

A Devotional Study of Psalm 119
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“Your word is a lamp to my feet and a light to my path.”¹

An old story is told about a boy, walking with his Sunday School teacher early in the morning on the way to church. He was holding a lamp to light their path. Here’s the story.²

“All depends on our way of using a lamp. A man tells that, when a boy, he was proud to carry the lantern for his Sabbath School teacher. Their way to school led through unlit, muddy streets. The boy held the lantern far too high, and both sank in the deep mud. “Ah! You must hold the lamp lower,” the teacher exclaimed, as they gained a firm footing on the farther side of the slough. The teacher then beautifully explained our text [Psalm 119:105], and the man declares that he never forgot the lesson that night. You may easily hold the lamp too high: but you can hardly hold it too low.”

James Wells, 1882.

As we look into my notes on Psalm 119, ask the Holy Spirit bring to light what He wants to say to your heart.

Psalm 119:1-2

“Blessed are the undefiled in the way, who walk in the law of the LORD! {2} Blessed are those who keep His testimonies, Who seek Him with the whole heart!”

The psalmist begins by establishing that “blessed” are we who “seek” God with our “whole heart.” We need an attitude of SEEKING GOD. It is our responsibility to SEEK HIM. To seek means to search, to hunt for and to diligently look for. Each of us has a responsibility to seek God. It’s not up to our teachers, guides, roommates, friends, husbands, wives or anyone else. That is why it’s important to have an attitude of seeking God Himself and tuning everything else out. Separate yourself from

¹ Unless otherwise specified, the following applies to all Scripture quotes. Scripture taken

² Wells, James, “[Bible Images](#),” Public Domain. a reproduction of historical artifact.

any and all distractions and seek God.

How do we seek God? The Psalmist sought God WITH HIS WHOLE HEART. Fifteen times in this Psalm, he mentions his heart. We each have a responsibility to seek God - WHOLE-HEARTEDLY. God is worthy of our wholehearted, undivided attention. IN Mark 12:30, Jesus said, *“And you shall love the LORD your God with all your heart, with all your soul, with all your mind, and with all your strength. This is the first commandment.”*

Every day we have a tremendous opportunity to passionately seek God. Let's look at some of the words that the Psalmist uses throughout Psalm 119 to describe his wholehearted love for God and the Word of God.

“I have rejoiced in the way” (v. 14)

“I will delight myself” (v. 16)

“My soul breaks with longing” (v. 20)

“I cling to Your testimonies” (v. 31)

“... devoted to fearing you” (v. 38)

“I long for your precepts” (v. 40)

“My soul faints for Your salvation” (v. 81)

“My eyes fail for searching your Word” (v. 82)

“My flesh trembles with fear of You” (v. 120)

“I opened my mouth and panted, for I longed for Your commandments” (v. 131)

“Rivers of water run down from my eyes” (v. 136)

“I cry out with my whole heart” (v. 145)

The Psalmist kept his affections wholeheartedly towards God, by hiding the Word of God in his heart. In order to be successful at maintaining the direction of our lives towards God, we must hide His Word in our hearts. The Word must be to us like a great treasure we hide in our hearts. Psalm 119:27 says, *“Therefore I love Your commandments More than gold, yes, than fine gold!”* God's Word is a treasure that we continue to store up, that we continue to watch over, and that we continue to add to our hearts and minds.

Let's look at some of the principles and priceless benefits available to us when we apply the Word: It...

- Cleanses you (v. 9)
- Keeps you from sin (11) D.L. Moody said that either "the Bible will keep you from sin, or sin will keep you from the Bible."
- Revives (v. 25)
- Strengthens (v. 28)
- Gives you answers (v. 42)
- Gives you hope (v. 49)
- Comforts (v. 50)
- Makes you wise (v. 98) (wiser than your enemies)
- Gives understanding (v. 99)
- Lights your path (v. 105)
- Gives you safety and protection (v. 114)
- Brings peace (v. 165)
- Delivers (v. 170)

Psalm 119:89 says that God's Word is "*forever settled in heaven.*" In Matthew, 24:35, Jesus said, "*Heaven and earth will pass away, but My words will by no means pass away.*" In order for our affections to keep us in the direction towards God, we must daily read His Word and plant its jewels of revelation, wisdom, and knowledge in our hearts. The more we learn about God, the more our hearts are set towards Him. So, we have learned that we must determine to seek God with our whole hearts, and that a vital ingredient of that process is to hide the Word of God in our hearts, like a treasure. But we can't stop there.

The Psalm teaches us we are to have an attitude of OBEDIENCE.

Psalm 119:60

"I made haste, and did not delay to keep Your commandments."

The New Living Translation (NLT) of this verse says, "*I will hurry without delay to obey your commandments.*" We must be quick to

obey God. As we seek God, the Holy Spirit will begin to move in our spirits. It is the Holy Spirit who will teach you, guide you and instruct you; but you must be ready to OBEY when you hear His voice. When the Holy Spirit says to release something or someone to God, be quick to obey.³

- Release any unforgiveness, anger, shame, or rejection.
- Release the desire for control.
- Release anything that will get in the way of seeking God with your whole heart.

Philippians 2:12

“Therefore, my beloved, as you have always obeyed, not as in my presence only, but now much more in my absence, work out your own salvation with fear and trembling;”

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