

THE CHRISTIAN BROADCASTING NETWORK

TRANSFORM
your
LIFE
through
GOD'S WORD



PSALM 119

INTRODUCTION

I love your commandments above gold, above fine gold.

~Psalm 119:127

Psalm 119 is unique. The longest chapter in the Bible, it is an acrostic poem of 176 verses arranged in 22 stanzas that teach the essence, nature, power, and value of God's Word. Each of the 22 stanzas follows the 22 letters of the Hebrew alphabet, with each of the eight verses in every stanza starting with the same Hebrew letter. This acrostic arrangement was done to help the faithful memorize the entire psalm. It is unique not only because of its length and acrostic arrangement but also because of its glorious content. This psalm is a powerful treatise and song of praise on the Torah of the Lord, the Word of God, which is eternally fixed in the heavens (Psalm 119:89). When we learn to treasure the Word of God, our hearts are healed and realigned with the Author of these Words—the eternal God who sent us His Son Jesus. Following the structure of this transformative psalm, this 22-day devotional invites you to dive into the depths of God's Word where you will find His glory, power, and everlasting lovingkindness, all ultimately revealed in the person of our Savior, Jesus Christ, who is the Word Made Flesh (John 1:14).

All Scripture is quoted from the ESV unless noted otherwise.

TRANSFORM YOUR LIFE THROUGH GOD'S WORD

God has given us an infinite treasure in the Holy Bible. We can never come to the end of the wisdom and blessings in His Word because it is not an ordinary book. The words are life, and the Author of Life will help you understand each passage.

In fact, God's Word is a person; the Word becomes flesh and dwells among us. God's Word can become flesh in you. When we receive Jesus, we receive all things: salvation, forgiveness, healing, hope, and eternal life. And He delights in revealing Himself to us through the Holy Spirit as we spend time with Him in Scripture and in prayer.

Ezekiel 3:10 says, *"Son of man, all my words that I shall speak to you receive in your heart, and hear with your ears."* Let God's revelation to Ezekiel become your revelation. May you receive each passage into your heart so that the Word of God will dwell in you richly in all wisdom.

The Lord promises in Psalm 32:8, *I will instruct you and teach you in the way you should go.* And Joshua 1:8 tells us, *"This Book of the Law shall not depart from your mouth, but you shall meditate on it day and night, so that you may be careful to do according to all that is written in it. For then you will make your way prosperous, and then you will have good success."*



Open your smartphone's camera to scan this code or visit [CBN.UK/Transform](https://www.cbn.com/UK/Transform) to stream the teachings, download this devotional, and explore other resources to grow in your faith.

This devotional guide is designed to inspire you to grow in your appreciation for the living Word of God through Psalm 119, which praises the glory of Scripture. As you meditate on the passages and consider how they are personified by Christ, I pray that your eyes will be opened to see God's faithfulness, your ears will hear His quiet voice speaking in your heart, and your feet will be guided in His paths as you walk daily with Him.

Also, check out the corresponding resource *How to Read the Bible* on [CBN.com/ReadTheBible](https://www.cbn.com/ReadTheBible). This marvelous course presented by biblical scholars from Regent University will help you in your study of God's unchanging Word.

Whether you've never before opened a Bible or you've read it many times from cover to cover, God wants to reveal Himself to you in a personal way today and every day.



God bless you,



DAY 1 | ✎ Aleph

BLESSED TO WALK IN HIS WORD

SCRIPTURE READING: PSALM 119:1-8

Key Verse:

*Blessed are those
whose way is blameless,
who walk in the law
of the LORD!*

~Psalm 119:1



MEDITATION

Psalm 119 starts with a declaration of blessing upon those who are blameless and follow God's ways. Jesus started His earthly ministry by declaring blessings—detailed in what we call the Beatitudes—upon those who follow His ways: *“Blessed are those who hunger and thirst for righteousness, for they shall be satisfied. Blessed are the merciful, for they shall receive mercy. Blessed are the pure in heart, for they shall see God”* (Matthew 5:6-8).

The opening section of Psalm 119 expresses a deep yearning to adhere to God's laws—yet because of our sin, we cannot make ourselves right in God's sight, no matter how hard we try or what good works we do. That's precisely why God sent His Son into the world to die for our sins, bringing us salvation, forgiveness, and eternal life with Him. Instead of trusting in our own good works, we place our trust in what Jesus has done for us—thereby gaining *the righteousness of God through faith in Jesus Christ for all who believe* (Romans 3:22).

Through Christ, we are blameless in God's sight, we have His power to walk in His ways, and we can receive all of His blessings. As Jesus promised, we can be satisfied in our desire for righteousness, we will receive mercy in our time of need, and we will see God.

REFLECTION

Ask the Lord to examine your heart. Where do you need His forgiveness so you can walk in the purity and righteousness of His Word?

PRAYER

Lord Jesus, thank You for shedding Your precious blood on the cross to take the terrible punishment that I deserved for my sins. Draw me closer to You and help me walk in purity, that I may receive all of Your blessings. I praise You for saving me, forgiving me, covering me with Your righteousness, and giving me new life that will last forever. Amen.

NOTES

DAY 2 |  Beth

HIS WORD GUARDS OUR HEARTS

SCRIPTURE READING: PSALM 119:9-16

Key Verse:

*How can a young man
keep his way pure?
By guarding it according
to your word.*

~Psalm 119:9



MEDITATION

The world's temptations are strong, but God's Word is always stronger! This section of Psalm 119 goes on to say, *Thy word have I hid in mine heart, that I might not sin against thee* (v. 11 KJV).

In describing the armor that God gives believers, Ephesians 6:17 tells us, *Take ... the sword of the Spirit, which is the word of God.* And Hebrews 4:12 explains, *For the word of God is living and active, sharper than any two-edged sword, ... discerning the thoughts and intentions of the heart.*

Jesus—the Word of God—dwells in our hearts by His Spirit and speaks to us if we listen. His Word warns us of danger, guides us past pitfalls, exhorts us if we slip, lovingly disciplines us when we wander, and reassures us of His forgiveness when we humbly return to Him. Yet we must carefully listen for His voice.

Paul writes in Philippians 1:9-11, *It is my prayer that your love may abound more and more, with knowledge and all discernment, so that you may approve what is excellent, and so be pure and blameless for the day of Christ, filled with the fruit of righteousness that comes through Jesus Christ, to the glory and praise of God.*

REFLECTION

How can God's Word guard you against temptation and sin today?

PRAYER (JUDE 1:24-25)

Now to him who is able to keep you from stumbling and to present you blameless before the presence of his glory with great joy, to the only God, our Savior, through Jesus Christ our Lord, be glory, majesty, dominion, and authority, before all time and now and forever. Amen.

NOTES



DAY 3 | א Gimel

HIS WORD IS OUR COUNSELOR

SCRIPTURE READING: PSALM 119:17-24

Key Verse:

*Your testimonies
are my delight; they
are my counselors.*

~Psalm 119:24



MEDITATION

Modern life can be incredibly complex, presenting us with many perplexing questions. Yet when we take time to seek the Lord's counsel, we find that He holds the answer to every challenge we may encounter. We should begin by asking Him, in the words of verse 18 in this section of the Psalm, *Open my eyes, that I may behold wondrous things out of your law.*

God has also put His testimony in our hearts. As 1 John 5:10-12 declares: *Whoever believes in the Son of God has the testimony in himself. ... And this is the testimony, that God gave us eternal life, and this life is in his Son. Whoever has the Son has life.*

In turn, Jesus gives His followers the gift of the Holy Spirit. He promised, *"I will ask the Father, and he will give you another Counselor to be with you forever. He is the Spirit of truth. ... He remains with you and will be in you"* (John 14:16-17 CSB). The Holy Spirit was poured out on the Day of Pentecost and continues to empower believers today, if we will simply ask.

So, no matter what difficulties we may face, we can take delight in having the counsel of God through His written Word, the Holy Bible; His Son Jesus, the Word Made Flesh; and His Holy Spirit, who continually guides us in His ways.

REFLECTION

Where do you need God's wisdom today, and how will You seek Him?

PRAYER

Almighty God, I praise You for Your wisdom that created and sustains the heavens and the earth. Open my eyes to delight in Your Word, open my heart to trust in Your Son, and open my mind to be guided by Your Spirit. Amen.

NOTES

DAY 4 | 7 Daleth

HIS WORD GIVES US LIFE

SCRIPTURE READING: PSALM 119:25-32

Key Verse:

*My soul clings to
the dust; give me life
according to your word!*

~Psalm 119:25



MEDITATION

The reference to dust in this verse reminds us of God’s words to Adam after he sinned: *“By the sweat of your face you shall eat bread, till you return to the ground, for out of it you were taken; for you are dust, and to dust you shall return”* (Genesis 3:19).

We live in a fallen world where we struggle to live out God’s commands. Yet His Word gives us life! Paul described how he suffered from hunger and danger as he was beaten, shipwrecked, and stoned on his missionary trips (2 Corinthians 11:25-27). How did he persevere? He writes in Philippians 2:16 that he was *holding fast to the word of life, so that in the day of Christ I may be proud that I did not run in vain or labor in vain.*

How do we hold fast to the Word of life? Our human willpower eventually runs out, but we have a source that never fails! Jesus says in John 5:24, *“Whoever hears my word and believes him who sent me has eternal life.”* Yet belief in Christ is more than just a one-time decision. Jesus tells us, *“Abide in me, and I in you. As the branch cannot bear fruit by itself, unless it abides in the vine, neither can you, unless you abide in me. I am the vine; you are the branches. Whoever abides in me and I in him, he it is that bears much fruit, for apart from me you can do nothing”* (John 15:4-5).

REFLECTION

What are some practical ways you can remind yourself to abide in Christ through God’s Word every day?

PRAYER

Lord, my own strength is bound to fail, but with You I can do all things. Please remind me to spend time with You daily in worship, prayer, and Your Word. Amen.

NOTES



DAY 5 | 5 He

TURN OUR EYES FROM WORTHLESS THINGS

SCRIPTURE READING: PSALM 119:33-40

Key Verse:

*Turn my eyes from
looking at worthless
things; and give me
life in your ways.*

~Psalm 119:37



MEDITATION

Every day we face temptations that can waste our time, sap our energy, and pull us away from God. Paul gives this advice: *Look not to the things that are seen but to the things that are unseen. For the things that are seen are transient, but the things that are unseen are eternal* (2 Corinthians 4:18).

Jesus is the eternal Word. Although we can't see Him with our physical eyes, we have the witness of those who did—like John, who testified: *That ... which we have heard, which we have seen with our eyes, which we looked upon and have touched with our hands, concerning the word of life—the life was made manifest, and we have seen it, and testify to it and proclaim to you the eternal life* (1 John 1:1-2).

When we focus on Jesus and what He accomplished, we find the power we desperately need. Hebrews 12:1-2 says, *Let us also lay aside every weight, and sin which clings so closely, and let us run with endurance the race that is set before us, looking to Jesus, the founder and perfecter of our faith, who for the joy that was set before him endured the cross, despising the shame, and is seated at the right hand of the throne of God.*

REFLECTION

What are some things that pull your focus from living according to God's Word?

PRAYER

Jesus, You are the Way, the Truth, and the Life! Thank You for enduring the cross to purchase my salvation and giving me Your life. Turn my eyes from worthless things so I can focus on You and walk in the truth of Your Word by the power of Your Holy Spirit. Amen.

NOTES



DAY 6 | 1 Waw

FIND OUR DELIGHT IN HIS WORD

SCRIPTURE READING: PSALM 119:41-48

Key Verse:

*For I find my delight
in your commandments,
which I love.*

~Psalm 119:47



MEDITATION

People who do not yet know the Lord often think His commands are outdated, unnecessary, or cumbersome. But our perspective changes when we realize that God gave us His commandments because of His deep love for us. As our Creator, He knows what is truly best for us. He wants to guide and protect us so we can follow His master plan and fulfill His glorious destiny for our lives.

As we experience God’s love for us and we grow in our love for Him, we can indeed take delight in His ways. We read in 1 John 5:3, *For this is the love of God, that we keep his commandments. And his commandments are not burdensome.*

Although we are bound to stumble in our efforts to obey, 1 John 5:4-5 goes on to promise: *For everyone who has been born of God overcomes the world. And this is the victory that has overcome the world—our faith. Who is it that overcomes the world except the one who believes that Jesus is the Son of God?*

We can delight in the commands of God’s Word because we have faith in His Son Jesus—who lived a life of perfect obedience and willingly sacrificed Himself to freely pour out His forgiveness, grace, and mercy to all who trust Him.

REFLECTION

What are some ways that God’s Word has protected and guided you?

PRAYER

Heavenly Father, fill my heart with a fresh appreciation for the wisdom of Your Word as I follow Your plan for my life. I pray this in the wonderful name of our Savior, Jesus. Amen.

NOTES



DAY 7 | ז Zayin

TAKE COMFORT IN HIS WORD

SCRIPTURE READING: PSALM 119:49-56

Key Verse:

*When I think of your
rules from of old,
I take comfort, O LORD.*

~Psalm 119:52



MEDITATION

How can we take comfort from “rules from of old”? Romans 15:4 says, *Whatever was written in former days was written for our instruction, that through endurance and through the encouragement of the Scriptures we might have hope.*

And Hebrews 13:8 says, *Jesus Christ is the same yesterday and today and forever.* He was with God in the beginning, then came into our world to bring salvation and hope. Jesus knew His disciples would miss His physical presence, so He comforted them with this promise: *“But the Helper, the Holy Spirit, whom the Father will send in my name, he will teach you all things and bring to your remembrance all that I have said to you”* (John 14:26).

As Jesus’ followers today, we have this same Holy Spirit—sometimes called the Comforter or Advocate—dwelling within us. He enables us to trust God’s Word and His faithfulness, giving us His power, hope, and encouragement to face any obstacle.

Romans 8:26-28 explains: *Likewise the Spirit helps us in our weakness. For we do not know what to pray for as we ought, but ... the Spirit intercedes for the saints according to the will of God. And we know that for those who love God all things work together for good, for those who are called according to his purpose.*

REFLECTION

Where do you need the comfort of Jesus in your life today, and how can you share His comfort with others?

PRAYER

Jesus, thank You for sending Your Holy Spirit to be my comforter, my advocate, my intercessor, my guide, and my source of power. I praise You that You are working all things together for my good. Amen.

NOTES



DAY 8 | 8 Heth

TURN OUR FEET TO HIS WORD

SCRIPTURE READING: PSALM 119:57-64

Key Verse:

*When I think on
my ways, I turn my feet
to your testimonies.*

~Psalm 119:59



MEDITATION

A GPS is handy to make sure we're driving in the right direction. It's also important to make sure that our lives are headed the right way. If we listen to advice from the world, we will get lost; but turning to the testimony of God's Word always guides us back onto the right road—the path of life.

John wrote, *If we receive the testimony of men, the testimony of God is greater, for this is the testimony of God that he has borne concerning his Son. Whoever has the Son has life; whoever does not have the Son of God does not have life* (1 John 5:9, 12).

Paul wrote in Philippians 4:8-9: *Whatever is true, whatever is honorable, whatever is just, whatever is pure, whatever is lovely, whatever is commendable, if there is any excellence, if there is anything worthy of praise, think about these things. ... Practice these things, and the God of peace will be with you.*

He also gave this great advice in 2 Corinthians 10:5, *Take every thought captive to obey Christ.* By training our minds to focus on God's Word and His ways, we find true life and peace.

REFLECTION

What are you allowing through the gate of your mind? Are you taking captive every thought to make it obedient to Christ?

PRAYER

Dear Lord Jesus, enable me to think on whatever is honorable, just, pure, lovely, commendable, and worthy of praise for the glory of Your name and Your kingdom. Amen.

NOTES



DAY 9 | Teth

LEARN HIS WORD

SCRIPTURE READING: PSALM 119:65-72

Key Verse:

*It is good for me
that I was afflicted,
that I might learn
your statutes.*

~Psalm 119:71



MEDITATION

Have you ever been sure you were right, only to realize you were dead wrong? When God reveals the truth of His Word to us, we can proudly resist or humbly change our ways: *For godly grief produces a repentance that leads to salvation* (2 Corinthians 7:10).

Those words were written by Paul, who had thought he was serving God by persecuting Christians—until he was blinded on the road to Damascus. Confronted by the shining truth of Jesus, he came to understand that all he had been striving for was utterly wrong. Paul then devoted the rest of his life to preaching the very Gospel that he had so zealously tried to extinguish.

He wrote: *I count everything as loss because of the surpassing worth of knowing Christ Jesus my Lord. For his sake I have suffered the loss of all things and count them as rubbish, in order that I may gain Christ and be found in him, not having a righteousness of my own that comes from the law, but that which comes through faith in Christ, the righteousness from God that depends on faith—that I may know him and the power of his resurrection, and may share his sufferings, becoming like him in his death, that by any means possible I may attain the resurrection from the dead* (Philippians 3:8-11).

REFLECTION

Can you recall a time when God redeemed some trial or affliction you were going through by bringing you closer to Christ?

PRAYER

Lord Jesus, please give me a fresh revelation of Your truth and forgive me for harboring any sin in my heart. I praise You for Your grace and mercy, and I ask You to use me to share the Good News of Your love and salvation with others. Amen.

NOTES



DAY 10 | 'Yodh

HAVE A BLAMELESS HEART

SCRIPTURE READING: PSALM 119:73-80

Key Verse:

*May my heart be
blameless in your
statutes, that I may not
be put to shame!*

~Psalm 119:80



MEDITATION

When we've done something wrong, the natural result is guilt—and that's a horrible feeling. The more we try to deny it, the worse we feel. *For the word of God is living and active And no creature is hidden from his sight, but all are naked and exposed to the eyes of him to whom we must give account* (Hebrews 4:12-13).

When we repent, we have this wonderful assurance: *Therefore, brethren, having boldness to enter the Holiest by the blood of Jesus, by a new and living way which He consecrated for us, through the veil, that is, His flesh, and having a High Priest over the house of God, let us draw near with a true heart in full assurance of faith, having our hearts sprinkled from an evil conscience and our bodies washed with pure water* (Hebrews 10:19-22 NKJV).

So don't let Satan trick you into thinking you've been disqualified to serve God. King David repented after his grievous sin, and God called him "a man after my heart" (Acts 13:22). And through David's lineage, God brought forth our Savior—who washes us clean and frees us from the heavy burden of shame so we can go forth to serve Him with gladness.

REFLECTION

Is there any guilt that you need to allow the great High Priest to "sprinkle clean" in your heart?

A PRAYER OF DAVID

Create in me a clean heart, O God, and renew a right spirit within me. Cast me not away from your presence, and take not your Holy Spirit from me. Restore to me the joy of your salvation, and uphold me with a willing spirit (Psalm 51:10-12). Amen.

NOTES



DAY 11 | כ Kaph

REMEMBER HIS WORD

SCRIPTURE READING: PSALM 119:81-88

Key Verse:

*For I have become like
a wineskin in the smoke,
yet I have not forgotten
your statutes.*

~Psalm 119:83



MEDITATION

A wineskin left in smoke dries out and cracks. We have all felt dried out after experiencing problems with our health, relationships, or finances. But Jesus understands completely! *Since then we have a great high priest who has passed through the heavens, Jesus, the Son of God, let us hold fast our confession. For we do not have a high priest who is unable to sympathize with our weaknesses, but one who in every respect has been tempted as we are, yet without sin. Let us then with confidence draw near to the throne of grace, that we may receive mercy and find grace to help in time of need* (Hebrews 4:14-16).

Jesus encourages us, “*Come to me, all who labor and are heavy laden, and I will give you rest. Take my yoke upon you, and learn from me, for I am gentle and lowly in heart, and you will find rest for your souls*” (Matthew 11:28-29).

Paul persevered through incredible opposition to preach the Gospel, writing from prison: *I have learned in whatever situation I am to be content. I know how to be brought low, and I know how to abound. In any and every circumstance, I have learned the secret of facing plenty and hunger, abundance and need. I can do all things through him who strengthens me* (Philippians 4:11-13).

REFLECTION

Where do you need encouragement? Take heart as you spend time with Jesus in His Word today, remembering His example of obedience, sacrifice, and victory.

PRAYER

Lord Jesus, thank You for understanding when I feel heavy-laden—and for Your open arms, inviting me to come to You for renewal and rest. Amen.

NOTES



DAY 12 | ✨ Lamedh

HIS WORD IS ETERNAL

SCRIPTURE READING: PSALM 119:89-96

Key Verse:

*Forever, O LORD,
your word is firmly
fixed in the heavens.*

~Psalm 119:89



MEDITATION

In a culture of accelerating change, with truth considered relative and conditional, it's comforting to know that God's Word stands true and firm—from before the dawn of time throughout eternity.

Teaching about the end times, Jesus assured His followers in Matthew 24:35, *"Heaven and earth will pass away, but my words will not pass away."*

Years later, when the Apostle John had a vision of the risen Lord reigning in heaven, he wrote it down as a *witness to the word of God and to the testimony of Jesus Christ* (Revelation 1:2). He records, *When I saw him, I fell at his feet as though dead. But he laid his right hand on me, saying, "Fear not, I am the first and the last, and the living one. I died, and behold I am alive forevermore"* (Revelation 1:17-18).

We, too, should "fear not" when we build our lives upon the eternal Word of God, who conquered sin and death by dying and rising again. His unchanging truth is totally trustworthy—for us, for our children, our grandchildren, and their descendants. For as Psalm 119:90 promises, *Your faithfulness endures to all generations.*

REFLECTION

Where do you need God's wisdom and truth in your life?

A PRAYER OF MOSES

Lord, you have been our dwelling place in all generations. ... From everlasting to everlasting you are God. So teach us to number our days that we may get a heart of wisdom (Psalm 90:1-2, 12).

NOTES



DAY 13 | 📖 Mem

HIS WORD GIVES UNDERSTANDING

SCRIPTURE READING: PSALM 119:97-104

Key Verse:

*Through your precepts
I get understanding;
therefore I hate every
false way.*

~Psalm 119:104

MEDITATION

This stanza of Psalm 119 includes verse 99, *I have more understanding than all my teachers, for your testimonies are my meditation.* Even as a 12-year-old boy, Jesus astonished the elders in the Temple with His understanding (Luke 2:41-49). They didn't realize they were sitting in the presence of the living Word of God. And His parents were perplexed when He asked, *"Did you not know that I must be in my Father's house?"*

In John 14:6-7, Jesus plainly declared, *"I am the way, and the truth, and the life. No one comes to the Father except through me."* And Colossians 2:3 tells us that in Christ *are hidden all the treasures of wisdom and knowledge.*

As believers, we have Jesus—the Word of God—in our hearts to lead us in His way, train us in His truth, and guide us to eternal life. He encourages us when we falter, alerts us to our false ways, warns us of temptation and danger, and forgives us when we fail.

All Scripture is inspired by God and is useful to teach us what is true and to make us realize what is wrong in our lives. It corrects us when we are wrong and teaches us to do what is right (2 Timothy 3:16 NLT).

REFLECTION

How is the Word of Christ guiding you in any decisions you must make today?

PRAYER

Dear Jesus, You are the only way, truth, and life for me. Thank You for the precepts of Your Word, correcting me when I do wrong and leading me in the path of righteousness for Your glory. Amen.

NOTES



DAY 14 | 1st Nun

HIS WORD IS A LIGHT TO OUR PATH

SCRIPTURE READING: PSALM 119:105-112

Key Verse:

*Your word is a lamp
to my feet and a light
to my path.*

~Psalm 119:105



MEDITATION

While driving at night on a dark and winding road, we cannot see what is around the next bend—but our headlights show us where to steer so we can safely continue on our journey.

In our own lives, we may not know what the future holds, yet we can walk forward in faith with total confidence that the Word of God is lighting the way ahead to guide and protect us. We can trust His wisdom because He created and understands the inner workings of everything in the universe.

In the beginning was the Word, and the Word was with God, and the Word was God. He was in the beginning with God. All things were made through him, and without him was not any thing made that was made. ... The true light, which gives light to everyone, was coming into the world. ... And the Word became flesh and dwelt among us, and we have seen his glory, glory as of the only Son from the Father, full of grace and truth (John 1:1-3, 9, 14).

The Word of God is the person of Jesus. He loved us so much that He gave up the glories of heaven to bring His light into the darkness of our fallen world and die in our place for our sins. That's why we can always trust Him to guide our feet and light our path with His grace and truth.

REFLECTION

Where do you need to trust the light of Christ for the way ahead?

PRAYER

Lord, You are the Alpha and the Omega, and You can see all things from beginning to end. You know what is best for my life, and I trust You to light each step of my way. Amen.

NOTES

DAY 15 | Samekh

SAFETY IN HIS WORD

SCRIPTURE READING: PSALM 119:113-120

Key Verse:

Hold me up, that I may be safe and have regard for your statutes continually!

~Psalm 119:117



MEDITATION

It's dangerous to live in a house with no foundation, for it will collapse in a storm. We find safety by building our lives on the rock-solid base of God's Word, with *Christ Jesus himself being the cornerstone* (Ephesians 2:20).

Jesus promises to hold us up when we regard His statutes, saying: *"Everyone then who hears these words of mine and does them will be like a wise man who built his house on the rock. And the rain fell, and the floods came, and the winds blew and beat on that house, but it did not fall, because it had been founded on the rock. And everyone who hears these words of mine and does not do them will be like a foolish man who built his house on the sand. And the rain fell, and the floods came, and the winds blew and beat against that house, and it fell, and great was the fall of it"* (Matthew 7:24-27).

God holds us securely as we obey His Word and depend on His power to avoid the pitfalls of sin. *We know that everyone who has been born of God does not keep on sinning, but he who was born of God protects him, and the evil one does not touch him* (1 John 5:18). And Psalm 119:114 assures us, *You are my hiding place and my shield; I hope in your word.*

REFLECTION

How is the Lord asking you to love Him by obeying Him today?

PRAYER

Jesus, You are my foundation, protector, hiding place, and shield. Thank You for holding me up through the storms of my life. Give me Your grace and strength to obey Your Word, and forgive me when I fail. Amen.

NOTES

DAY 16 |  Ayin

HIS PRECEPTS ARE RIGHT

SCRIPTURE READING: PSALM 119:121-128

Key Verse:

*Therefore I consider
all your precepts to be right;
I hate every false way.*

~Psalm 119:128



MEDITATION

In this age, when truth is considered changeable, how do we know what is truly right? We find the answer in Christ, the Living Word of God.

While on trial before Pilate, Jesus declared: *“For this purpose I was born and for this purpose I have come into the world—to bear witness to the truth. Everyone who is of the truth listens to my voice”* (John 18:37).

Amid all the confusion of this world, take time to listen to His voice and abide in His life-giving Word that sanctifies and sets us apart for God. Jesus prayed in John 17:17-19, *“Sanctify them in the truth; your word is truth. As you sent me into the world, so I have sent them into the world. And for their sake I consecrate myself, that they also may be sanctified in truth.”*

His Word is always right and true. Jesus said, *“If you abide in my word, you are truly my disciples, and you will know the truth, and the truth will set you free”* (John 8:31-32). When we stay connected with Him, we have uninterrupted access to His abundant life, unerring guidance, faithful forgiveness, and miraculous power.

REFLECTION

Where do you need to hear the voice and truth of Jesus speaking in your life today?

PRAYER

Jesus, You are the true vine who sustains me in all things, and I can do nothing apart from You. Please guard me from false ways and lead me into Your sanctifying truth. Amen.

NOTES



DAY 17 | 📖 Pe

HIS WORD BRINGS LIGHT

SCRIPTURE READING: PSALM 119:129-136

Key Verse:

*The unfolding of your
words gives light; it
imparts understanding
to the simple.*

~Psalm 119:130



MEDITATION

When you're sitting in darkness, lighting a single candle makes all the difference. John 1:4-5 describes Jesus this way: *In him was life, and the life was the light of men. The light shines in the darkness, and the darkness has not overcome it.*

His life is our light. When we walk with Him—even in the darkest times of our lives—we will never be lost, for Jesus promised, *"I am the light of the world. Whoever follows me will not walk in darkness, but will have the light of life"* (John 8:12).

And how amazing to consider that when we accept Jesus as our Lord and Savior, He imparts the light of His life into our hearts. He told His followers: *"You are the light of the world. A city set on a hill cannot be hidden. In the same way, let your light shine before others, so that they may see your good works and give glory to your Father who is in heaven"* (Matthew 5:14, 16).

So, no matter what problems you may be facing, take courage. Jesus is lighting your way—and He wants to use you to show others the way out of darkness and despair.

REFLECTION

How can you let the light of Christ shine through your life to bless others today?

A PRAYER OF PAUL

I pray that the eyes of your heart may be enlightened so that you may know what is the hope of his calling, what is the wealth of his glorious inheritance in the saints, and what is the immeasurable greatness of his power toward us who believe. (Ephesians 1:18-19 CSB)

NOTES



DAY 18 |  Tsadhe

HIS WORD IS RIGHTEOUS FOREVER

SCRIPTURE READING: PSALM 119:137-144

Key Verse:

*Your testimonies are
righteous forever; give me
understanding that I may live.*

~Psalm 119:144



MEDITATION

Jesus said in Matthew 16:26, “For what will it profit a man if he gains the whole world and forfeits his soul?” Only God really understands eternity and how to live forever. His eternal righteousness is extolled throughout this stanza of the psalm. He is holy, pure, upright, and perfect, and He cannot abide sin in His presence. For us, righteousness is having a right relationship with God. How we yearn to have a right relationship with our Creator! Yet no matter how hard we try, we fall short of His glorious standard—and Romans 6:23 starkly warns that *the wages of sin is death*.

Yet God loved us so much, He had mercy on our desperate plight and sent us His only Son! *When we were utterly helpless, Christ came at just the right time and died for us sinners* (Romans 5:6 NLT).

And now, instead of trusting in our own shaky willpower and feeble efforts to do good works, we trust in Him—who freely gives us *the righteousness of God through faith in Jesus Christ for all who believe* (Romans 3:22).

When we really understand Jesus’ free gift of salvation to us, we have true life—today and forever. *For by grace you have been saved through faith. And this is not your own doing; it is the gift of God, not a result of works, so that no one may boast* (Ephesians 2:8-9).

REFLECTION

What are some ways you can thank God for the gift of eternal life?

A PRAYER OF PAUL

It is my prayer that your love may abound more and more, ... filled with the fruit of righteousness that comes through Jesus Christ (Philippians 1:9, 11).

NOTES



DAY 19 | ק Qoph

AWAKE TO MEDITATE ON HIS WORD

SCRIPTURE READING: PSALM 119:145-152

Key Verse:

*My eyes are awake
before the watches of
the night, that I may
meditate on your promise.*

~Psalm 119:148



MEDITATION

It's easy to get too busy with our lives—or even too busy serving God—to spend time with Him. David, a man after God's own heart, wrote in Psalm 63:6, *I remember you upon my bed, and meditate on you in the watches of the night.*

Although Jesus is God's Son—declaring in John 10:30, *"I and the Father are one"*—He still took time away from His incredibly busy ministry. *In these days he went out to the mountain to pray, and all night he continued in prayer to God* (Luke 6:12).

Also, Mark 1:35 records, *Rising very early in the morning, while it was still dark, he departed and went out to a desolate place, and there he prayed.* When His disciples found Him, Jesus explained: *"Let us go on to the next towns, that I may preach there also, for that is why I came out"* (v. 38)

Prayer is vital; for Jesus said in John 5:19, *"The Son can do nothing of his own accord, but only what he sees the Father doing."* If Jesus needed to watch and pray to see what the Father is doing, we certainly must also. When we take time to abide in Him and meditate on His promises, we find direction and purpose for our lives. And as 2 Corinthians 1:20 says, *For all the promises of God find their Yes in him.*

REFLECTION

Ask Jesus to show you a promise from His Word that He would have you meditate on today.

PRAYER

Lord Jesus, open my eyes to what You and the Father are doing—and what You would have me do—so that I would follow You and walk in the promises of Your Word. Amen.

NOTES



DAY 20 | Refresh

HIS WORD GIVES LIFE

SCRIPTURE READING: PSALM 119:153-160

Key Verse:

*Consider how I love
your precepts! Give me
life according to your
steadfast love.*

~Psalm 119:159



MEDITATION

When a lawyer asked Jesus how to inherit eternal life, He answered with another question: *“What is written in the Law?”* The lawyer answered, *“You shall love the Lord your God with all your heart and with all your soul and with all your strength and with all your mind, and your neighbor as yourself.”* And he said to him, *“You have answered correctly; do this, and you will live”* (Luke 10:26-28).

He also said in John 14:21, *“Whoever has my commandments and keeps them, he it is who loves me. And he who loves me will be loved by my Father, and I will love him and manifest myself to him.”*

It’s simply astounding: God’s love gives us life. *“For God so loved the world, that he gave his only Son, that whoever believes in him should not perish but have eternal life”* (John 3:16). How did Jesus prove His love? *He laid down his life for us* (1 John 3:16). And how can we love? *We love because he first loved us* (1 John 4:19).

Jesus is called *“the Author of life”* (Acts 3:15). He said, *“I am the resurrection and the life. Whoever believes in me, though he die, yet shall he live”* (John 11:25). And John explained he wrote his Gospel so *that you may believe that Jesus is the Christ, the Son of God, and that by believing you may have life in his name* (John 20:31).

REFLECTION

Consider how Jesus has revealed His love for you through His life and His Word, then tell Him why and how much you love Him.

PRAYER

Father God, I praise You for loving me so much that You sent Your only beloved Son to die to give me the gift of eternal life. Help me love others with the love You give me. I pray in Jesus’ name. Amen.

NOTES



DAY 21 | ✨ Sin and ✨ Shin

STAND IN AWE OF HIS WORD

SCRIPTURE READING: PSALM 119:161-168

Key Verse:

*Princes persecute me
without cause, but my
heart stands in awe
of your words.*

~Psalm 119:161



MEDITATION

Jesus was persecuted without a just cause, yet throughout His final ordeal, He was fortified by His complete and total awe of God's Word. Shortly before His crucifixion, we see Him in the Garden of Gethsemane, praying in such agony that He sweat drops of blood. The perfect Son of God knew He was about to take upon Himself all the guilt and shame for every sin in the world, separating Him from His beloved Father's presence. We understand why He prayed, "*Father, if you are willing, remove this cup from me*"—yet having absolute trust in God's Word to Him, Jesus was resolute in obedience: "*Nevertheless, not my will, but yours, be done*" (Luke 22:42).

Standing firmly against all powers of evil and hell, Jesus—the Word Made Flesh—willingly sacrificed His life for us on the cross to win our salvation.

As Jesus told His disciples in Luke 11:28, "*Blessed ... are those who hear the word of God and keep it!*" And His promise is echoed in James 1:12, "*Blessed is the man who remains steadfast under trial, for when he has stood the test he will receive the crown of life, which God has promised to those who love him.*"

REFLECTION

When facing trials and challenges in your life, what promises of Scripture strengthen your heart?

PRAYER

Almighty God, fill me with such awe for Your Word that I will be willing to obey You in whatever You call me to do. I pray in Jesus' precious name. Amen.

NOTES

DAY 22 | תַּו

SING OF HIS WORD

SCRIPTURE READING: PSALM 119:169-176

Key Verse:

*My tongue will sing
of your word, for all your
commandments are right.*

~Psalm 119:172



MEDITATION

Exploring the wonders of Scripture through Psalm 119 culminates in the person of Jesus, God’s Word Made Flesh. He brings light to our eyes, salvation to our souls, healing to our bodies, gladness to our hearts, and a song to our lips.

Colossians 3:16 tells us, *Let the word of Christ dwell in you richly, teaching and admonishing one another in all wisdom, singing psalms and hymns and spiritual songs, with thankfulness in your hearts to God.* And Ephesians 5:18-19 says, *Be filled with the Spirit, addressing one another in psalms and hymns and spiritual songs, singing and making melody to the Lord with your heart.*

Our songs of praise here on the earth flow upward to join a choir singing for all eternity. John wrote down their words in Revelation 15:3-4: *“Great and amazing are your deeds, O Lord God the Almighty! Just and true are your ways, O King of the nations! Who will not fear, O Lord, and glorify your name? For you alone are holy. All nations will come and worship you, for your righteous acts have been revealed.”*

Also, in Revelation 19:13, John described the heavens opening up and seeing Jesus on a magnificent white horse: *And the name by which he is called is The Word of God.*

REFLECTION

How does Jesus bring praise to your lips today?

PRAYER

Lord, thank You that my hands can hold a Bible I can read in my own language, and that Your Word is alive in my heart, giving me strength for today and hope for tomorrow. May I spread Your praise to everyone around me. Amen.

NOTES



NOTES

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