

psalm
English Standard Version (ESV) 119

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!

psalm

English Standard Version (ESV) 119

Beth

⁹How can a young man keep his way pure?

By guarding it according to your word.

¹⁰With my whole heart I seek you;

let me not wander from your commandments!

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

¹²Blessed are you, O LORD;
teach me your statutes!

¹³With my lips I declare
all the rules^[c] of your mouth.

¹⁴In 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.

psalm

English Standard Version (ESV) 119

Gimel

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

psalm
English Standard Version (ESV) 119

Daleth

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

psalm

English Standard Version (ESV) 119

He

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

psalm

English Standard Version (ESV) 119

Waw

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

psalm
English Standard Version (ESV) 119

Zayin

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

psalm
English Standard Version (ESV) 119

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

psalm

English Standard Version (ESV) 119

Teth

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

psalm

English Standard Version (ESV) 119

Yodh

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

psalm

English Standard Version (ESV) 119

Kaph

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

psalm

English Standard Version (ESV) 119

Lamedh

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

psalm
English Standard Version (ESV) 119

Mem

⁹⁷ Oh how I love your law!

It is my meditation all the day.

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

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

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

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

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

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

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

psalm

English Standard Version (ESV) 119

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.

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

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

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

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

¹¹¹Your testimonies are my heritage forever,
for they are the joy of my heart.

¹¹²I incline my heart to perform your statutes
forever, to the end.^[1]

psalm

English Standard Version (ESV) 119

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.

psalm
English Standard Version (ESV) 119

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.

psalm
English Standard Version (ESV) 119

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.

psalm
English Standard Version (ESV) 119

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.

psalm

English Standard Version (ESV) 119

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.

psalm
English Standard Version (ESV) 119

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.

psalm
English Standard Version (ESV) 119

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.

psalm

English Standard Version (ESV) 119

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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