

Psalm 119 English Standard Version (ESV)

Your Word Is a Lamp to My Feet

Aleph

- 119** ^[a] Blessed are those whose way is blameless,
who walk in the law of the LORD!
² Blessed are those who keep his testimonies,
who seek him with their whole heart,
³ who also do no wrong,
but walk in his ways!
⁴ You have commanded your precepts
to be kept diligently.
⁵ Oh that my ways may be steadfast
in keeping your statutes!
⁶ Then I shall not be put to shame,
having my eyes fixed on all your commandments.
⁷ I will praise you with an upright heart,
when I learn your righteous rules.^[b]
⁸ I will keep your statutes;
do not utterly forsake me!

Beth

- ⁹ How can a young man keep his way pure?
By guarding it according to your word.
¹⁰ With my whole heart I seek you;
let me not wander from your commandments!
¹¹ I have stored up your word in my heart,
that I might not sin against you.
¹² Blessed are you, O LORD;
teach me your statutes!
¹³ With my lips I declare
all the rules^[c] of your mouth.
¹⁴ In the way of your testimonies I delight

as much as in all riches.

¹⁵I will meditate on your precepts
and fix my eyes on your ways.

¹⁶I will delight in your statutes;
I will not forget your word.

Gimel

¹⁷Deal bountifully with your servant,
that I may live and keep your word.

¹⁸Open my eyes, that I may behold
wondrous things out of your law.

¹⁹I am a sojourner on the earth;
hide not your commandments from me!

²⁰My soul is consumed with longing
for your rules^[a] at all times.

²¹You rebuke the insolent, accursed ones,
who wander from your commandments.

²²Take away from me scorn and contempt,
for I have kept your testimonies.

²³Even though princes sit plotting against me,
your servant will meditate on your statutes.

²⁴Your testimonies are my delight;
they are my counselors.

Daleth

²⁵My soul clings to the dust;
give me life according to your word!

²⁶When I told of my ways, you answered me;
teach me your statutes!

²⁷Make me understand the way of your precepts,
and I will meditate on your wondrous works.

²⁸My soul melts away for sorrow;
strengthen me according to your word!

²⁹Put false ways far from me
and graciously teach me your law!

³⁰I have chosen the way of faithfulness;
I set your rules before me.
³¹I cling to your testimonies, O LORD;
let me not be put to shame!
³²I will run in the way of your commandments
when you enlarge my heart!^[a]

He

³³Teach me, O LORD, the way of your statutes;
and I will keep it to the end.^[a]
³⁴Give me understanding, that I may keep your law
and observe it with my whole heart.
³⁵Lead me in the path of your commandments,
for I delight in it.
³⁶Incline my heart to your testimonies,
and not to selfish gain!
³⁷Turn my eyes from looking at worthless things;
and give me life in your ways.
³⁸Confirm to your servant your promise,
that you may be feared.
³⁹Turn away the reproach that I dread,
for your rules are good.
⁴⁰Behold, I long for your precepts;
in your righteousness give me life!

Waw

⁴¹Let your steadfast love come to me, O LORD,
your salvation according to your promise;
⁴²then shall I have an answer for him who taunts me,
for I trust in your word.
⁴³And take not the word of truth utterly out of my mouth,
for my hope is in your rules.
⁴⁴I will keep your law continually,
forever and ever,
⁴⁵and I shall walk in a wide place,

for I have sought your precepts.

⁴⁶I will also speak of your testimonies before kings
and shall not be put to shame,

⁴⁷for I find my delight in your commandments,
which I love.

⁴⁸I will lift up my hands toward your commandments, which I love,
and I will meditate on your statutes.

Zayin

⁴⁹Remember your word to your servant,
in which you have made me hope.

⁵⁰This is my comfort in my affliction,
that your promise gives me life.

⁵¹The insolent utterly deride me,
but I do not turn away from your law.

⁵²When I think of your rules from of old,
I take comfort, O LORD.

⁵³Hot indignation seizes me because of the wicked,
who forsake your law.

⁵⁴Your statutes have been my songs
in the house of my sojourning.

⁵⁵I remember your name in the night, O LORD,
and keep your law.

⁵⁶This blessing has fallen to me,
that I have kept your precepts.

Heth

⁵⁷The LORD is my portion;
I promise to keep your words.

⁵⁸I entreat your favor with all my heart;
be gracious to me according to your promise.

⁵⁹When I think on my ways,
I turn my feet to your testimonies;

⁶⁰I hasten and do not delay
to keep your commandments.

⁶¹ Though the cords of the wicked ensnare me,
I do not forget your law.
⁶² At midnight I rise to praise you,
because of your righteous rules.
⁶³ I am a companion of all who fear you,
of those who keep your precepts.
⁶⁴ The earth, O LORD, is full of your steadfast love;
teach me your statutes!

Teth

⁶⁵ You have dealt well with your servant,
O LORD, according to your word.
⁶⁶ Teach me good judgment 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.
⁶⁹ The insolent smear me with lies,
but with my whole heart I keep your precepts;
⁷⁰ their heart is unfeeling like fat,
but I delight in your law.
⁷¹ It is good for me that I was afflicted,
that I might learn your statutes.
⁷² The law of your mouth is better to me
than thousands of gold and silver pieces.

Yodh

⁷³ Your hands have made and fashioned me;
give me understanding that I may learn your commandments.
⁷⁴ Those who fear you shall see me and rejoice,
because I have hoped in your word.
⁷⁵ I know, O LORD, that your rules are righteous,
and that in faithfulness you have afflicted me.
⁷⁶ Let your steadfast love comfort me

according to your promise to your servant.

⁷⁷Let your mercy come to me, that I may live;
for your law is my delight.

⁷⁸Let the insolent be put to shame,
because they have wronged me with falsehood;
as for me, I will meditate on your precepts.

⁷⁹Let those who fear you turn to me,
that they may know your testimonies.

⁸⁰May my heart be blameless in your statutes,
that I may not be put to shame!

Kaph

⁸¹My soul longs for your salvation;
I hope in your word.

⁸²My eyes long for your promise;
I ask, "When will you comfort me?"

⁸³For I have become like a wineskin in the smoke,
yet I have not forgotten your statutes.

⁸⁴How long must your servant endure?^[a]
When will you judge those who persecute me?

⁸⁵The insolent have dug pitfalls for me;
they do not live according to your law.

⁸⁶All your commandments are sure;
they persecute me with falsehood; help me!

⁸⁷They have almost made an end of me on earth,
but I have not forsaken your precepts.

⁸⁸In your steadfast love give me life,
that I may keep the testimonies of your mouth.

Lamedh

⁸⁹Forever, O LORD, your word
is firmly fixed in the heavens.

⁹⁰Your faithfulness endures to all generations;
you have established the earth, and it stands fast.

⁹¹By your appointment they stand this day,

for all things are your servants.

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

⁹³I will never forget your precepts,
for by them you have given me life.

⁹⁴I am yours; save me,
for I have sought your precepts.

⁹⁵The wicked lie in wait to destroy me,
but I consider your testimonies.

⁹⁶I have seen a limit to all perfection,
but your commandment is exceedingly broad.

Mem

⁹⁷Oh how I love your law!
It is my meditation all the day.

⁹⁸Your commandment makes me wiser than my enemies,
for it is ever with me.

⁹⁹I have more understanding than all my teachers,
for your testimonies are my meditation.

¹⁰⁰I understand more than the aged,^[b]
for I keep your precepts.

¹⁰¹I hold back my feet from every evil way,
in order to keep your word.

¹⁰²I do not turn aside from your rules,
for you have taught me.

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

¹⁰⁴Through your precepts I get understanding;
therefore I hate every false way.

Nun

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

¹⁰⁶I have sworn an oath and confirmed it,
to keep your righteous rules.

¹⁰⁷ I am severely afflicted;
give me life, O LORD, according to your word!
¹⁰⁸ Accept my freewill offerings of praise, O LORD,
and teach me your rules.
¹⁰⁹ I hold my life in my hand continually,
but I do not forget your law.
¹¹⁰ The wicked have laid a snare for me,
but I do not stray from your precepts.
¹¹¹ Your testimonies are my heritage forever,
for they are the joy of my heart.
¹¹² I incline my heart to perform your statutes
forever, to the end.^[1]

Samekh

¹¹³ I hate the double-minded,
but I love your law.
¹¹⁴ You are my hiding place and my shield;
I hope in your word.
¹¹⁵ Depart from me, you evildoers,
that I may keep the commandments of my God.
¹¹⁶ Uphold me according to your promise, that I may live,
and let me not be put to shame in my hope!
¹¹⁷ Hold me up, that I may be safe
and have regard for your statutes continually!
¹¹⁸ You spurn all who go astray from your statutes,
for their cunning is in vain.
¹¹⁹ All the wicked of the earth you discard like dross,
therefore I love your testimonies.
¹²⁰ My flesh trembles for fear of you,
and I am afraid of your judgments.

Ayin

¹²¹ I have done what is just and right;
do not leave me to my oppressors.
¹²² Give your servant a pledge of good;

let not the insolent oppress me.

¹²³ My eyes long for your salvation
and for the fulfillment of your righteous promise.

¹²⁴ Deal with your servant according to your steadfast love,
and teach me your statutes.

¹²⁵ I am your servant; give me understanding,
that I may know your testimonies!

¹²⁶ It is time for the LORD to act,
for your law has been broken.

¹²⁷ Therefore I love your commandments
above gold, above fine gold.

¹²⁸ Therefore I consider all your precepts to be right;
I hate every false way.

Pe

¹²⁹ Your testimonies are wonderful;
therefore my soul keeps them.

¹³⁰ The unfolding of your words gives light;
it imparts understanding to the simple.

¹³¹ I open my mouth and pant,
because I long for your commandments.

¹³² Turn to me and be gracious to me,
as is your way with those who love your name.

¹³³ Keep steady my steps according to your promise,
and let no iniquity get dominion over me.

¹³⁴ Redeem me from man's oppression,
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 tears,
because people do not keep your law.

Tsadhe

¹³⁷ Righteous are you, O LORD,
and right are your rules.

¹³⁸ You have appointed your testimonies in righteousness
and in all faithfulness.

¹³⁹ My zeal consumes me,
because my foes forget your words.

¹⁴⁰ Your promise is well tried,
and your servant loves it.

¹⁴¹ I am small and despised,
yet I do not forget your precepts.

¹⁴² Your righteousness is righteous forever,
and your law is true.

¹⁴³ Trouble and anguish have found me out,
but your commandments are my delight.

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

Qoph

¹⁴⁵ With my whole heart I cry; answer me, O LORD!
I will keep your statutes.

¹⁴⁶ I call to you; save me,
that I may observe your testimonies.

¹⁴⁷ I rise before dawn and cry for help;
I hope in your words.

¹⁴⁸ My eyes are awake before the watches of the night,
that I may meditate on your promise.

¹⁴⁹ Hear my voice according to your steadfast love;
O LORD, according to your justice give me life.

¹⁵⁰ They draw near who persecute me with evil purpose;
they are far from your law.

¹⁵¹ But you are near, O LORD,
and all your commandments are true.

¹⁵² Long have I known from your testimonies
that you have founded them forever.

Resh

- ¹⁵³ Look on my affliction and deliver me,
for I do not forget your law.
- ¹⁵⁴ Plead my cause and redeem me;
give me life according to your promise!
- ¹⁵⁵ Salvation is far from the wicked,
for they do not seek your statutes.
- ¹⁵⁶ Great is your mercy, O LORD;
give me life according to your rules.
- ¹⁵⁷ Many are my persecutors and my adversaries,
but I do not swerve from your testimonies.
- ¹⁵⁸ I look at the faithless with disgust,
because they do not keep your commands.
- ¹⁵⁹ Consider how I love your precepts!
Give me life according to your steadfast love.
- ¹⁶⁰ The sum of your word is truth,
and every one of your righteous rules endures forever.

Sin and Shin

- ¹⁶¹ Princes persecute me without cause,
but my heart stands in awe of your words.
- ¹⁶² I rejoice at your word
like one who finds great spoil.
- ¹⁶³ I hate and abhor falsehood,
but I love your law.
- ¹⁶⁴ Seven times a day I praise you
for your righteous rules.
- ¹⁶⁵ Great peace have those who love your law;
nothing can make them stumble.
- ¹⁶⁶ I hope for your salvation, O LORD,
and I do your commandments.
- ¹⁶⁷ My soul keeps your testimonies;
I love them exceedingly.

¹⁶⁸ I keep your precepts and testimonies,
for all my ways are before you.

Taw

¹⁶⁹ Let my cry come before you, O LORD;
give me understanding according to your word!

¹⁷⁰ Let my plea come before you;
deliver me according to your word.

¹⁷¹ My lips will pour forth praise,
for you teach me your statutes.

¹⁷² My tongue will sing of your word,
for all your commandments are right.

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 and praise you,
and let your rules help me.

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

Footnotes:

- a. [Psalm 119:1](#) This psalm is an acrostic poem of twenty-two stanzas, following the letters of the Hebrew alphabet; within a stanza, each verse begins with the same Hebrew letter
- b. [Psalm 119:7](#) Or *your just and righteous decrees*; also verses [62](#), [106](#), [160](#), [164](#)
- c. [Psalm 119:13](#) Or *all the just decrees*
- d. [Psalm 119:20](#) Or *your just decrees*; also verses [30](#), [39](#), [43](#), [52](#), [75](#), [102](#), [108](#), [137](#), [156](#), [175](#)
- e. [Psalm 119:32](#) Or *for you set my heart free*
- f. [Psalm 119:33](#) Or *keep it as my reward*
- g. [Psalm 119:84](#) Hebrew *How many are the days of your servant?*
- h. [Psalm 119:100](#) Or *the elders*
- i. [Psalm 119:112](#) Or *statutes; the reward is eternal*

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