

PSALM 119 - 22 Day Bible Reading Plan

Meditations on the Excellencies of God's Word



- Read the introductions to Psalm 119 below. It's great to have this overview.
- Read each Scripture section twice a day, e.g., morning and evening.
- Throughout the day, as often as possible, meditate on the verses thoroughly.
- Reading the text is the first stage. Meditation and study are the next important stages.
- Cross reference verses with other verses in the Psalm and in other books.
- Highlight and memorise as many verses as possible. Isolate a favourite verse in each chapter.
- Journal your thoughts in a book or digital file. Keep this record. God will use it later for you or for others. Be a source of refreshing of God's Word to your world.
- Be serious about reading, studying and meditating on God's Word, the Sword of the Spirit. As you do, you are installing the eternal, ageless and powerful nature of God within your being.
- By the power of His Word, you can overcome the devil, the world and the flesh.

INTRODUCTION TO PSALM 119

With 176 verses, Psalm 119 is the longest Psalm, as well as the longest chapter in the Bible. It is an acrostic poem, in which each set of eight verses begins with a letter of the Hebrew alphabet. The theme of the verses is the prayer of one who delights in and lives by God's Word. The references in the Psalm to 'law', 'statutes', 'commandments', 'judgements', 'precepts', etc, all refer to God's Word, specifically various aspects of it. Contextually, the Psalmist is referring to the first five books of the Bible, the Torah - available at the time. The unknown Psalmist pours out his love for God's Word, highly esteeming it and mentioning it in 171 of the 176 verses.

Matthew Henry - the great 18th century Bible commentator – was introduced to Psalm 119 as a child. His father, Philip Henry, told his children to take one verse of Psalm 119 every morning to meditate on, and thereby go through the entire psalm twice in the year. Philip said to his children, "That will bring you to be in love with all the rest of the Scriptures." Perhaps that practice was why Matthew Henry loved the Bible so much that he wrote a commentary that is used still today.*

George Wishart was the Bishop of Edinburgh in the 17th century (not to be confused with another Scot by the same name who was martyred a century earlier). Wishart was condemned to death for his faith. But when he was on the scaffold, he made use of a custom that allowed the condemned person to choose one psalm to be sung, and he chose Psalm 119. Before two-thirds of the Psalm had been sung, his pardon arrived and his life was spared.*

In this psalm there are eight basic words used to describe the Scriptures, God's written revelation to us* :

- **Law** (*torah*, used 25 times in [Psalm 119](#)): "Its parent verb means 'teach' or 'direct'; therefore coming from God it means both 'law' and 'revelation.' It can be used of a single command or of a whole body of law." (Derek Kidner)
- **Word** (*dabar*, used 24 times): The idea is of the spoken word, God's revealed word to man. "Proceeding from his mouth and revealed by him to us..." (Matthew Poole)
- **Judgments** (*mispatim*, used 23 times): "...from *shaphat*, to *judge*, *determine*, *regulate*, *order*, and *discern*, because they *judge* concerning our words and works; show the *rules* by which they should be *regulated*; and cause us to *discern* what is *right* and *wrong*, and *decide* accordingly." (Adam Clarke)
- **Testimonies** (*edut / edot*, used 23 times): This word is related to the word for *witness*. To obey His **testimonies** "...signifies loyalty to the terms of the covenant made between the Lord and Israel." (Willem Van Gemeren)
- **Commandments** (*miswah / miswot*, used 22 times): "This word emphasizes the straight authority of what is said...the right to give orders." (Derek Kidner)
- **Statutes** (*huqqim*, used 21 times): The noun is derived from the root verb "engrave" or "inscribe"; the idea is the written word of God and the authority of His written word: "...declaring His authority and power of giving us laws." (Matthew Poole)
- **Precepts** (*piqqudim*, used 21 times): "This is a word drawn from the sphere of an officer or overseer, a man who is responsible to look closely into a situation and take action.... So the word points to the particular instructions of the Lord, as of one who cares about detail." (Derek Kidner)
- **Word** (*imrah*, used 19 times): *Imrah* is similar in meaning to *dabar*, yet a different term. "The 'word' may denote anything God has spoken, commanded, or promised." (Willem Van Gemeren)

* **Information Source** : <https://enduringword.com/bible-commentary/psalm-119/>

For more interesting information on the Psalm - see the above website.

REFER TO THE READING PLAN OVERLEAF

PSALM 119 - 22 Day Bible Reading Plan



**“Open my eyes, that I may behold
Wonderful things from Your law.”**

Psalm 119:18

Monday	15 Nov	Verses 1 to 8
Tuesday	16 Nov	Verses 9 to 16
Wednesday	17 Nov	Verses 17 to 24
Thursday	18 Nov	Verses 25 to 32
Friday	19 Nov	Verses 33 to 40
Saturday	20 Nov	Verses 41 to 48
Monday	22 Nov	Verses 49 to 56
Tuesday	23 Nov	Verses 57 to 64
Wednesday	24 Nov	Verses 65 to 72
Thursday	25 Nov	Verses 73 to 80
Friday	26 Nov	Verses 81 to 88
Saturday	27 Nov	Verses 89 to 96
Monday	29 Nov	Verses 97 to 104
Tuesday	30 Nov	Verses 105 to 112
Wednesday	1 Dec	Verses 113 to 120
Thursday	2 Dec	Verses 121 to 128
Friday	3 Dec	Verses 129 to 136
Saturday	4 Dec	Verses 137 to 144
Monday	6 Nov	Verses 145 to 152
Tuesday	7 Nov	Verses 153 to 160
Wednesday	8 Dec	Verses 161 to 168
Thursday	9 Dec	Verses 169 to 176

**“O how I love Your law!
It is my meditation all the day.”**

Psalm 119:97