

Psalm 119 Daily Study

January 2026

Psalm 119- Jan 1

Verses 1-8

'ALEPH'

"You're only truly happy when you walk in total integrity, walking in the light of God's Word. What joy overwhelms everyone who keeps the ways of God, those who seek him as their heart's passion! They'll never do what's wrong but will always choose the paths of the Lord. God has prescribed the right way to live: obeying his laws with all our hearts. How I long for my life to bring you glory as I follow each and every one of your holy precepts! Then I'll never be ashamed, for I take strength from all your commandments. I will give my thanks to you from a heart of love and truth. And every time I learn more of your righteous judgments, I will be faithful to all that your Word reveals— so don't ever give up on me!"
Psalms 119:1-8 TPT

Aleph is also the first letter of the 10 commandments and here we have a section of scripture where David is talking about the joy that comes when walking in alignment with God's word and commandments. The letter itself has many meanings but one of those meanings is that it represents the God-man, Jesus. Being both fully God and fully man, Jesus even calls himself the Aleph and the Tav, the beginning and the end.

Here's the cool thing about this section, we can't do the things David is describing. *At least, we can't do them on our own.* He says in verse 5 and 6:

"How I long for my life to bring you glory as I follow each and every one of your holy precepts! Then I'll never be ashamed, for I take strength from all your commandments."

Psalms 119:5-6 TPT

The new living translation says it this way:

"Oh, that my actions would consistently reflect your decrees! Then I will not be ashamed when I compare my life with your commands."

Psalms 119:5-6 NLT

When we compare our life with the commandments it doesn't look so good for us... until we look at it through the lens of salvation and grace through Jesus. When we read this it's a powerful demonstration that Jesus is the way, truth, and life. And no one comes to the Father except through Him.

Prayer:

Jesus, as I enter into the new year with hope and expectation, I choose to put my focus on you. I can't do it on my own. I can't be righteous or good enough on my own. I need you- the way, the truth, and the life. I pray that as I walk in Your light today, that You would fill me with true JOY; a joy that is real and infectious to those around me and overflows to everyone I meet. How I long for my life to bring you glory.
Amen

Psalm 119- Jan 2

verses 9-16

'BET'

"How can a young man stay pure? Only by living in the Word of God and walking in its truth. I have longed for you with the passion of my heart; don't let me stray from your directions! I consider your Word to be my greatest treasure, and I treasure it in my heart to keep me from committing sin's treason against you. My wonderful God, you are to be praised above all; teach me the power of your decrees! I speak continually of your laws as I recite out loud your counsel to me. I find more joy in following what you tell me to do than in chasing after all the wealth of the world. I set my heart on your precepts and pay close attention to all your ways. My delight is found in all your laws, and I won't forget to walk in your words."
Psalms 119:9-16 TPT

Bet is the second letter in the Hebrew Alefbet. Bet resembles a house, and is a picture of Yeshua as Master of the House. When we allow Jesus to be master of our hearts and lives we are giving him ownership of every room.

He becomes the master of the house when we follow the direction in verse 11:

"I consider your Word to be my greatest treasure, and I treasure it in my heart to keep me from committing sin's treason against you."
Psalms 119:11 TPT

CS Lewis said:

"Imagine yourself as a living house. God comes in to rebuild that house. At first, perhaps, you can understand what He is doing. He is getting the drains right and stopping the leaks in the roof and so on; you knew that those jobs needed doing and so you are not surprised. But presently He starts knocking the house about in a way that hurts abominably and does not seem to make any sense. What on earth is He up to? The explanation is that He is building quite a different house from the one you thought of - throwing out a new wing here, putting on an extra floor there, running up towers, making courtyards. You thought you were being made into a decent little cottage: but He is building a palace. He intends to come and live in it Himself."

Wow! What a visual. As we treasure his word, making HIM our greatest treasure... Yahweh is becoming the MASTER of our house; even a master builder, in a sense. And we know that Jesus not only BUILDS the house, and should be MASTER of the house, but He is also the CORNERSTONE and FOUNDATION- the literal building materials. Beyond that, He says that we are His temple in 1 Corinthians 3:16. So that means he both BUILDS the house WITH HIMSELF and is MASTER of the house that he wants to come LIVE IN. He is involved in every detail.

Prayer:

Jesus I desire to walk in the truth of Your word and to hold your precepts in my heart. I give you ownership of every room. You are the master of my house! Come live here! I declare Your praises for all you have done for me and all you will do. My heart delights in your laws because YOU ARE the Law and I delight in you. Make my life your dwelling place!
Amen!

Psalm 119- Jan 5

Verses 17-24

'Gimmel'

"Let me, your servant, walk in abundance of life that I may always live to obey your truth. Open my eyes to see the miracle-wonders hidden in Scripture. My life on earth is so brief, so tutor me in the ways of your wisdom. I am continually consumed by these irresistible longings, these cravings to obey your every commandment! Your displeasure rests with those who are arrogant, who think they know everything; you rebuke the rebellious who refuse your laws. Don't let them mock and scorn me for obeying you. For even if the princes and my leaders choose to criticize me, I will continue to serve you and walk in your plans for my life. Your commandments are my counselors; your Word is my light and delight!"

Psalms 119:17-24 TPT

Let's start with some understanding of the letter Gimmel. This is the third letter of the Hebrew Aleph-Bet and it commonly represents a camel. Camels in scripture often represent provision. They carry provision through the desert and show that God always provides for us. But they also can represent the ability to lift up.

This trait combines with the understanding that Gimmel is a picture of Messiah! Yeshua our Redeemer shows that Jesus is the one who has been lifted up and exalted before the world as the one who has conquered sin and death on our behalf. The ultimate provision!

All David had was the law, He knew it was the measuring stick. His longing to obey the law didn't result in perfection, but it did result in repentance and worship. We can easily substitute some of the verbiage with Jesus in that He is the word made flesh and he became the measuring stick of our lives. We can't obtain or earn the love of Christ because God provided provision through grace, through Jesus.

Prayer:

Father, thank you for Your grace and love. I desire an abundant life as I seek after You and Your wisdom. I ask that you would give me a passion for Your word; to seek out the miracle-wonders hidden in scripture. Give me a greater desire for Jesus in my life. Increase my hunger and thirst for the things of your Spirit. I thank you, Jesus, that YOU are the word; YOU are a lamp unto my feet and a light unto my path.

Amen

Psalm 119- Jan 6

Verses 25-32

'Daleth'

"Lord, I'm fading away. I'm discouraged and lying in the dust; revive me by your word, just like you promised you would. I've poured out my life before you, and you've always been there for me. So now I ask: teach me more of your holy decrees. Open up my understanding to the ways of your wisdom, and I will meditate deeply on your splendor and your wonders. My life's strength melts away with grief and sadness; come strengthen me and encourage me with your words. Keep me far away from what is false; give me grace to stay true to your laws. I've chosen to obey your truth and walk in the splendor-light of all that you teach me. Lord, don't allow me to make a mess of my life, for I cling to your commands and follow them as closely as I can. I will run after you with delight in my heart, for you will make me obedient to your instructions."

Psalms 119:25-32 TPT

Here we see David describe how his flesh and body fail him as he asks God for strength, understanding, and grace. Then he ends declaring that he will run after the Lord with delight because only the Lord can make him obedient to God's instructions.

The Daleth is the 4th letter in the Aleph-Bet and looks like an open tent door. John J Parson describes one of the meanings of Daleth as follows:

Dalet is a Picture of Humanity in need of Yeshua

The word for religion is *dat*, which means the "door of the cross" using the ancient pictographs. The Father (Aleph) sent His Son (Bet) and by means of the Holy Spirit (Gimmel) who makes appeal to the poor and needy to receive the grace of the LORD God of Israel. As Yeshua said, "Behold, I stand at the *door*, and knock: if any man *hear* my voice, and open the door, I will come in to him, and will sup with him, and he with me" (Revelation 3:20).

Our need for Jesus is perfectly summed up in this Psalm. When we delight in Him and have relationship with Him, we will naturally desire to follow His commandments and pursue holiness.

For today's prayer, we are praying this over you:

Father, thank you for each and every person reading this. For anyone who feels like they are lying in the dust and discouraged, may your word revive them. Jesus, revive them just as You promised. Open up our understanding as we meditate on Your splendor and Wonders. Keep us away from what is false and renew us through grace.

Amen!

Psalm 119- Jan 7

Verses 33-40

'HEY'

"Give me revelation about the meaning of your ways so I can enjoy the reward of following them fully. Give me an understanding heart so that I can passionately know and obey your truth. Guide me into the paths that please you, for I take delight in all that you say. Cause my heart to bow before your words of wisdom and not to the wealth of this world. Help me turn my eyes away from illusions so that I pursue only that which is true; drench my soul with life as I walk in your paths. Reassure me of your promises, for I am your beloved, your servant who bows before you. Defend me from the criticism I face for keeping your beautiful words. See how I long with cravings for more of your ways? Let your righteousness revive my spirit!"

Psalms 119:33-40 TPT

Hey is the 5th letter of the Aleph-Bet and traditionally has a guttural sound that comes from the back of the throat. The pictograph for the letter can look like a man with his arms raised.

Hey is a picture of the presence of God within the human heart. Hey is also formed from Dalet and Yod. It can be a picture of returning to God through the transforming power of Holy Spirit. Dalet stands for brokenness, and Yod stands for hand. Opening the door of the heart then is a picture of the Spirit of God indwelling the believer.

Read back through this section of Psalm 119 with the perspective of Holy Spirit being the one that brings about repentance through kindness. Through the lifting of our hands in surrender to the Lord, it is an open invitation to God's presence to infiltrate our hearts.

For today's prayer, simply go back and pray this Psalm. You don't even have to exchange any of the words. It's tailor-made for a daily prayer. For "extra credit" you can also read the Lord's Prayer right after.

"Pray like this: 'Our Beloved Father, dwelling in the heavenly realms, may the glory of your name be the center on which our lives turn. Manifest your kingdom realm, and cause your every purpose to be fulfilled on earth, just as it is in heaven. We acknowledge you as our Provider of all we need each day. Forgive us the wrongs we have done as we ourselves release forgiveness to those who have wronged us. Rescue us every time we face tribulation and set us free from evil. For you are the King who rules with power and glory forever. Amen.'"

Matthew 6:9-13 TPT

Psalm 119- Jan 8

Verses 41-48

'Vav'

"Lord, give me your unfailing love, the salvation that you promised me. Then I can answer those who taunt me, for I trust in your word. Do not snatch your word of truth from me, for your regulations are my only hope. I will keep on obeying your instructions forever and ever. I will walk in freedom, for I have devoted myself to your commandments. I will speak to kings about your laws, and I will not be ashamed. How I delight in your commands! How I love them! I honor and love your commands. I meditate on your decrees."

Psalms 119:41-48 NLT

The Hebrew letter Vav is the 6th letter in the Aleph-Bet, and it looks like a tent peg. The meaning of the word Vav is a hook, as in a connecting hook used when the tabernacle was assembled. The first Vav in the Torah occurs in Genesis 1:1 and is the 22nd letter that occurs on the sixth word. It implies the divine connection of Heaven and Earth. The connection of spiritual and physical. Vav is the connecting force of God, the hook that binds together heaven and earth.

How appropriate then that this Psalm speaks about His unfailing love and the promise of Salvation. God's part is to establish on earth his laws and decrees, our hope in Jesus is the only way to be rectified to God. Vav's numerical value is 6, which is the number of man (there is a lot we can unpack here but for today we will keep it brief). Jesus is the one new man, the connection between Heaven and Earth. Jesus is the Vav!!

Prayer:

Jesus, thank you for binding me to the Father. Thank you for your unfailing love and for SALVATION! Help me to walk in Your ways, and in Your Authority. Wherever I go, demons flee and miracles happen. Give me courage to declare Your fame to all I encounter, whether they be kings or not. I lift you high!! Amen!!

Psalm 119- Jan 9

Verses 49-56

'Zayin'

"Lord, never forget the promises you've made to me, for they are my hope and confidence. In all of my affliction I find great comfort in your promises, for they have kept me alive! No matter how bitterly the proud mockers speak against me, I refuse to budge from your precepts. Your revelation-light is eternal; I'm encouraged every time I think about your truth! Whenever I see the wicked breaking your laws, I feel horrible. As I journey through life, I put all your statutes to music; they become the theme of my joyous songs. Throughout the night I think of you, dear God; I treasure your every word to me. All this joy is mine as I follow your ways!"

Psalms 119:49-56 TPT

The zayin is the 7th letter in the Aleph-Bet. It looks like a Vav with a crown on top. Which makes it look like a sword. This imagery instantly provides several meanings.

1. It represents Jesus as the King of Kings.
2. The sword provides an image of spiritual warfare.

The word Zayin actually has two meanings. Sword or weapon but also the root of the word means food or nourishment. Thoughts go directly to the Sword of Truth(Bible) and the reminder from Jesus (Matthew 4:4, Luke 4:4, Deuteronomy 8:3) that we do not live on bread alone but on the Word of God.

This section from Psalm 119 sticks out to me:

"In all of my affliction I find great comfort in your promises, for they have kept me alive!"

His promises, His word gives comfort when we are afflicted. When we are dealing with stuff, no matter what that stuff is. His word brings comfort. And sustains our lives. His word is a reminder when we need it, when we have a moment of doubt or when lies creep their way into our minds and hearts. Trust in the Lord!

Prayer:

Thank you Father for Your word. Thank you that your promises are not in doubt and you hold all things. I rely on You for every aspect of my life. I pray that I would store Your words in my heart like a treasure. I delight in all Your ways!

Amen!

Psalm 119- Jan 12

Verses 57-64

'Chet'

"You are my satisfaction, Lord, and all that I need, so I'm determined to do everything you say. With all my heart I seek your favor; pour out your grace on me as you promised! When I realize that I'm going astray, I turn back to obey your instructions. I give my all to follow your revelation-light; I will not delay to obey. Even when temptations encircle me with evil, I won't forget for a moment to follow your commands. In the middle of the night I awake to give thanks to you because of all your revelation-light—so right and true! Anyone who loves you and bows in obedience to your words will be my friend. Give me more revelation of your ways, for I see your love and tender care everywhere."

Psalms 119:57-64 TPT

The letter Chet is the 8th letter in the Aleph-Bet. It can resemble a doorway in its modern pictograph form. However traditionally it was written using the previous two letters connected by a yoke. A Vav, which is representative of a man and a Zayin, the crowned man-Jesus connected by a yoke.

The yoke that connects us to Jesus is repentance. Remember Jesus says that His Yoke is EASY and His Burden is Light. Traditionally in Jewish culture it is taught that Israel should be free of the yoke of man so that they can be fully devoted to God. Jesus is saying when you follow me I am not going to weigh you down, in fact He sets us free from the bondage of our sin!

Keep in mind the idea of a yoke that would be placed on an ox to help guide it and keep it on track when reading this passage from psalm 119:

"When I realize that I'm going astray, I turn back to obey your instructions. I give my all to follow your revelation-light; I will not delay to obey. Even when temptations encircle me with evil, I won't forget for a moment to follow your commands."

For today's prayer, take some time and allow Holy Spirit to speak to you about any area of your life that has become a yoke that is not from the Lord. Anything that pulls you in the wrong direction. Then repent and ask Jesus to switch it out with His Yoke.

""Come to me, all you who are weary and burdened, and I will give you rest. Take my yoke upon you and learn from me, for I am gentle and humble in heart, and you will find rest for your souls. For my yoke is easy and my burden is light.""

Matthew 11:28-30 NIV

Psalm 119- Jan 13

Verses 65-72

Tet

'Do good to your servant according to your word, Lord . Teach me knowledge and good judgment, for I trust your commands. Before I was afflicted I went astray, but now I obey your word. You are good, and what you do is good; teach me your decrees. Though the arrogant have smeared me with lies, I keep your precepts with all my heart. Their hearts are callous and unfeeling, but I delight in your law. It was good for me to be afflicted so that I might learn your decrees. The law from your mouth is more precious to me than thousands of pieces of silver and gold. '

Psalms 119:65-72

The Hebrew letter Tet is composed of several other letters. The parts of Tet (Vav and Zayin) are the same as the parts for Chet, but the difference appears in the Vav, which is the part that represents man.

The letter Tet can picture EITHER the man that is in rebellion before the Lord...
OR the man who is surrendered to him!

When a person (represented by the Vav) is bowed down before the Crowned Man of Jesus Christ (Zayin), taking upon themselves HIS yoke (Chet), then they are willingly becoming subject to the discipline of the Lord. This is where the fruit of living life by the Spirit of God can begin to grow (Galatians 5:22-23). This person will learn to die to themselves and all that is outside of the yoke of Christ (Luke 9:23).

We see this growth in Christ represented in Psalm 119:67
'Before I was afflicted I went astray, but now I obey your word. '

It's reminiscent of that famous line in Amazing Grace:
*"I once was lost, but now am found
Was blind, but now I see."*

It's as if we can hear the Psalmist describing the two pictures of Tet in this verse...
*I once was in rebellion before the Lord.
BUT NOW I am surrendered to him, allowing my soul to become subject to the will of the
SPIRIT and the yoke of Christ.*

Prayer:

Jesus, 'You are good, and what you do is good. ' Teach me how to live a life of surrender to you as the Crowned King. Help me learn how to die to myself and decrease, so that you may

increase in my life and in the world. Just like the Psalmist said, YOU are 'more precious to me than thousands of pieces of silver and gold. '

Psalm 119- Jan 14

Verses 73-80

'Yod'

"Your very hands have held me and made me who I am; give me more revelation-light so I may learn to please you more. May all your devoted lovers see how you treat me and be glad, for your words are entwined with my heart. Lord, I know that your judgments are always right. Even when it's me you judge, you're still faithful and true. Send your kind mercy-kiss to comfort me, your servant, just like you promised you would. Love me tenderly so I can go on, for I delight in your life-giving truth. Shame upon the proud liars! See how they oppress me, all because of my passion for your precepts! May all your devoted lovers follow me as I follow the path of your instruction. Make me passionate and wholehearted to fulfill your every wish, so that I'll never have to be ashamed of myself."

Psalms 119:73-80 TPT

The Hebrew letter Yod is the 10th letter in the Aleph-Bet. Yod is the smallest of all the Hebrew letters and resembles an arm or a hand. It is used in conjunction with every consonant at the beginning and end of words. Thus it appears more than any other letter in scripture.

Yod is said to be composed of three parts: the upper prong (tag), a lower line curved downward, and a middle section. The upper tag points toward God, the lower line points toward earth, and the middle section holds the parts together in unity. Three in one, Father in heaven, Jesus connecting us to the Father, and Holy Spirit dwelling in us on earth.

It also symbolizes the act of Humility due to its size. With even the nation of Israel being considered a type of Yod amongst the nations of the earth.

When we look at the context of who the writer is, David, he was at his best when he was humble and reliant on God. His slip ups all occurred when he relied on himself. He stayed humble and didn't take out Saul when he had the opportunity, even though the nations sang his praise. Choosing to rely on God's timing is a form of humility.

"Even when it's me you judge, you're still faithful and true."

Choosing also to listen to Holy Spirit when you are called to repent is also humility.

Prayer:

Holy Spirit, reveal to me any part of my life that needs to be made low. Show me where I have made errors and help me to repent. Jesus You are the connection I need! Be the bridge that reconciles me to the Father and in my other relationships. Keep me humble as I entwine my heart with Your words. I thank you for Your mercy and faithfulness to me.

Amen!

Psalm 119- Jan 15

Verses 81-88

Kaph

'My soul faints with longing for your salvation, but I have put my hope in your word. My eyes fail, looking for your promise; I say, "When will you comfort me?" Though I am like a wineskin in the smoke, I do not forget your decrees. How long must your servant wait? When will you punish my persecutors? The arrogant dig pits to trap me, contrary to your law. All your commands are trustworthy; help me, for I am being persecuted without cause. They almost wiped me from the earth, but I have not forsaken your precepts. In your unfailing love preserve my life, that I may obey the statutes of your mouth. '

Psalms 119:81-88

The letter Kaf/Kaph is the 11th letter of the Aleph-Bet, having the numeric value of 20. The pictograph for Kaf looks like a palm of a hand, whereas the classical Hebrew script is constructed of a bent line that appears somewhat like a crown on the head of a prostrating king.

The word Kaf means "palm" of a hand and also what might be contained within the palm of the hand. The word "spoon" in Hebrew is the word Kaf, which is a natural extension of the palm as a container. The gematria for the letter Kaf is 20, the same value for the word Yod (hand), and twice the value of the letter Yod. Kaf comes from a root word (shoresh) *kafah* meaning to bend or bow down, suggesting the concave shape of the body or the shape of a crown on a king's head.

Our souls may faint with longing for salvation, as the Psalmist states in verse 81... but praise the Lord, our King laid his life down prostrate, willingly sacrificing himself FOR OUR SALVATION. Our hope is in him. His palms are outstretched, offering salvation for each one of us. We just have to receive that gift of salvation!

John 1:12 says "Yet to ALL who did receive him, to those who believed in his name, he gave the right to become children of God."

Prayer:

Thank you Jesus for laying your life down for me, and for offering me the free gift of salvation through you. I believe that you are the Son of God who came to earth, lived a sinless life, died on the cross, and rose again on the third day. You did that for me. You did that for all mankind. I confess that I am a sinner in need of salvation, and accept this gift of salvation today, and every day. Lord, help me to never forget the fact that I once was a sinner, desperately in need of salvation. Help me to never outgrow the wonder of this gift you have offered me!

Psalm 119- Jan 16

Verses 89-96

Lamed

“Standing firm in the heavens and fastened to eternity is the Word of God. Your faithfulness flows from one generation to the next; all that you created sits firmly in place to testify of you. By your decree everything stands at attention, for all that you have made serves you. Because your words are my deepest delight, I didn’t give up when all else was lost. I can never forget the profound revelations you’ve taught me, for they have kept me alive more than once. Lord, I’m all yours, and you are my Savior; I have sought to live my life pleasing to you. Even though evil men wait in ambush to kill me, I will set my heart before you to understand more of your ways. I’ve learned that there is nothing perfect in this imperfect world except your words, for they bring such fantastic freedom into my life!”

Psalms 119:89-96 TPT

Lamed is the 12 letter of the Aleph-Bet and it is the tallest letter as it extends beyond the baseline. It is formed by a Kaf and a Vav, the Vav portion is what extends beyond the baseline and if you remember the Vav has a crown on top and represents kingship. The Lamed therefore can represent the King of Kings.

The Lamed looks like a shepherd's hook and holds the meaning of: to prick, sting, incite, or goad as a shepherd might do to cattle. It represents authority and the ability to teach. Putting it simply, the King of Kings is our shepherd and he desires to teach us and guide us.

“Your faithfulness flows from one generation to the next; all that you created sits firmly in place to testify of you.”

Psalms 119:90 TPT

The way to ensure God's faithfulness to the next generation is through the Word. Only through Jesus shall we see salvation for every generation.

“For your truth is the source of my understanding, not the falsehoods of those who don’t know you, which I despise.”

Psalms 119:104 TPT

This is the battle we are in right now in our culture. Satan desires to twist and manipulate truth to get his hook in a generation. We must know the Word of God and hide it in our heart, but more importantly we must know the Source of the Word, which is Jesus- our Shepherd King.

Prayer:

Jesus, I thank you for Your word and for guiding and directing me. I stand in opposition to powers and principalities of darkness that seek to create new “truth” over a generation. I declare that there is no King but Jesus, and we only follow the Good Shepherd. There is no one and nothing else I will bow down to. YOUR WORD and your Word alone will be the lamp to my feet and the light to my path, in Jesus name. Amen!

Psalm 119- Jan 19

Verses 97-104

Mem

“O how I love and treasure your law; throughout the day I fill my heart with its light! By considering your commands I have an edge over my enemies, for I take seriously everything you say. You have given me more understanding than those who teach me, for I’ve absorbed your eye-opening revelation. You have graced me with more insight than the old sages because I have not failed to walk in the light of your ways. I refused to bend my morals when temptation was before me so that I could become obedient to your Word. I refuse to turn away from difficult truths, for you yourself have taught me to love your words. How sweet are your living promises to me; sweeter than honey is your revelation-light. For your truth is the source of my understanding, not the falsehoods of those who don’t know you, which I despise.”

Psalms 119:97-104 TPT

The Hebrew letter Mem is the 13th letter of the Aleph-Bet and looks like a wave of water. It is also formed by a Kaf and a Vav. Except the Vav stands next to the Kaf. When you add up the number values for each you get the value for Yahweh.

There are several meanings and different symbolism to pull out for Mem, but one of the main themes is water. In Judaism it would be said that the Mem points to the Spring of Torah. But with full revelation we can see that Mem points to Jesus as the spring/well of salvation. All who come to Him will thirst no more.

He is the well of Living Water that is our source of eternal life!

In John 4:13-14, “Jesus answered, ‘Everyone who drinks this water [from Jacob’s well] will be thirsty again, but whoever drinks the water I give them will never thirst. Indeed the water I give them will become in them a spring of water welling up to eternal life.’ “

Prayer:

Lord, I come before you as an empty vessel today, asking to be filled with your Living Water. I don’t want to fill myself with any other substance or false sense of truth. Those sources only leave me empty and thirsty. Only you can fill me. You are the One I hunger and thirst for. Jesus, spring up a well within my soul today!

Psalm 119- Jan 20

Verses 105-112

Nun

“Truth’s shining light guides me in my choices and decisions; the revelation of your Word makes my pathway clear. To live my life by your righteous rules has been my holy and lifelong commitment. I’m bruised and broken, overwhelmed by it all; breathe life into me again by your living word. Lord, receive my grateful thanks and teach me more of how to please you. Even though my life hangs in the balance, I’ll keep following what you’ve taught me, no matter what. The ungodly have done their best to throw me off track, but I’ll not deviate from what you’ve told me to do. Everything you speak to me is like joyous treasure, filling my life with gladness. I have determined in my heart to obey whatever you say, fully and forever!”

Psalms 119:105-112 TPT

The Hebrew letter Nun is the 14th letter in Aleph-Bet. It resembles a seed and represents both faithfulness and the reward for faithfulness. It is one of the letters that is written differently when it is the last letter of a word. And when you write out Nun it is written with a Nun, a Vav, and a Nun. With the last Nun extending below the baseline and the first being bent. The bent Nun shows humility and bowing low while the last one represents the righteous one who is upright before God.

It starts out:

“Truth’s shining light guides me in my choices and decisions; the revelation of your Word makes my pathway clear.”

Psalms 119:105 TPT

Or in the KJV translation:

‘Thy word is a lamp unto my feet, And a light unto my path. ’

Psalm 119:105 KJV

David then goes on to say how hard it can be sometimes to follow God's commandments but through it all it is worth it.

“Everything you speak to me is like joyous treasure, filling my life with gladness. I have determined in my heart to obey whatever you say, fully and forever!”

Psalms 119:111-112 TPT

The reward for our faithfulness to follow the principles in God’s Word, is more of HIM! He is the one we seek after, the one who helps us stay faithful, and the prize we receive! He is all in all!

Prayer:

Jesus, you are the Word made flesh. Your Holy Spirit guides me and Your words build my faith in You. I believe in You! You didn’t stay a baby, You fulfilled scripture and became the pure spotless lamb, sacrificed for my sins and the sins of the world. I remind myself now of Your faithfulness to me. And I believe You will come through for me in all situations and areas of my life (name the things that you’re believing God for). As I place my faith in Jesus I receive the all encompassing presence of God in my life. I don’t even have to worry about the powers and principalities of darkness because they cannot get to me.

*I stand in awe of Your Holiness and I worship You, Yahweh! Help me stay faithful. Help me seek you all
the days of my life
Amen!*

Psalm 119- Jan 21

Verses 113-120

Samekh

"I despise those who can't keep commitments, for I passionately love your revelation-light! You're my place of quiet retreat, and your wraparound presence becomes my shield as I wrap myself in your Word! Go away! Leave me, all you workers of wickedness, for you can't stop me from following every command of my God. Lord, strengthen my inner being by the promises of your Word so that I may live faithful and unashamed for you. Lift me up and I will be safe. Empower me to live every moment in the light of your ways. Lord, you reject those who reject your laws, for they fool no one but themselves! The wicked are thrown away, discarded and valueless. That's why I will keep loving all of your laws! My body trembles in holy awe of you, leaving me speechless, for I'm frightened of your righteous judgments."

Psalms 119:113-120 TPT

The Hebrew letter Samekh is the 15 letter in the Aleph-Bet and looks like a shield sometimes written as a completely circular object. The root of the word Samekh means to lean upon, uphold, and support. There are times in scripture where the Samekh is enlarged- think hitting the bold, italic, and underline option on a modern keyboard. It is believed that this represents the all encompassing presence of God. One place this occurs is in Ecclesiastes 12:13, speaking on the Fear of God.

"You're my place of quiet retreat, and your wraparound presence becomes my shield as I wrap myself in your Word!"

Psalms 119:114 TPT

In the NLT it says,

"Your word is my source of hope"

And then says:

"My body trembles in holy awe of you, leaving me speechless, for I'm frightened of your righteous judgments."

Psalms 119:120 TPT

Or "I tremble in fear of you; I stand in awe of your regulations." (NLT)

When we make his *ALL ENCOMPASSING PRESENCE* a priority in our lives, He becomes our source of hope, our peace, our shield, our strength. The longer we abide in that presence, the more awe of God we will develop. He is a never-ending well! He never runs dry. So this happens again and again as we lean upon the Lord as the main source and priority in our lives. May we never stop prioritizing his presence, both as individuals and as a church body.

Prayer:

God, I stand in holy awe of you. You are my source of hope, life, strength, and passion. Help me to prioritize your presence in my daily life. Help me to lean on you more every day. Holy Spirit, I give you permission to disrupt my life and keep me on course. As I search my own heart, I repent for putting other things ahead of you; for having the wrong priorities. As the Psalmist said, "Lord, strengthen my inner being by the promises of your Word so that I may live faithful and unashamed for you."

Psalm 119- Jan 22

Verses 121-128

Ayin

“Don’t leave me to the mercies of those who hate me, for I live to do what is just and fair. Let me hear your promise of blessing over my life, breaking me free from the proud oppressors. As a lovesick lover, I yearn for more of your salvation and for your virtuous promises. Let me feel your tender love, for I am yours. Give me more understanding of your wonderful ways. I need more revelation from your Word to know more about you, for I’m in love with you! Lord, the time has come for you to break through, for evil men keep breaking your laws. Truly, your message of truth means more to me than a vault filled with the purest gold. Every word you speak, every truth revealed, is always right and beautiful to me, for I hate what is phony or false.”

Psalms 119:121-128 TPT

Ayin is the 16th letter of the Aleph-Bet and the pictograph looks like an eye. The meaning of the word Ayin is to see, understand and obey. It also represents the light of God that existed before the sun and any of the stars were spoken into existence. Jewish tradition also juxtaposes that the divine light of God is concealed within the Torah and the spiritual eye of a human can behold the presence of this radiance through the Ruach HaKodesh, which is Holy Spirit.

The Psalmist says in verse 125:

“Give discernment to me, your servant;
Then I will understand your laws.”

True discernment comes only through the Holy Spirit. True “seeing” beyond surface-level; beyond the natural realm come only through the Holy Spirit. True understanding of the Word of God comes only through the Holy Spirit. The pattern here is we can’t truly SEE unless we are looking through the lens of the Spirit! If there’s a situation you need to see differently, or you need discernment and wisdom in... ask Holy Spirit! If you struggle to understand the word... ask Holy Spirit!

Prayer:

God, I thank you for your Holy Spirit that is available to me. I want to view things properly, through the lens of the Spirit. Will you fill me with your Spirit today? Fill me afresh, Lord. Holy Spirit, come into my life in a new way! I surrender to your leadership and wisdom in my life.

Amen!

Psalm 119- Jan 23

Verses 129-136

Pe

“Your marvelous words are living miracles; no wonder I long to obey everything you say. Break open your Word within me until revelation-light shines out! Those with open hearts are given insight into your plans. I open my mouth and inhale the Word of God because I crave the revelation of your commands. Turn your heart to me, Lord, and show me your grace like you do to every one of your godly lovers. Prepare before me a path filled with your promises, and don’t allow even one sin to have dominion over me. Rescue me from the oppression of ungodly men so that I can keep all your precepts. Smile on me, your loving servant. Instruct me in what is right in your eyes. When I witness the rebellious breaking your laws, it makes me weep uncontrollably!”

Psalms 119:129-136 TPT

Pe is the seventeenth letter of the Aleph-Bet, the pictograph looks like a mouth and the meaning of the word is mouth, speech, expression, and breath. The position of Pe(mouth) coming after Ayin(eyes) suggests the importance of seeing/understanding before speaking. When done in reverse the result is blind consumption and mindless blabbering.

Ayin and Pe are also related in that the Ayin is the gateway to how we see reality but the Pe is what brings reality into existence through our words. This is why it is so important that we worship! When our eyes are set on the Lord and then the verbal expression of our worship goes out into the atmosphere, it brings forth the presence of the Lord!!

In the NIV, verses 130-131 say, “The unfolding of YOUR WORDS gives light; it gives understanding to the simple. I open MY MOUTH and pant, longing for your commands.” We get a beautiful picture here of the Lord’s mouth breathing light and life into us, as we declare our need for him with our mouth. Just as in the beginning, God breathed life into Adam, face to face.

Later the Psalmist says, “let no sin rule over me” and a major sin issue that is highlighted in the Bible many times is that of a lack of control of our tongue!

Proverbs is FULL of wisdom regarding keeping control of our mouths:

“The tongue of the wise adorns knowledge, but the mouth of the fool gushes folly.”

Proverbs 15:2

“The words of the reckless pierce like swords, but the tongue of the wise brings healing.”

Proverbs 12:18

“The tongue has the power of life and death, and those who love it will eat of its fruit.”

Proverbs 18:21

We have to quite literally tame our tongues in order to keep sin from ruling over us! James chapter 3 talks specifically about taming the tongue, but we are all familiar with how powerful of a weapon our words can be. The words of our mouths can be rooted in gossip, judgement, complaining, bitterness, sarcasm,

hatred, crude jokes, curses, etc. We need the help of the Lord to let no sin rule over our mouths, helping us to use our words instead as a tool for peace, blessing, love, honor, declaration, life, and love!

Prayer:

Jesus, you are light and life. Come and breathe over me this morning as I declare my deep need for you! I cannot keep myself from sin. I need your Spirit to help me tame my tongue. Don't let me run my mouth and participate in gossip, crude words, sarcasm, or mindless blabbering. I want my words to be powerful. I only want to speak the words that you would have for me to speak into every situation. Help me properly use the powerful tool and weapon of my words that you have blessed me with.

Psalm 119- Jan 26

Verses 137-144

'Lord, your judgments reveal your righteousness, and your verdicts are always fair. The motive behind your every word is pure, and your teachings are remarkably faithful and true. I've been consumed with a furious passion to do what's right, all because of the way my enemies disrespect your laws. All your promises glow with fire; that's why I'm a lover of your Word. Even though I'm considered insignificant and despised by the world, I'll never abandon your ways. Your righteousness has no end; it is everlasting, and your rules are perfectly fair. Even though my troubles overwhelm me with anguish, I still delight and cherish every message you speak to me. Give me more revelation so that I can live for you, for nothing is more pure and eternal than your truth.' Psalms 119:137-144 TPT

Tsade (Tzadi)

The letter Tsade (or Tzadi) is the 18th letter of the Hebrew Aleph-Bet, with the numeric value of 90. The pictograph looks something like a man on his side (representing need). Hebrew speakers may also call this letter *Tzaddik* ("righteous person"). The letter itself is formed from a bent *Nun* and a *Vav*. The *Nun* represents a humble and faithful servant that is bent in submission. The *Vav* represents a hand lifted to heaven or the Spirit of God. The *Tzaddik* (righteous person) is revealed as a faithful servant with their arms raised to the Lord in humility.

Additionally, it is considered the "mate" of the letter Aleph. This is seen in the letter forms, as the two almost mirror each other. In the meaning though, it suggests that God and his redeemed creation (his *tsaddikim*) would be joined together in love. Aleph represents the Creator. Tsade represents the mirroring or reflection of his image.

As those reflecting his image, joined to him in love, we must raise our arms to the Lord in humility. "*Even though I'm considered insignificant and despised by the world, I'll never abandon your ways...*" is how the Psalmist says it in the Passion Translation above. *It says his promises for us "glow with fire". That fire is lit by the living Spirit of God! In fact, the book of Revelation talks about the fire in Jesus' eyes for his church.*

And walking among the lampstands, I saw someone like a son of man, wearing a full-length robe with a golden sash over his chest. His head and his hair were white like wool—white as glistening snow. And his eyes were like flames of fire! '

Revelation 1:13-14

Additionally, there is a portion of Songs of Songs that applies to the fiery eyes, but this time fire is found in the eyes of the Bride.

'For you reach into my heart. With one flash of your eyes I am undone by your love, my beloved, my equal, my bride. You leave me breathless— I am overcome by merely a glance from your worshiping eyes, for you have stolen my heart. I am held hostage by your love and by the graces of righteousness shining upon you.

Song of Songs 4:9

Verse 9 of Song of Songs says you have stolen my heart. It can also mean, “you have ravished my heart.” This is the Hebrew word *libabethini*, which is taken from a Semitic root word that means “to tear bark off of a tree.” He is saying that your loving eyes of worship have uncovered his heart and laid it bare, making him vulnerable to you. What a description of what happens to Jesus when he looks into your eyes. Your worship brings to him such delight that it becomes hard to even imagine. Yet God has placed inside of you the ability to ravish the vulnerable heart of your King—not someday in heaven, but now, even when you feel incomplete and weak. The promises that God has for us are birthed out of a deep love that is not comparable to any kind of earthly love, but it is something that we can gain a deeper revelation of as we spend more time seeking the Lord and reading the word. We can delight and cherish every promise in his Word and live for him as he reveals himself to us more and more every day! But we can also worship and love him as a reflection of his love, ravishing the heart of the King of Kings. In this way, we can be the mirror of his image; the perfect mate of our Bridegroom-King.

Prayer:

Lord, I want to be consumed with a furious passion to do what’s right, according to your Word. Help me to become a lover of your Word. Your righteousness has no end, and nothing is more pure and eternal than your truth! I humble myself today as I come before you and ask for a deeper revelation of you! Like David, I want more revelation so that I can live for you and bring you glory. All is for *your* glory and *your* fame, Lord. Help me to be a reflection of you in all that I do this week.

Amen

Psalm 119- Jan 27

Verses 145-152

'Answer my passionate prayer, O Lord, and I'll obey everything you say. Save me, God, and I'll follow your every instruction. Before the day dawns, I'll be crying out for help and wrapping your words into my life. I lie awake every night pondering your promises to me. Lord, listen to my heart's cry, for I know your love is real for me; breathe life into me again by the revelation of your justice. Here they come—these lawless rebels are coming near, but they are all so far away from your laws. God, you are near me always, so close to me; every one of your commands reveals truth. I've known all along how true and unchanging is every word you speak, established forever!'

Psalms 119:145-152 TPT

Qof (Qoph)

The letter Qof was originally a pictograph depicting the sun on the horizon which suggests either dawn or nightfall and is symbolic of a change of time. The most frequent meaning of Qof is 'enduring'.

Several verses in Psalm 119 under the letter Qof hint at the concept of time:

147: I rise **early, before the sun is up**; I cry out for help and put my hope in your words.

148: I stay **awake through the night**, thinking about your promise.

152: I have known **from my earliest days** that your laws will last forever. '

The letter qof represents the number 100, which in Hebrew understanding is a number for wholeness and a complete cycle or lifetime.

Our takeaway for today is simple: the promises, words, and law of the Lord are ENDURING for our lifetime. God is eternal. In every season or change of time, he is unchanging. At every new horizon of every day, he is "established forever".

Prayer:

God, you are eternal and unchanging. Thank you for your enduring love that has seen me through every season of my life. I choose to worship you this morning as I rise, when I lay my head down tonight, and again through the night. I trust in your timing for my life and put my hope in you!

Amen

Psalm 119- Jan 28

Verses 153-160

'Look upon my suffering and rescue me, for I have not forgotten your instructions. Argue my case; take my side! Protect my life as you promised. The wicked are far from rescue, for they do not bother with your decrees. Lord, how great is your mercy; let me be revived by following your regulations. Many persecute and trouble me, yet I have not swerved from your laws. Seeing these traitors makes me sick at heart, because they care nothing for your word. See how I love your commandments, Lord. Give back my life because of your unfailing love. The very essence of your words is truth; all your just regulations will stand forever. '

Psalms 119:153-160 NLT

Resh

The twentieth letter of the aleph-bet is the letter resh. The resh represents an individual who is bent over; a poor person. The resh has two lines, one horizontal and one vertical. It looks very similar to the dalet, but the dalet has a yod at its upper right-hand corner. This yod represents one who is subservient to God and follows every letter of the law. The resh's two lines represent one's intellect and speech. According to Rabbi Aaron Laskin, "Because they are not joined with a yod, the speech and intellect of this individual are for his own gratification—they can even degenerate and become corrupt and evil. Such a person's thoughts and speech are often directed to hurting and conspiring against others. In this way, he drags his most essential faculties into the depths of unholiness."

The absence of the yod is important also, in that the yod represents the judgment that will take place in the end times. According to Jewish tradition, a dalet person always has in mind that there will be a future day of judgment. He is intentionally careful about his thoughts, actions, and sins. A resh person, on the other hand, they believe is a person who does not care what he does. "He has no regard for his thoughts or speech because he doesn't believe in the ultimate Day of Judgment signified by the yod."

Resh and Dalet are opposites, in this way. Dalet serves one God. Resh serves many gods. A Dalet person is a child of God. A Resh person is a child of sinful nature.

The letter Resh represents wickedness, as the word for a wicked person (rasha) begins with a Resh. When we want to turn from being a person of wickedness; a child of sinful nature, we take a step back and turn around in repentance, and there we "meet" the letter Qof, which, as we learned yesterday, represents God's unchanging holiness in every season and horizon of our life. The order of the Hebrew letters is important and has significance, as it represents the very nature of God!

Praise God! We know that HIS NATURE is righteousness and he longs to cleanse us of our sins when we come to him in repentance! He is always ready to purify us of our wicked, unrighteous

ways! He sent Jesus to the world to live a sinless life so that he could die on the cross, be raised to life again, and therefore become the sacrifice to atone for our sins!

If we confess our sins, he is faithful and just and will forgive us our sins and purify us from all unrighteousness.

1 John 1:9

For our sake he made him to be sin who knew no sin, so that in him we might become the righteousness of God.

1 Corinthians 5:21

For the Lord is righteous; he loves righteous deeds; the upright shall behold his face.

Psalms 11:7

He himself bore our sins in his body on the tree, that we might die to sin and live to righteousness. By his wounds you have been healed.

1 Peter 2:24

Prayer:

Jesus, you are the unchanging, holy and righteous one. Today I come to you in repentance. I have put other gods before you in my life. I have chosen distraction, pride, success, and other worldly aspirations ahead of you. Forgive me of my sins today. I make the choice to turn around and lay those things at your feet. I believe that you are the son of God who came to the world and lived a sinless life. I believe that you died on the cross and rose after 3 days. I believe that you are coming back again for your bride. I recommit myself to you today. I stand before your eternal righteousness and confess these sins, asking you to cleanse me of all unrighteousness. Wash me clean. *"Lord, how great is your mercy; let me be revived..."* I want to behold your face. Amen

Psalm 119- Jan 29

Verses 161-168

'Powerful people harass me without cause, but my heart trembles only at your word. I rejoice in your word like one who discovers a great treasure. I hate and abhor all falsehood, but I love your instructions. I will praise you seven times a day because all your regulations are just. Those who love your instructions have great peace and do not stumble. I long for your rescue, Lord, so I have obeyed your commands. I have obeyed your laws, for I love them very much. Yes, I obey your commandments and laws because you know everything I do. '

Psalms 119:161-168 NLT

Shin

Shin is the 21st letter of the Aleph-bet. It literally means tooth, but its pictograph is a picture of a flame with 3 "branches". As with all scripture, we know that when there are three of something, it is indicative of the TRINITY: Father, Son, and Holy Spirit.

Both the tooth and fire meanings refer to Shin as a process of transformation, healing, breaking, and restoring. The fire also represents something powerful, unchangeable and unmovable; a divine power. Just as the Spirit of God transforms us, yet remains unchanged and eternal. Shin then, is the flame of the Spirit.

In Hebrew tradition, the 3 pillars of this flame represent purification and changing the conditions of our lives in order to keep us aligned with the central pillar of the flame.

What a perfect picture of life as a follower of Christ!

In Jeremiah, The Lord prophecies about his people being like the clay and he being the potter...

'The Lord gave another message to Jeremiah. He said, "Go down to the potter's shop, and I will speak to you there." So I did as he told me and found the potter working at his wheel. But the jar he was making did not turn out as he had hoped, so he crushed it into a lump of clay again and started over. Then the Lord gave me this message: "O Israel, can I not do to you as this potter has done to his clay? As the clay is in the potter's hand, so are you in my hand. If I announce that a certain nation or kingdom is to be uprooted, torn down, and destroyed, but then that nation renounces its evil ways, I will not destroy it as I had planned. And if I announce that I will plant and build up a certain nation or kingdom, but then that nation turns to evil and refuses to obey me, I will not bless it as I said I would. '

Jeremiah 18:1-10

In Romans 9:20-33, we get the same idea. The LORD is who molds us! It is by HIS SPIRIT that we are transformed. We cannot do it on our own merit or in our own strength. This portion of Psalm 119, when viewed through the lens of Shin, is a picture of David as the clay. He is allowing himself to be fully surrendered to the Lord, trembling *only* at his word and loving his

instruction. It is so easy for us to think we know how to form our lives. We think we know better sometimes, but GOD'S WAY is always the BEST way. His way is truly better than anything we could think up or try to achieve in our own strength.

"For my thoughts are not your thoughts, neither are your ways my ways," declares the Lord. "As the heavens are higher than the earth, so are my ways higher than your ways and my thoughts than your thoughts."

Isaiah 55:8-9 NLT

'Trust in the Lord with all your heart and lean not on your own understanding; in all your ways submit to him, and he will make your paths straight. '

Proverbs 3:5-6 NIV

"SUBMIT to Him..." The clay must submit to the potter. It's the only way. And our potter isn't just any old potter. We have access to the full TRINITY- the Father, the Son, and the Holy Spirit! We have the eternal, creator God. We have the savior, King Jesus. We have the comforter, convictor, and power of the Spirit. This is who shapes us, molds us, and guides us. IF we will submit and allow him to align us with that center flame- our model of righteousness- Jesus.

Prayer:

Lord, I submit myself to you. I yield to your leadership as you transform me into your likeness and lead me down the paths that you would have for me. I trust you. I allow your transformation, healing, breaking, restoring, and rebuilding in my life. Have your way in me this year, Jesus.

Amen

Psalm 119- Jan 30

Verses 169-176

'O Lord, listen to my cry; give me the discerning mind you promised. Listen to my prayer; rescue me as you promised. Let praise flow from my lips, for you have taught me your decrees. Let my tongue sing about your word, for all your commands are right. Give me a helping hand, for I have chosen to follow your commandments. O Lord, I have longed for your rescue, and your instructions are my delight. Let me live so I can praise you, and may your regulations help me. I have wandered away like a lost sheep; come and find me, for I have not forgotten your commands.'

Psalms 119:169-176 NLT

Taw (Tav)

Tav is the final letter of the Hebrew Aleph-bet and means sign, symbol, mark, or seal. It represents completion. The Tav shows us that the end was set from the beginning, as Tav is the final letter of "In the Beginning", which is the first word of the Torah/Bible. Then, as soon as the Tav is reached, we start over again by going back to the Aleph, the beginning of everything. The end is never truly the end; it is the beginning of something new.

The end was set from the beginning.
It was always Jesus.

'In the beginning was the Word, and the Word was with God, and the Word was God. He was with God in the beginning. Through him all things were made; without him nothing was made that has been made. In him was life, and that life was the light of all mankind. The light shines in the darkness, and the darkness has not overcome it. '

John 1:1-5

'You see, at just the right time, when we were still powerless, Christ died for the ungodly. Very rarely will anyone die for a righteous person, though for a good person someone might possibly dare to die. But God demonstrates his own love for us in this: While we were still sinners, Christ died for us. '

Romans 5:6-8

Not only has Jesus been the *plan* since the beginning, but John 1 tells us he has been there since the beginning and we can read all about him in the Bible. It is all about the Word... the Alpha and Omega... the Aleph and the Tav... the beginning and the end. It's Jesus!

"I am the Alpha and the Omega," says the Lord God, "who is, and who was, and who is to come, the Almighty." Revelation 1:8

'When I saw him, I fell at his feet as if I were dead. But he laid his right hand on me and said: "Don't be afraid. I am the First and the Last. I am the Living One; I died, but look- I am alive for ever and ever! And I hold the keys of death and the grave. '

Revelation 1:17-18

It is through this eternal lens that we can now take a closer look at this final portion of Psalm 119 and see the big picture that the Lord has had for eternity!

'Invigorate my life so that I can praise you even more, and may your truth be my strength! I'll never forget what you've taught me, Lord, but when I wander off and lose my way, come after me, for I am your beloved!'

Psalms 119:175-176 TPT

He knew we would wander off. He knew we would need a savior. He knew we would need his strength and truth. He has provided all through Jesus! From beginning to end, it has always been and will always be about Jesus.

For this final prayer today, we are going to begin by praying through those verses of Psalm 119:175-176.

Prayer:

God, invigorate my life so that I can praise you even more, and may your truth be my strength. I'll never forget what you've taught me, Lord, but when I wander off and lose my way, come after me, for I am your beloved. Help me to seek after you daily with all my heart, soul, mind, and strength. Jesus, YOU are the Aleph and the Tav; the beginning and the end. You are all I need. May my entire life be both filled with, and book-ended by, YOU. Infiltrate every part of me as I commit to run after you this year.

Amen