

psalm  
English Standard Version (ESV) 119

## Your Word Is a Lamp to My Feet

### Aleph

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

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## Beth

<sup>9</sup>How can a young man keep his way pure?

By guarding it according to your word.

<sup>10</sup>With my whole heart I seek you;

let me not wander from your commandments!

<sup>11</sup>I have stored up your word in my heart,  
that I might not sin against you.

<sup>12</sup>Blessed are you, O LORD;  
teach me your statutes!

<sup>13</sup>With my lips I declare  
all the rules<sup>[c]</sup> of your mouth.

<sup>14</sup>In the way of your testimonies I delight  
as much as in all riches.

<sup>15</sup>I will meditate on your precepts  
and fix my eyes on your ways.

<sup>16</sup>I will delight in your statutes;  
I will not forget your word.

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## Gimel

- <sup>17</sup> Deal bountifully with your servant,  
that I may live and keep your word.
- <sup>18</sup> Open my eyes, that I may behold  
wondrous things out of your law.
- <sup>19</sup> I am a sojourner on the earth;  
hide not your commandments from me!
- <sup>20</sup> My soul is consumed with longing  
for your rules<sup>(d)</sup> at all times.
- <sup>21</sup> You rebuke the insolent, accursed ones,  
who wander from your commandments.
- <sup>22</sup> Take away from me scorn and contempt,  
for I have kept your testimonies.
- <sup>23</sup> Even though princes sit plotting against me,  
your servant will meditate on your statutes.
- <sup>24</sup> Your testimonies are my delight;  
they are my counselors.

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**Daleth**

- <sup>25</sup> My soul clings to the dust;  
give me life according to your word!
- <sup>26</sup> When I told of my ways, you answered me;  
teach me your statutes!
- <sup>27</sup> Make me understand the way of your precepts,  
and I will meditate on your wondrous works.
- <sup>28</sup> My soul melts away for sorrow;  
strengthen me according to your word!
- <sup>29</sup> Put false ways far from me  
and graciously teach me your law!
- <sup>30</sup> I have chosen the way of faithfulness;  
I set your rules before me.
- <sup>31</sup> I cling to your testimonies, O LORD;  
let me not be put to shame!
- <sup>32</sup> I will run in the way of your commandments  
when you enlarge my heart!<sup>[e]</sup>

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**He**

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

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**Waw**

- <sup>41</sup> Let your steadfast love come to me, O LORD,  
your salvation according to your promise;
- <sup>42</sup> then shall I have an answer for him who taunts me,  
for I trust in your word.
- <sup>43</sup> And take not the word of truth utterly out of my mouth,  
for my hope is in your rules.
- <sup>44</sup> I will keep your law continually,  
forever and ever,
- <sup>45</sup> and I shall walk in a wide place,  
for I have sought your precepts.
- <sup>46</sup> I will also speak of your testimonies before kings  
and shall not be put to shame,
- <sup>47</sup> for I find my delight in your commandments,  
which I love.
- <sup>48</sup> I will lift up my hands toward your commandments, which I love,  
and I will meditate on your statutes.

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**Zayin**

- <sup>49</sup> Remember your word to your servant,  
in which you have made me hope.
- <sup>50</sup> This is my comfort in my affliction,  
that your promise gives me life.
- <sup>51</sup> The insolent utterly deride me,  
but I do not turn away from your law.
- <sup>52</sup> When I think of your rules from of old,  
I take comfort, O LORD.
- <sup>53</sup> Hot indignation seizes me because of the wicked,  
who forsake your law.
- <sup>54</sup> Your statutes have been my songs  
in the house of my sojourning.
- <sup>55</sup> I remember your name in the night, O LORD,  
and keep your law.
- <sup>56</sup> This blessing has fallen to me,  
that I have kept your precepts.

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**Heth**

- <sup>57</sup>The LORD is my portion;  
I promise to keep your words.
- <sup>58</sup>I entreat your favor with all my heart;  
be gracious to me according to your promise.
- <sup>59</sup>When I think on my ways,  
I turn my feet to your testimonies;
- <sup>60</sup>I hasten and do not delay  
to keep your commandments.
- <sup>61</sup>Though the cords of the wicked ensnare me,  
I do not forget your law.
- <sup>62</sup>At midnight I rise to praise you,  
because of your righteous rules.
- <sup>63</sup>I am a companion of all who fear you,  
of those who keep your precepts.
- <sup>64</sup>The earth, O LORD, is full of your steadfast love;  
teach me your statutes!



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## Teth

- <sup>65</sup>You have dealt well with your servant,  
O LORD, according to your word.
- <sup>66</sup>Teach me good judgment and knowledge,  
for I believe in your commandments.
- <sup>67</sup>Before I was afflicted I went astray,  
but now I keep your word.
- <sup>68</sup>You are good and do good;  
teach me your statutes.
- <sup>69</sup>The insolent smear me with lies,  
but with my whole heart I keep your precepts;
- <sup>70</sup>their heart is unfeeling like fat,  
but I delight in your law.
- <sup>71</sup>It is good for me that I was afflicted,  
that I might learn your statutes.
- <sup>72</sup>The law of your mouth is better to me  
than thousands of gold and silver pieces.

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## Yodh

- <sup>73</sup>Your hands have made and fashioned me;  
give me understanding that I may learn your commandments.
- <sup>74</sup>Those who fear you shall see me and rejoice,  
because I have hoped in your word.
- <sup>75</sup>I know, O LORD, that your rules are righteous,  
and that in faithfulness you have afflicted me.
- <sup>76</sup>Let your steadfast love comfort me  
according to your promise to your servant.
- <sup>77</sup>Let your mercy come to me, that I may live;  
for your law is my delight.
- <sup>78</sup>Let the insolent be put to shame,  
because they have wronged me with falsehood;  
as for me, I will meditate on your precepts.
- <sup>79</sup>Let those who fear you turn to me,  
that they may know your testimonies.
- <sup>80</sup>May my heart be blameless in your statutes,  
that I may not be put to shame!

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## Kaph

- <sup>81</sup> My soul longs for your salvation;  
I hope in your word.
- <sup>82</sup> My eyes long for your promise;  
I ask, "When will you comfort me?"
- <sup>83</sup> For I have become like a wineskin in the smoke,  
yet I have not forgotten your statutes.
- <sup>84</sup> How long must your servant endure?<sup>[9]</sup>  
When will you judge those who persecute me?
- <sup>85</sup> The insolent have dug pitfalls for me;  
they do not live according to your law.
- <sup>86</sup> All your commandments are sure;  
they persecute me with falsehood; help me!
- <sup>87</sup> They have almost made an end of me on earth,  
but I have not forsaken your precepts.
- <sup>88</sup> In your steadfast love give me life,  
that I may keep the testimonies of your mouth.

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## Lamedh

- <sup>89</sup> Forever, O LORD, your word  
is firmly fixed in the heavens.
- <sup>90</sup> Your faithfulness endures to all generations;  
you have established the earth, and it stands fast.
- <sup>91</sup> By your appointment they stand this day,  
for all things are your servants.
- <sup>92</sup> If your law had not been my delight,  
I would have perished in my affliction.
- <sup>93</sup> I will never forget your precepts,  
for by them you have given me life.
- <sup>94</sup> I am yours; save me,  
for I have sought your precepts.
- <sup>95</sup> The wicked lie in wait to destroy me,  
but I consider your testimonies.
- <sup>96</sup> I have seen a limit to all perfection,  
but your commandment is exceedingly broad.

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## Mem

<sup>97</sup> Oh how I love your law!

It is my meditation all the day.

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

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

<sup>100</sup> I understand more than the aged,<sup>[h]</sup>  
for I keep your precepts.

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

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

<sup>103</sup> How sweet are your words to my taste,  
sweeter than honey to my mouth!

<sup>104</sup> Through your precepts I get understanding;  
therefore I hate every false way.

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## Nun

<sup>105</sup>Your word is a lamp to my feet  
and a light to my path.

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

<sup>107</sup>I am severely afflicted;  
give me life, O LORD, according to your word!

<sup>108</sup>Accept my freewill offerings of praise, O LORD,  
and teach me your rules.

<sup>109</sup>I hold my life in my hand continually,  
but I do not forget your law.

<sup>110</sup>The wicked have laid a snare for me,  
but I do not stray from your precepts.

<sup>111</sup>Your testimonies are my heritage forever,  
for they are the joy of my heart.

<sup>112</sup>I incline my heart to perform your statutes  
forever, to the end.<sup>[1]</sup>

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## Samekh

<sup>113</sup> I hate the double-minded,  
but I love your law.

<sup>114</sup> You are my hiding place and my shield;  
I hope in your word.

<sup>115</sup> Depart from me, you evildoers,  
that I may keep the commandments of my God.

<sup>116</sup> Uphold me according to your promise, that I may live,  
and let me not be put to shame in my hope!

<sup>117</sup> Hold me up, that I may be safe  
and have regard for your statutes continually!

<sup>118</sup> You spurn all who go astray from your statutes,  
for their cunning is in vain.

<sup>119</sup> All the wicked of the earth you discard like dross,  
therefore I love your testimonies.

<sup>120</sup> My flesh trembles for fear of you,  
and I am afraid of your judgments.

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## Ayin

- <sup>121</sup> I have done what is just and right;  
do not leave me to my oppressors.
- <sup>122</sup> Give your servant a pledge of good;  
let not the insolent oppress me.
- <sup>123</sup> My eyes long for your salvation  
and for the fulfillment of your righteous promise.
- <sup>124</sup> Deal with your servant according to your steadfast love,  
and teach me your statutes.
- <sup>125</sup> I am your servant; give me understanding,  
that I may know your testimonies!
- <sup>126</sup> It is time for the LORD to act,  
for your law has been broken.
- <sup>127</sup> Therefore I love your commandments  
above gold, above fine gold.
- <sup>128</sup> Therefore I consider all your precepts to be right;  
I hate every false way.



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**Pe**

- <sup>129</sup> Your testimonies are wonderful;  
therefore my soul keeps them.
- <sup>130</sup> The unfolding of your words gives light;  
it imparts understanding to the simple.
- <sup>131</sup> I open my mouth and pant,  
because I long for your commandments.
- <sup>132</sup> Turn to me and be gracious to me,  
as is your way with those who love your name.
- <sup>133</sup> Keep steady my steps according to your promise,  
and let no iniquity get dominion over me.
- <sup>134</sup> Redeem me from man's oppression,  
that I may keep your precepts.
- <sup>135</sup> Make your face shine upon your servant,  
and teach me your statutes.
- <sup>136</sup> My eyes shed streams of tears,  
because people do not keep your law.

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**Tsadhe**

<sup>137</sup> Righteous are you, O LORD,  
and right are your rules.

<sup>138</sup> You have appointed your testimonies in righteousness  
and in all faithfulness.

<sup>139</sup> My zeal consumes me,  
because my foes forget your words.

<sup>140</sup> Your promise is well tried,  
and your servant loves it.

<sup>141</sup> I am small and despised,  
yet I do not forget your precepts.

<sup>142</sup> Your righteousness is righteous forever,  
and your law is true.

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

<sup>144</sup> Your testimonies are righteous forever;  
give me understanding that I may live.

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## Qoph

<sup>145</sup> With my whole heart I cry; answer me, O LORD!

I will keep your statutes.

<sup>146</sup> I call to you; save me,

that I may observe your testimonies.

<sup>147</sup> I rise before dawn and cry for help;

I hope in your words.

<sup>148</sup> My eyes are awake before the watches of the night,

that I may meditate on your promise.

<sup>149</sup> Hear my voice according to your steadfast love;

O LORD, according to your justice give me life.

<sup>150</sup> They draw near who persecute me with evil purpose;

they are far from your law.

<sup>151</sup> But you are near, O LORD,

and all your commandments are true.

<sup>152</sup> Long have I known from your testimonies

that you have founded them forever.

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**Resh**

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

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**Sin and Shin**

<sup>161</sup> Princes persecute me without cause,  
but my heart stands in awe of your words.

<sup>162</sup> I rejoice at your word  
like one who finds great spoil.

<sup>163</sup> I hate and abhor falsehood,  
but I love your law.

<sup>164</sup> Seven times a day I praise you  
for your righteous rules.

<sup>165</sup> Great peace have those who love your law;  
nothing can make them stumble.

<sup>166</sup> I hope for your salvation, O LORD,  
and I do your commandments.

<sup>167</sup> My soul keeps your testimonies;  
I love them exceedingly.

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

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## Taw

- <sup>169</sup> Let my cry come before you, O LORD;  
give me understanding according to your word!
- <sup>170</sup> Let my plea come before you;  
deliver me according to your word.
- <sup>171</sup> My lips will pour forth praise,  
for you teach me your statutes.
- <sup>172</sup> My tongue will sing of your word,  
for all your commandments are right.
- <sup>173</sup> Let your hand be ready to help me,  
for I have chosen your precepts.
- <sup>174</sup> I long for your salvation, O LORD,  
and your law is my delight.
- <sup>175</sup> Let my soul live and praise you,  
and let your rules help me.
- <sup>176</sup> 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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