

**16 I shall delight in Your statutes; I shall not
forget Your word.**

Psalm 119:13-16

17 Deal bountifully with Your servant, That I may live and keep Your word.

18 Open my eyes, that I may behold Wonderful things from Your law.

19 I am a stranger in the earth; Do not hide Your commandments from me.

20 My soul is crushed with longing After Your ordinances at all times.

Psalm 119:17-20

**21 You rebuke the arrogant, the cursed,
Who wander from Your commandments.**

**22 Take away reproach and contempt from me,
For I observe Your testimonies.**

**23 Even though princes sit and talk against me,
Your servant meditates on Your statutes.**

**24 Your testimonies also are my delight; They
are my counselors.**

Psalm 119:21-24

25 My soul cleaves to the dust; Revive me according to Your word.

26 I have told of my ways, and You have answered me; Teach me Your statutes.

27 Make me understand the way of Your precepts, So I will meditate on Your wonders.

28 My soul weeps because of grief; Strengthen me according to Your word.

Psalm 119:25-28

**29 Remove the false way from me, And
graciously grant me Your law.**

**30 I have chosen the faithful way; I have placed
Your ordinances before me.**

**31 I cling to Your testimonies; O Lord, do not
put me to shame!**

**32 I shall run the way of Your commandments,
For You will enlarge my heart.**

Psalm 119:29-32

**33 Teach me, O Lord, the way of Your statutes,
And I shall observe it to the end.**

**34 Give me understanding, that I may observe
Your law And keep it with all my heart.**

**35 Make me walk in the path of Your
commandments, For I delight in it.**

**36 Incline my heart to Your testimonies And
not to dishonest gain.**

Psalm 119:33-36

**37 Turn away my eyes from looking at vanity,
And revive me in Your ways.**

**38 Establish Your word to Your servant, As that
which produces reverence for You.**

**39 Turn away my reproach which I dread, For
Your ordinances are good.**

**40 Behold, I long for Your precepts; Revive me
through Your righteousness.**

Psalm 119:37-40

41 May Your loving kindnesses also come to me, O Lord, Your salvation according to Your word;

42 So I will have an answer for him who reproaches me, For I trust in Your word.

43 And do not take the word of truth utterly out of my mouth, For I wait for Your ordinances.

44 So I will keep Your law continually, Forever and ever.

Psalm 119:41-44

45 And I will walk at liberty, For I seek Your precepts.

46 I will also speak of Your testimonies before kings And shall not be ashamed.

47 I shall delight in Your commandments, Which I love.

48 And I shall lift up my hands to Your commandments, Which I love; And I will meditate on Your statutes.

Psalm 119:45-48

49 Remember the word to Your servant, In which You have made me hope.

50 This is my comfort in my affliction, That Your word has revived me.

51 The arrogant utterly deride me, Yet I do not turn aside from Your law.

52 I have remembered Your ordinances from of old, O Lord, And comfort myself.

Psalm 119:49-52

**53 Burning indignation has seized me because
of the wicked, Who forsake Your law.**

**54 Your statutes are my songs In the house of
my pilgrimage.**

**55 O Lord, I remember Your name in the night,
And keep Your law.**

**56 This has become mine, That I observe Your
precepts.**

Psalm 119:53-56

57 The Lord is my portion; I have promised to keep Your words.

58 I sought Your favor with all my heart; Be gracious to me according to Your word.

59 I considered my ways And turned my feet to Your testimonies.

60 I hastened and did not delay To keep Your commandments.

Psalm 119:57-60

61 The cords of the wicked have encircled me, But I have not forgotten Your law.

62 At midnight I shall rise to give thanks to You Because of Your righteous ordinances.

63 I am a companion of all those who fear You, And of those who keep Your precepts.

64 The earth is full of Your lovingkindness, O Lord; Teach me Your statutes.

Psalm 119:61-64

65 You have dealt well with Your servant, O Lord, according to Your word.

66 Teach me good discernment and knowledge, For I believe in Your commandments.

67 Before I was afflicted I went astray, But now I keep Your word.

68 You are good and do good; Teach me Your statutes.

Psalm 119:65-68

**69 The arrogant have forged a lie against me;
With all my heart I will observe Your precepts.**

**70 Their heart is covered with fat, But I delight
in Your law.**

**71 It is good for me that I was afflicted, That I
may learn Your statutes.**

**72 The law of Your mouth is better to me Than
thousands of gold and silver pieces.**

Psalm 119:69-72

73 Your hands made me and fashioned me;
Give me understanding, that I may learn Your
commandments.

74 May those who fear You see me and be glad,
Because I wait for Your word. 75 I know, O
Lord, that Your judgments are righteous, And
that in faithfulness You have afflicted me. 76 O
may Your lovingkindness comfort me,
According to Your word to Your servant.

Psalm 119:73-76

77 May Your compassion come to me that I
may live, For Your law is my delight.

78 May the arrogant be ashamed, for they
subvert me with a lie; But I shall meditate on
Your precepts.

79 May those who fear You turn to me, Even
those who know Your testimonies.

80 May my heart be blameless in Your statutes,
So that I will not be ashamed.

Psalm 119:77-80

81 My soul languishes for Your salvation; I wait for Your word.

82 My eyes fail with longing for Your word, While I say, “When will You comfort me?”

83 Though I have become like a wineskin in the smoke, I do not forget Your statutes.

84 How many are the days of Your servant? When will You execute judgment on those who persecute me?

Psalm 119:81-84

85 The arrogant have dug pits for me, Men who are not in accord with Your law.

86 All Your commandments are faithful; They have persecuted me with a lie; help me!

87 They almost destroyed me on earth, But as for me, I did not forsake Your precepts.

88 Revive me according to Your lovingkindness, So that I may keep the testimony of Your mouth.

Psalm 119:85-88

89 Forever, O Lord, Your word is settled in heaven.

90 Your faithfulness continues throughout all generations; You established the earth, and it stands.

91 They stand this day according to Your ordinances, For all things are Your servants.

92 If Your law had not been my delight, Then I would have perished in my affliction.

Psalm 119:89-92

93 I will never forget Your precepts, For by them You have revived me.

94 I am Yours, save me; For I have sought Your precepts.

95 The wicked wait for me to destroy me; I shall diligently consider Your testimonies.

96 I have seen a limit to all perfection; Your commandment is exceedingly broad.

Psalm 119:93-96

**97 O how I love Your law! It is my meditation
all the day.**

**98 Your commandments make me wiser than
my enemies, For they are ever mine.**

**99 I have more insight than all my teachers,
For Your testimonies are my meditation.**

**100 I understand more than the aged, Because
I have observed Your precepts.**

Psalm 119:97-100

101 I have restrained my feet from every evil way, That I may keep Your word.

102 I have not turned aside from Your ordinances, For You Yourself have taught me.

103 How sweet are Your words to my taste! Yes, sweeter than honey to my mouth!

104 From Your precepts I get understanding; Therefore I hate every false way.

Psalm 119:101-104

105 Your word is a lamp to my feet And a light to my path.

106 I have sworn and I will confirm it, That I will keep Your righteous ordinances.

107 I am exceedingly afflicted; Revive me, O Lord, according to Your word.

108 O accept the freewill offerings of my mouth, O Lord, And teach me Your ordinances.

Psalm 119:105-108

109 My life is continually in my hand, Yet I do not forget Your law.

110 The wicked have laid a snare for me, Yet I have not gone astray from Your precepts.

111 I have inherited Your testimonies forever, For they are the joy of my heart.

112 I have inclined my heart to perform Your statutes Forever, even to the end.

Psalm 119: 109-112

**113 I hate those who are double-minded,
But I love Your law.**

**114 You are my hiding place and my shield; I
wait for Your word.**

**115 Depart from me, evildoers, That I may
observe the commandments of my God.**

**116 Sustain me according to Your word, that I
may live; And do not let me be ashamed of my
hope.**

Psalm 119:113-116

117 Uphold me that I may be safe, That I may have regard for Your statutes continually.

118 You have rejected all those who wander from Your statutes, For their deceitfulness is useless.

119 You have removed all the wicked of the earth like dross; Therefore I love Your testimonies. 120 My flesh trembles for fear of You, And I am afraid of Your judgments.

Psalm 119:117-120

121 I have done justice and righteousness; Do not leave me to my oppressors.

122 Be surety for Your servant for good; Do not let the arrogant oppress me.

123 My eyes fail with longing for Your salvation And for Your righteous word.

124 Deal with Your servant according to Your lovingkindness And teach me Your statutes.

Psalm 119:121-124

**125 I am Your servant; give me understanding,
That I may know Your testimonies.**

**126 It is time for the Lord to act, For they
have broken Your law.**

**127 Therefore I love Your commandments
Above gold, yes, above fine gold.**

**128 Therefore I esteem right all Your precepts
concerning everything, I hate every false way.**

Psalm 119: 125-128

**129 Your testimonies are wonderful; Therefore
my soul observes them.**

**130 The unfolding of Your words gives light;
It gives understanding to the simple.**

**131 I opened my mouth wide and panted, For I
longed for Your commandments.**

**132 Turn to me and be gracious to me, After
Your manner with those who love Your name.**

Psalm 119: 129-132

133 Establish my footsteps in Your word, And do not let any iniquity have dominion over me.

134 Redeem me from the oppression of man, That I may keep Your precepts.

135 Make Your face shine upon Your servant, And teach me Your statutes.

136 My eyes shed streams of water, Because they do not keep Your law.

Psalm 119: 133-136

**137 Righteous are You, O Lord, And upright
are Your judgments.**

**138 You have commanded Your testimonies in
righteousness And exceeding faithfulness.**

**139 My zeal has consumed me, Because my
adversaries have forgotten Your words.**

**140 Your word is very pure, Therefore Your
servant loves it.**

Psalm 119:137-140

141 I am small and despised, Yet I do not forget Your precepts.

142 Your righteousness is an everlasting righteousness, And Your law is truth.

143 Trouble and anguish have come upon me, Yet Your commandments are my delight.

144 Your testimonies are righteous forever; Give me understanding that I may live.

Psalm 119:141-144

145 I cried with all my heart; answer me, O Lord! I will observe Your statutes.

146 I cried to You; save me And I shall keep Your testimonies.

147 I rise before dawn and cry for help; I wait for Your words.

148 My eyes anticipate the night watches, That I may meditate on Your word.

Psalm 119:145-148

149 Hear my voice according to Your lovingkindness; Revive me, O Lord, according to Your ordinances.

150 Those who follow after wickedness draw near; They are far from Your law.

151 You are near, O Lord, And all Your commandments are truth. 152 Of old I have known from Your testimonies That You have founded them forever.

Psalm 119:149-152

**153 Look upon my affliction and rescue me,
For I do not forget Your law.**

**154 Plead my cause and redeem me; Revive
me according to Your word.**

**155 Salvation is far from the wicked, For they
do not seek Your statutes.**

**156 Great are Your mercies, O Lord; Revive
me according to Your ordinances.**

Psalm 119:153-156

**157 Many are my persecutors and my
adversaries, Yet I do not turn aside from Your
testimonies.**

**158 I behold the treacherous and loathe them,
Because they do not keep Your word.**

**159 Consider how I love Your precepts; Revive
me, O Lord, according to Your lovingkindness.**

**160 The sum of Your word is truth, And every
one of Your righteous ordinances is everlasting.**

Psalm 119:157-160

**161 Princes persecute me without cause, But
my heart stands in awe of Your words.**

**162 I rejoice at Your word, As one who finds
great spoil.**

**163 I hate and despise falsehood, But I love
Your law.**

**164 Seven times a day I praise You, Because of
Your righteous ordinances.**

Psalm 119:161-164

165 Those who love Your law have great peace, And nothing causes them to stumble.

166 I hope for Your salvation, O Lord, And do Your commandments.

167 My soul keeps Your testimonies, And I love them exceedingly.

168 I keep Your precepts and Your testimonies, For all my ways are before You.

Psalm 119: 165-168

**169 Let my cry come before You, O Lord;
Give me understanding according to Your word.**

**170 Let my supplication come before You;
Deliver me according to Your word.**

**171 Let my lips utter praise, For You teach me
Your statutes.**

**172 Let my tongue sing of Your word, For all
Your commandments are righteousness.**

Psalm 119:169-172

173 Let 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 my soul live that it may praise You, And let Your ordinances help me.

176 I have gone astray like a lost sheep; seek Your servant, For I do not forget Your commandments.

Psalm 119:173-176

173 Let 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 my soul live that it may praise You, And let Your ordinances help me.

176 I have gone astray like a lost sheep; seek Your servant, For I do not forget Your commandments.

Psalm 119:173-176