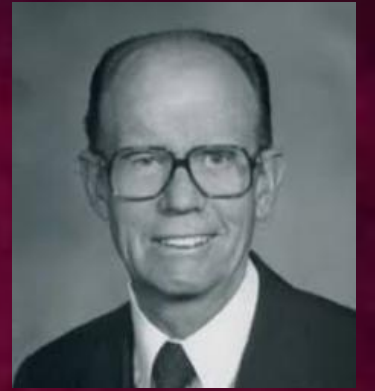


“Thy Word Is a Lamp unto My Feet,
and a Light unto My Path”
Psalm 119



Hebrew Alphabet



Psalms 119 is divided into eight-verse sections. This psalm is “an acrostic poem with eight verses for each of the twenty-two letters of the Hebrew alphabet. ...

One Hebrew letter and its name appears above each eight-verse segment”

Each eight-verse segment of the psalm begins with its corresponding letter of the Hebrew alphabet. (1)



The next 26 slides is my own interpretation of the verses. This may be overwhelming and a lot of information.

The best way to study 119 is to dive into it yourself and learn your own understanding of what the psalmist is trying to convey.

Blessed are they who keep the commandments

Psalm 119:1-8

Ⲱ ALEPH

Walk in the law of the Lord

Keep his testimonies close

Stay away from sin

Be moral and virtuous in dealing with others

Keep God's statutes (laws)

Do not be ashamed in keeping God's commandments

Learn righteous judgments



Meaning:

Master
Teacher
Wonderous

Ponder the precepts and ways of the Lord

Psalm 119:9-16

ב BETH

Taking heed thereto according to the word

Seek thee with thy whole heart and don't wander from commandments

Hide thy word in thy heart so as not to sin

Teaching thy statutes

Testifying the word of God

Rejoice in thy testimonies

Mediate in thy precepts

Delight in thy words and not to forget



Meaning:
House

*O Lord, open our eyes, that we may behold wondrous
things out of Thy law*

λ GIMEL

Psalm 119:17-24

Deal bountifully with thy servant

Opening your eyes

Hide not the commandments from me

Longing for His judgments at all times

Rebuked are those who wander from commandments

I have kept your commandments

Rulers (Kings) are speaking against me, but I have kept
the laws and statutes

Testimonies of others are important



Meaning:

Nourish
Wean
Camel
Bridge

*It is easier for a camel to
go through the eye of a
needle, than for a rich man
to enter into the kingdom
of God. Matthew 19:24*

*O Lord, grant us Thy law, and make us to understand
Thy precepts
Psalm 119:25-32*

T DALETH

Overwhelmed with earthly things, a plea for spirituality

A desire to be taught God's ways

An ability to connect spiritually and praise God's works

Strengthening with His works

A desire to be truthful in keeping God's commandments

A personal commitment of righteousness

Asking for divine support

A desire for a deeper meaning of God's commandments



Meaning:

Poor

Door

Lift Up

O Lord, teach us Thy statutes, Thy law, and Thy commandments

Psalm 119:33-40

HE

Asking for guidance and understanding and obey during a lifetime

Obedience to God's commandments is not possible through human effort alone, but requires God's divine guidance and assistance

A prayer asking for God's guidance to live the law, and expressing deep love and delighting in commandments

A desire for inner guidance rather than focusing on selfish gain

Turning away from the vain things of the world

Confirm and support His promises to His servant

Define protection from sin

Devotion and spiritual renewal



Meaning:

Here is

To be disturbed

Behold

O Lord, give us mercy, truth, and salvation

Psalm 119:41-48

I VAU

Divine comfort and protection of God's promises

A trust in God's word of truth and faithfulness

Never take the truth out of my mouth and having hope in His judgments

Keeping the laws (commandments) forever

Walking morally

Testifying to authorities (Kings and rulers) and not be ashamed

A love for the commandments

Praise and keep God's commandments



Meaning:

Hook

The Word

In front of a word, transforms past
into future or future to past

The Lord's statutes and judgments comfort us during our pilgrimage

ט ZAIN

Psalm 119:49-56

Asking God to remember His Promises, a source of hope and comfort

In a time of suffering to remember His promises and comfort through God's word

Mocked by the proud we can find comfort in God's word

Remembering those prophets of old and being comforted in their words

Fear for those who have been wicked and abandoning God's law

Singing praises to God and His laws

Keeping the commandments



Meaning:

Crown

Weapon

Sustain

Make faithful people our companions

Psalm 119:57-64

n CHETH

Declaration of devotion in keeping God's word in receiving an inheritance (portion)

A sincere desire for mercy and grace

Through our lives we are directed back to God

Keeping the commandments with no delay

The wicked may constrain but commitment is with us for God's law

Deep religious commitment to pray always

I am a friend to those who reverence God

Teach me more of God's law, help me more to understand



Meaning:
Life



To Protect Psalm 119:57-64

ח CHETH 8TH NUMBER

The original pictograph for Cheth was a tent wall or fence, which served to guard and protect from the elements or intruders. In Psalm 119, this symbolizes God's Word as a protective boundary that separates His people and keeps them safe from the ways of the wicked.

As seven often represents completion, eight can symbolize a new beginning or true life.

And they shall take of the blood, and strike it on the two side posts and on the upper door post of the houses, wherein they shall eat it. Exodus 12:7

The *Chet*, or "fence," symbolized a barrier or divine protection around the homes of the Israelites, causing the "destroying angel" to pass over them.



The Hey and the Daleth also have the same signs

O Lord, teach us Thy statutes

Psalms 119:65-72

U TETH

Acknowledging God's goodness and faithfulness

Teach me understanding to deal with others

In our lives we have sinned, but we repent we will be forgiven

Teach me more understanding of Thy word

Others have different opinions, but we can not stray

The spirituality and wickedness of others will not persuade me to sin

We learn through afflictions

The word of the Lord is more precious than gold and silver



Meaning:
Good or Best

O Lord, let Thy tender mercies come upon us

Psalm 119:73-80

▪ JOD

God has created all, given us knowledge of His commandments

God has given us hope

God will fairly judge us righteously

If we faithfully pray, we will have God's mercy

Keep the commandments

A prayer asking God to bring shame on those who persecute others

Those that believe God and reference him will testify of Him

We should not be ashamed of the gospel



Meaning:

Jew

Hand (of God)

Continuity—Yehudah

All God's commandments are faithful

Psalm 119:81-88

⌋ CAPH

Even though we are tired (Physically or Spiritually) we should remember God's promises

Those waiting for God's comfort

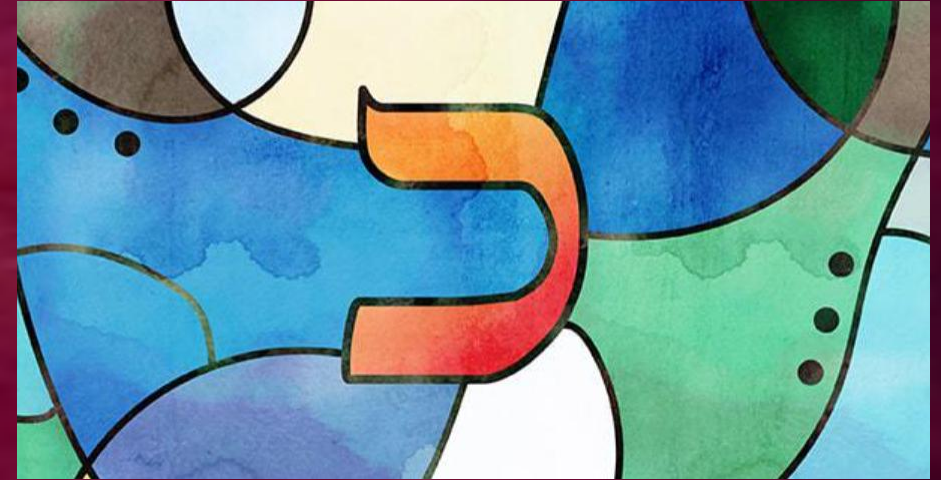
Metaphor of an ancient animal-skin bottle, or wineskin, that becomes dried out and shriveled when exposed to smoke=those who are afflicted by trials but still keeping God's commandments

How long do our trials last?

Those who are wicked still remain wicked

We have been wronged by those who are wicked but continue to observe God's commandments

Help us with keeping Thy commandments



Meaning:

Palm

Spoon

Crown



All God's commandments are faithful

Psalm 119:89-96

7 LAMED

God's word is forever

God has established His word throughout the generations

The prophets have preached the word of God

God's word has provided us with a guide and a source for righteousness

We are to remember the word of God and His promises

We are to keep the word of God

With other's testimonies I can withstand the wickedness around me

We can foresee what is in store for us if we live righteously



Meaning:

Learn

Teach

*The Lord's law and His testimonies should be our
meditation all the day*

נ MEM

Psalm 119:97-104

To study and ponder God's words

We can become wise (learned) while studying God's word

Understanding much while leaders testify of God

Because we keep the commandments we understand it's
precepts

Staying on the path of righteousness

Because of God's word and understanding we shall not stray

Sweet are the words of God

Being truthful to thyself we can understand God's word



Meaning:

Water

Moshiach=(lit. "the anointed one") the Messiah. One of the 13 principles of the Jewish faith is that G-d will send the Messiah to return the Jews to the land of Israel, rebuild the Holy Temple and usher in the utopian Messianic Era.

The Word is a lamp unto our feet
Psalms 119:105-112

נ NUN

Walking into the light

Solemn oath to keep the commandments

Hardships and afflictions will be eased

We can teach the gospel and share our testimonies

Despite the trials of our lives we can remember God's love

Your enemies my cause you trouble but you can overcome them

Our testimonies can make us stronger

Endure to the end



Meaning:

Deceit

Kingship

Fish

Miscarriage

Miracle

Walking in the Light

Psalm 119:105-106



“How is walking in the light different from walking in the dark?”



Every child of Heavenly Father born in the world is given at birth, as a free gift, the Light of Christ. You have felt that. It is the sense of what is right and what is wrong and what is true and what is false. That has been with you since your journey in life began. The fact that you were baptized and received the Holy Ghost is evidence that you chose to walk in the Light of Christ. (2)

Wherefore, I beseech of you, brethren, that ye should search diligently in the light of Christ that ye may know good from evil; and if ye will lay hold upon every good thing, and condemn it not, ye certainly will be a child of Christ. Moroni 7:19

*Depart from evildoers and keep the
commandments of God*

ו SAMECH

Psalm 119:113-120

Disdain from deceitful thoughts and love for God's law

God is our protector

Trying to live righteously

Forgive our wrongdoings that we may repent

God's love and protection for us

The unrighteous will be held accountable to God

God will separate the wicked (dross= any waste

We can honor and respect God and his laws



Meaning:

Support

Medicine

O Lord, we are Thy servants; give us understanding

Psalms 119:121-128

ו AIN

Those who act righteously ask for God's protection from sin

A prayer asking God for protection from enemies

Waiting patiently for divine help from God

Have mercy and help us understand the word of God

We can testify of the gospel with understanding what we have learned

Asking for the Lord to intervene because of the wicked practices of others

The commandments of God can be precious for those who understand

We can be righteous and truthful about God's word



Meaning:

Eyes

Salvation

The Lord's testimonies are wonderful

Psalms 119:129-136

9 PE

A strong testimony can help you make righteous decisions

The word of God is light and knowledge

Testify of the word of God

Praising God's law and seeking His guidance

Seek God's direction before making decisions

Pleading for God's direction and protection

A request for God's divine wisdom and guidance in following
God's commandments

Weeping for those who do not follow in righteous ways



Meaning:
Mouth

The Lord's law is the truth

Psalm 119:137-144

ז TZADDI

Righteous in the Lord

Being righteous and faithful

Testify of being righteous

Devotion and enemies of the Lord have been forgotten

God's word is pure

Even though we are small and insignificant we can not forget
God's law

Righteous law is everlasting

Trials will not overpower us

Righteousness and truthfulness is everlasting



Meaning:
Righteous
Hunt

*O Lord, hear the voice of Thy servants according to
Thy loving kindness
Psalm 119:145-152*

י KOPH

Ernest praises to keep God's commandments

Ernest praises to keep your testimony

Ernest prayer and study before the sun rises

Prayer and meditation throughout the day

Hear our praises, the Lord is loving and kind

There are those who live unrighteously

The Lord's commandments are true

The testimonies that have been spoken by prophets of old are
forever



Meaning:
Monkey

Great are Thy tender mercies, O Lord

Psalm 119:153-160

ר RESH

We should not forget God's law in your afflictions

Divine intervention and spiritual renewal

Those who live contrary to God's will

God's mercy and pleading to be given life

Persecution from others

Saddened for those who do not keep God's commandments

Truth and eternal nature of a loving and kind God

God's word has been truthful from the beginning and will be to the end



Meaning:

Poor

Evil

Head

Those who love the Lord's law have peace

Psalms 119:161-168

ש SCHIN

During afflictions and trials we should remain true to the commandments

Intense joy and value placed on God's word

Being true to one's self

Pray 7 times a day. 7 means complete, pray as often as needed to feel secure

Those who love the Lord's law will have peace

A plea for salvation unto the Lord

Testify of these things

Keep the commandments and testify of them



Meaning:

Tooth

Steadfast

Change

Return

Year

All the Lord's commandments are righteous

Psalms 119:169-175

ת TAU

Prayer to God to be heard and for spiritual enlighten

Deep love for God's word and asking for understanding

Receiving gratitude and joy in understanding God's instructions

God's commands are the standard of righteousness

Help for those who keep God's commandments

Salvation for those who long for God's approval

God's divine instructions

The full context of Psalm 119 is a meditation on the beauty, wisdom, and importance of God's law and commandments in the life of a believer. The final verse cited serves as a heartfelt plea for God to seek out the speaker who feels lost, while simultaneously affirming their unwavering devotion to divine principles



Meaning:

Truth

Sign

Life and Death

Sources:

1. Ellis T. Rasmussen, *A Latter-day Saint Commentary on the Old Testament* [1993], 455
2. President Henry B. Eyring April 2007 Gen. Conf. “Walk in the Light”

Other Sources:

https://www.chabad.org/library/article_cdo/aid/137073/jewish/Aleph.htm#Meaning