

Evaluation of Desperate Dependency

We have included Psalm 119 here as a personal evaluation tool to assist you in determining your status as an individual who is desperately dependent on God. This exercise is not designed to create a monument to your success or failure as a Christian. Rather, allow it to serve as a compass that establishes a “true north” so you may align your path to arrive at the ultimate destination of Christlikeness. The author of this psalm testifies to the paths he has taken along his course of relating to God. Therefore this instrument may also offer guidance for your direction as you attempt to follow the way to godliness.

Warren Wiersbe offers this introduction to Psalm 119:

This psalm is special in several ways. It is the longest psalm (176 verses), and it is an acrostic psalm, following the letters of the Hebrew alphabet. In most editions of the Bible, the twenty-two sections of this psalm are headed by the successive letters of the Hebrew alphabet (Aleph, Beth, Gimel, etc.). In the Hebrew Bible, each verse in a section begins with that Hebrew letter. For example, all the verses in the “aleph” section (vv. 1–8) begin with the Hebrew letter “aleph.” Look at the “teth” section (vv. 65–72) and start v. 67 with “Til” and v. 71 with “Tis,” and you will have each line starting with the English letter “T” (which is the same as the Hebrew “teth”). The Jews wrote in this fashion to help them memorize the Scriptures so they could meditate on God’s Word. We do not know who wrote this psalm, although the writer refers to himself many times. He was suffering for his love for God’s Law (vv. 22, 50–53, 95, 98, 115), yet he had

determined to obey the Word regardless of the cost. All but five verses mention the Word of God in one way or another. The exceptions are vv. 84, 90, 121, 122, and 132. God is referred to in every verse. . . . Each section has eight verses. . . . The word “eight” in Hebrew literally means “abundance, more than enough”; it is the number of new beginnings. It is as though the writer is saying, “God’s Word is enough. If you have the Scriptures, that is all you need for life and godliness.” Indeed the Bible points us to Christ: He is the Living Word about whom the written Word speaks.¹

As you read through this psalm, mark the verses that *currently* and *consistently* (more often than not) describe you. We have also created a personalization of each verse so that you can more easily determine an accurate assessment. Since Psalm 119 is composed of 176 verses, it may be necessary to complete this review in stages. Take your time, and allow God to use this exercise to draw you closer to Himself.

Psalm 119

Aleph (א)

¹Joyful are people of integrity, / who follow the instructions of the LORD.

I am joyful, have integrity, and follow the instructions of the LORD.

²Joyful are those who obey his laws / and search for him with all their hearts.

I obey the laws of the LORD, am joyful, and search for the LORD with all of my heart.

³They do not compromise with evil, / and they walk only in his paths.

I do not compromise with evil and walk only in the LORD’s paths.

⁴You have charged us / to keep your commandments carefully.

I keep the LORD's commandments carefully.

⁵Oh, that my actions would consistently / reflect your decrees!

I wish that my actions would consistently reflect the decrees of the LORD!

⁶Then I will not be ashamed / when I compare my life with your commands.

I am not ashamed when I compare my life with the commands of the LORD.

⁷As I learn your righteous regulations, / I will thank you by living as I should!

I learn the righteous regulations of the LORD and thank the LORD by living as I should.

⁸I will obey your decrees. / Please don't give up on me!

I obey the decrees of the LORD.

Beth (2)

⁹How can a young person stay pure? / By obeying your word.

I stay pure by obeying the word of the LORD.

¹⁰I have tried hard to find you— / don't let me wander from your commands.

I have tried hard to find the LORD. I desire to follow the LORD's commands.

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

I have hidden the word of the LORD in my heart so that I might not sin against Him.

¹²I praise you, O LORD; / teach me your decrees.

I praise the LORD and desire to learn His decrees.

¹³I have recited aloud / all the regulations you have given us.

I recite aloud the regulations the LORD has given me.

¹⁴I have rejoiced in your laws / as much as in riches.

I rejoice in the LORD's laws as much as I would rejoice in being rich.

¹⁵I will study your commandments / and reflect on your ways.

I study the LORD's commandments and reflect on the ways of the LORD.

¹⁶I will delight in your decrees / and not forget your word.

I delight in the decrees of the LORD and do not forget the word of the LORD.

Gimel (ג)

¹⁷Be good to your servant, / that I may live and obey your word.

God enables me to live and obey His word.

¹⁸Open my eyes to see / the wonderful truths in your instructions.

I ask the LORD to open my eyes to see the wonderful truths in His instructions.

¹⁹I am only a foreigner in the land. / Don't hide your commands from me!

I feel like I don't belong, so I ask the LORD to reveal His commands to me.

²⁰I am always overwhelmed / with a desire for your regulations.

I am overwhelmed with a desire for the LORD's regulations.

²¹You rebuke the arrogant; / those who wander from your commands are cursed.

The LORD disciplines me when I am arrogant or wander from His commands.

²²Don't let them scorn and insult me, / for I have obeyed your laws.

I ask the LORD to protect me because I obey the laws of the LORD.

²³Even princes sit and speak against me, / but I will meditate on your decrees.

I meditate on the decrees of the LORD even when others speak against me.

²⁴Your laws please me; / they give me wise advice.

The laws of the LORD please me and give me wise advice.

Daleth (7)

²⁵I lie in the dust; / revive me by your word.

When I feel like I am lying in the dust, the word of the LORD revives me.

²⁶I told you my plans, and you answered. / Now teach me your decrees.

*I told the LORD my plans and He answered me. Now I ask the LORD to teach me
His plans.*

²⁷Help me understand the meaning of your commandments, / and I will meditate on your
wonderful deeds.

*I ask the LORD to help me understand the meaning of His commandments. I
meditate on His wonderful deeds.*

²⁸I weep with sorrow; / encourage me by your word.

When I weep with sorrow I ask the LORD to encourage me by His word.

²⁹Keep me from lying to myself; / give me the privilege of knowing your instructions.

*I ask the LORD to keep me from lying to myself because I want the privilege of
knowing His instructions.*

³⁰I have chosen to be faithful; / I have determined to live by your regulations.

I am faithful and determined to live by the LORD's regulations.

³¹I cling to your laws. / LORD, don't let me be put to shame!

I cling to the laws of the LORD. I ask the LORD to not let me be put to shame.

³²I will pursue your commands, / for you expand my understanding.

I pursue the commands of the LORD because He expands my understanding.

He (7)

³³Teach me your decrees, O LORD; / I will keep them to the end.

I ask the LORD to teach me His decrees. I will follow the LORD's decrees to the end.

³⁴Give me understanding and I will obey your instructions; / I will put them into practice with all my heart.

I ask the LORD to give me understanding so I can obey His instructions. I put His instructions into practice with all my heart.

³⁵Make me walk along the path of your commands, / for that is where my happiness is found.

I ask the LORD to make me walk along the path of His commands because I know that is where my happiness is found.

³⁶Give me an eagerness for your laws / rather than a love for money!

I ask the LORD to give me an eagerness for His laws rather than a love for money.

³⁷Turn my eyes from worthless things, / and give me life through your word.

I ask the LORD to turn my eyes from worthless things, and give me life through His word.

³⁸Reassure me of your promise, / made to those who fear you.

I ask the LORD to reassure me of His promises because I fear Him.

³⁹Help me abandon my shameful ways; / for your regulations are good.

I ask the LORD to help me abandon my shameful ways because I know His regulations are good.

⁴⁰I long to obey your commandments! / Renew my life with your goodness.

I long to obey the LORD's commandments. I ask the LORD to renew my life with His goodness.

Waw (י)

⁴¹LORD, give me your unfailing love, / the salvation that you promised me.

I ask the LORD to give me His unfailing love and the salvation that He promised me.

⁴²Then I can answer those who taunt me, / for I trust in your word.

I trust in the LORD and His word to provide answers in difficult situations.

⁴³Do not snatch your word of truth from me, / for your regulations are my only hope.

I am dependent on the LORD's word of truth. I know His regulations are my only hope.

⁴⁴I will keep on obeying your instructions / forever and ever.

I will keep on obeying the instructions of the LORD forever and ever.

⁴⁵I will walk in freedom, / for I have devoted myself to your commandments.

I will walk in freedom because I have devoted myself to the LORD's commandments.

⁴⁶I will speak to kings about your laws, / and I will not be ashamed.

I am not ashamed of the laws of the LORD even in the presence of those in authority over me.

⁴⁷How I delight in your commands! / How I love them!

I delight and love the commands of the LORD.

⁴⁸I honor and love your commands. / I meditate on your decrees.

I honor and love the commands of the LORD and I meditate on His decrees.

Zayin (ז)

⁴⁹Remember your promise to me; / it is my only hope.

I ask the LORD to remember His promise to me because I know it is my only hope.

⁵⁰Your promise revives me; / it comforts me in all my troubles.

The promise of the LORD revives me and comforts me in all my troubles.

⁵¹The proud hold me in utter contempt, / but I do not turn away from your instructions.

I continue to obey the instructions of the LORD even when the proud hold me in utter contempt.

⁵²I meditate on your age-old regulations; / O LORD, they comfort me.

I meditate on the age-old regulations of the LORD because they comfort me.

⁵³I become furious with the wicked, / because they reject your instructions.

I am furious with the wicked because they reject the instructions of the LORD.

⁵⁴Your decrees have been the theme of my songs / wherever I have lived.

The decrees of the LORD are central to my life wherever I am.

⁵⁵I reflect at night on who you are, O LORD; / therefore, I obey your instructions.

At night I reflect on who the LORD is; therefore, I obey His instructions.

⁵⁶This is how I spend my life: / obeying your commandments.

I spend my life obeying the commandments of the LORD.

Heth (π)

⁵⁷LORD, you are mine! / I promise to obey your words!

I have a personal relationship with the LORD. I promise to obey His words.

⁵⁸With all my heart I want your blessings. / Be merciful as you promised.

I want the LORD's blessings with all my heart. I ask the LORD to be merciful to me as He promised.

⁵⁹I pondered the direction of my life, / and I turned to follow your laws.

As I ponder the direction of my life, I turn to follow the laws of the LORD.

⁶⁰I will hurry, without delay, / to obey your commands.

I hurry, without delay, to obey the LORD's commands.

⁶¹Evil people try to drag me into sin, / but I am firmly anchored to your instructions.

I am firmly anchored to the instructions of the LORD even though evil people try to drag me into sin.

⁶²I rise at midnight to thank you / for your just regulations.

I rise at midnight to thank the LORD for His just regulations.

⁶³I am a friend to anyone who fears you— / anyone who obeys your commandments.

I am a friend to anyone who fears the LORD and anyone who obeys His commandments.

⁶⁴O LORD, your unfailing love fills the earth; / teach me your decrees.

I ask the LORD to teach me His decrees because His unfailing love fills the earth.

Teth (v)

⁶⁵You have done many good things for me, LORD, / just as you promised.

The LORD has done many good things for me just as He promised.

⁶⁶I believe in your commands; / now teach me good judgment and knowledge.

I believe in the LORD's commands and I ask Him to teach me good judgment and knowledge.

⁶⁷I used to wander off until you disciplined me; / but now I closely follow your word.

I used to wander off until the LORD disciplined me; but now I closely follow His word.

⁶⁸You are good and do only good; / teach me your decrees.

I ask the LORD to teach me His decrees because He is good and does only good.

⁶⁹Arrogant people smear me with lies, / but in truth I obey your commandments with all my heart.

Even though arrogant people smear me with lies, I obey the commandments of the LORD with all my heart.

⁷⁰Their hearts are dull and stupid, / but I delight in your instructions.

I delight in the instructions of the LORD, even when difficult people distress me.

⁷¹My suffering was good for me, / for it taught me to pay attention to your decrees.

I can say my suffering was good for me because it taught me to pay attention to the LORD's decrees.

⁷²Your instructions are more valuable to me / than millions in gold and silver.

I value the instructions of the LORD more than millions in gold and silver.

Yodh (י)

⁷³You made me; you created me. / Now give me the sense to follow your commands.

I ask the LORD to give me the sense to follow His commands because He made and created me.

⁷⁴May all who fear you find in me a cause for joy, / for I have put my hope in your word.

I put my hope in the word of the LORD and my life displays joy to those who fear the LORD.

⁷⁵I know, O LORD, that your regulations are fair; / you disciplined me because I needed it.

I know the regulations of the LORD are fair, and that He disciplined me because I needed it.

⁷⁶Now let your unfailing love comfort me, / just as you promised me, your servant.

When I am in distress I ask for the LORD's unfailing love to comfort me just as He promised.

⁷⁷Surround me with your tender mercies so I may live, / for your instructions are my delight.

I ask the LORD to surround me with His tender mercies so I may live, because I delight in His instructions.

⁷⁸Bring disgrace upon the arrogant people who lied about me; / meanwhile, I will concentrate on your commandments.

I concentrate on the LORD's commandments, even though arrogant people have lied about me.

⁷⁹Let me be united with all who fear you, / with those who know your laws.

My social support system is comprised of those who fear the LORD and those who know the laws of the LORD.

⁸⁰May I be blameless in keeping your decrees; / then I will never be ashamed.

I am blameless in keeping the decrees of the LORD, and I am not ashamed.

Kaph (כ)

⁸¹I am worn out waiting for your rescue, / but I have put my hope in your word.

When I am worn out waiting for the LORD's rescue, I put my hope in His word.

⁸²My eyes are straining to see your promises come true. / When will you comfort me?

Even when I cannot feel the comfort of the LORD, my eyes continue to strain to see His promises come true.

⁸³I am shriveled like a wineskin in the smoke, / but I have not forgotten to obey your decrees.

Even when I feel like I am withering, I continue to obey the decrees of the LORD.

⁸⁴How long must I wait? / When will you punish those who persecute me?

I ask the LORD to punish those who persecute me, even though I want to see justice immediately.

⁸⁵These arrogant people who hate your instructions / have dug deep pits to trap me.

Arrogant people dig pits to trap me because they hate the LORD's instructions.

⁸⁶All your commands are trustworthy. / Protect me from those who hunt me down without cause.

I ask the LORD to protect me from those who hunt me down without cause. I trust in the LORD's commands because they are trustworthy.

⁸⁷They almost finished me off, / but I refused to abandon your commandments.

I refuse to abandon the commandments of the LORD even when I am worn out from opposition.

⁸⁸In your unfailing love, spare my life; / then I can continue to obey your laws.

Because of the LORD's unfailing love, I ask Him to spare my life in the face of opposition so I can continue to obey His laws.

Lamedh (ל)

⁸⁹Your eternal word, O LORD, / stands firm in heaven.

I believe the word of the LORD is eternal and stands firm in heaven.

⁹⁰Your faithfulness extends to every generation, / as enduring as the earth you created.

I believe that the faithfulness of the LORD is as enduring as the earth He created, extending to every generation.

⁹¹Your regulations remain true to this day, / for everything serves your plans.

I believe the regulations of the LORD are still relevant and that everything serves His plans.

⁹²If your instructions hadn't sustained me with joy, / I would have died in my misery.

I would die in my misery if the instructions of the LORD did not sustain me with joy.

⁹³I will never forget your commandments, / for by them you give me life.

I will never forget the LORD's commandments, for by them He gives me life.

⁹⁴I am yours; rescue me! / For I have worked hard at obeying your commandments.

I ask the LORD to rescue me because I am His. I work hard at obeying the commandments of the LORD.

⁹⁵Though the wicked hide along the way to kill me, / I will quietly keep my mind on your laws.

I am not distracted by the wicked that try to destroy me. I quietly keep my mind on the laws of the LORD.

⁹⁶Even perfection has its limits, / but your commands have no limit.

Perfectionism is not my goal because the commands of the LORD are my highest goal.

Mem (2)

⁹⁷Oh, how I love your instructions! / I think about them all day long.

I love the LORD's instructions, and I think about them all day long.

⁹⁸Your commands make me wiser than my enemies, / for they are my constant guide.

The commands of the LORD are my constant guide. They make me wiser than my enemies.

⁹⁹Yes, I have more insight than my teachers, / for I am always thinking of your laws.

I have more insight than my teachers because I am always thinking of the laws of the LORD.

¹⁰⁰I am even wiser than my elders, / for I have kept your commandments.

I am even wiser than my elders, because I keep the commandments of the LORD.

¹⁰¹I have refused to walk on any evil path, / so that I may remain obedient to your word.

I refuse to walk on any evil path, so that I may remain obedient to the word of the LORD.

¹⁰²I haven't turned away from your regulations, / for you have taught me well.

I do not turn away from the regulations of the LORD, because He has taught me well.

¹⁰³How sweet your words taste to me; / they are sweeter than honey.

I experience the words of the LORD as sweeter than honey.

¹⁰⁴Your commandments give me understanding; / no wonder I hate every false way of life.

I hate every false way of life because the commandments of the LORD give me understanding.

Nun (2)

¹⁰⁵Your word is a lamp to guide my feet / and a light for my path.

The word of the LORD is a lamp to guide my feet and a light for my path.

¹⁰⁶I've promised it once, and I'll promise it again: / I will obey your righteous regulations.

I promise to obey the righteous regulations of the LORD.

¹⁰⁷I have suffered much, O LORD; / restore my life again as you promised.

Even though I have suffered much, I believe the LORD will restore my life again as He promised.

¹⁰⁸LORD, accept my offering of praise, / and teach me your regulations.

I ask the LORD to accept my offering of praise and to teach me His regulations.

¹⁰⁹My life constantly hangs in the balance, / but I will not stop obeying your instructions.

Even though my life constantly hangs in the balance I will not stop obeying the instructions of the LORD.

¹¹⁰The wicked have set their traps for me, / but I will not turn from your commandments.

I will not turn from the commandments of the LORD, even though the wicked set traps for me.

¹¹¹Your laws are my treasure; / they are my heart's delight.

The laws of the LORD are my treasure and my heart's delight.

¹¹²I am determined to keep your decrees / to the very end.

I am determined to keep the decrees of the LORD to the very end.

Samekh (ס)

¹¹³I hate those with divided loyalties, / but I love your instructions.

I hate those with divided loyalties, but I love the instructions of the LORD.

¹¹⁴You are my refuge and my shield; / your word is my source of hope.

The LORD is my refuge and my shield; His word is my source of hope.

¹¹⁵Get out of my life, you evil-minded people, / for I intend to obey the commands of my God.

I set boundaries with evil-minded people, because I intend to obey the commands of my God.

¹¹⁶LORD, sustain me as you promised, that I may live! / Do not let my hope be crushed.

When I feel my hope is being crushed, I ask the LORD to sustain me as He promised, so I may live.

¹¹⁷Sustain me, and I will be rescued; / then I will meditate continually on your decrees.

I ask the LORD to sustain me so I will be rescued; then I meditate continually on His decrees.

¹¹⁸But you have rejected all who stray from your decrees. / They are only fooling themselves.

I do not fool myself by straying from the decrees of the LORD.

¹¹⁹You skim off the wicked of the earth like scum; / no wonder I love to obey your laws!

I love to obey the laws of the LORD, because He skims off the wicked of the earth like scum.

¹²⁰I tremble in fear of you; / I stand in awe of your regulations.

I tremble in fear of the LORD; I stand in awe of His regulations.

Ayin (2)

¹²¹Don't leave me to the mercy of my enemies, / for I have done what is just and right.

I do what is just and right, so I ask the LORD to not leave me to the mercy of my enemies.

¹²²Please guarantee a blessing for me. / Don't let the arrogant oppress me!

I ask the LORD to guarantee a blessing for me. I also ask the LORD to not let the arrogant oppress me.

¹²³My eyes strain to see your rescue, / to see the truth of your promise fulfilled.

My eyes strain to see the rescue of the LORD and to see the truth of His promise fulfilled.

¹²⁴I am your servant; deal with me in unfailing love, / and teach me your decrees.

I am a servant of the LORD. I ask Him to deal with me in unfailing love and to teach me His decrees.

¹²⁵Give discernment to me, your servant; / then I will understand your laws.

I ask the LORD to give me discernment so I will understand His laws.

¹²⁶LORD, it is time for you to act, / for these evil people have violated your instructions.

I am confident that the LORD will punish evil people who violate His instructions.

¹²⁷Truly, I love your commands / more than gold, even the finest gold.

I love the commands of the LORD more than gold, even the finest gold.

¹²⁸Each of your commandments is right. / That is why I hate every false way.

I hate every false way, because each of the LORD's commandments is right.

Pe (פ)

¹²⁹Your laws are wonderful. / No wonder I obey them!

I obey the LORD's laws because they are wonderful.

¹³⁰The teaching of your word gives light, / so even the simple can understand.

The teaching of the LORD's word gives light so even I can understand.

¹³¹I pant with expectation, / longing for your commands.

I pant with expectation, longing for the commands of the LORD.

¹³²Come and show me your mercy, / as you do for all who love your name.

I ask the LORD to come and show me His mercy, as He does for all who love His name.

¹³³Guide my steps by your word, / so I will not be overcome by evil.

I ask the LORD to guide my steps by His word, so I will not be overcome by evil.

¹³⁴Ransom me from the oppression of evil people; / then I can obey your commandments.

I ask the LORD to ransom me from the oppression of evil people so that I can obey His commandments.

¹³⁵Look upon me with love; / teach me your decrees.

I ask the LORD to look upon me with love and teach me His decrees.

¹³⁶Rivers of tears gush from my eyes / because people disobey your instructions.

Rivers of tears gush from my eyes because people disobey the instructions of the LORD.

Tsadhe (צד)

¹³⁷O LORD, you are righteous, / and your regulations are fair.

I believe the LORD is righteous and all His regulations are fair.

¹³⁸Your laws are perfect / and completely trustworthy.

I believe the laws of the LORD are perfect and completely trustworthy.

¹³⁹I am overwhelmed with indignation, / for my enemies have disregarded your words.

I am overwhelmed with anger because my enemies have disregarded the words of the LORD.

¹⁴⁰Your promises have been thoroughly tested; / that is why I love them so much.

I love the promises of the LORD, because I know they are valid.

¹⁴¹I am insignificant and despised, / but I don't forget your commandments.

Even when I feel insignificant and despised I do not forget the commandments of the LORD.

¹⁴²Your justice is eternal, / and your instructions are perfectly true.

I believe the justice of the LORD is eternal and His instructions are perfectly true.

¹⁴³As pressure and stress bear down on me, / I find joy in your commands.

As pressure and stress bear down on me, I find joy in the commands of the LORD.

¹⁴⁴Your laws are always right; / help me to understand them so I may live.

I know the LORD's laws are always right. I ask the LORD to help me understand His laws so I may live.

Qoph (?)

¹⁴⁵I pray with all my heart; answer me, LORD! / I will obey your decrees.

I pray with all my heart for the LORD to answer me. I will obey His decrees.

¹⁴⁶I cry out to you; rescue me, / that I may obey your laws.

I cry out to the LORD to rescue me so that I may obey His laws.

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

I rise early, before the sun is up; I cry out for help and put my hope in the words of the LORD.

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

I stay awake through the night thinking about the LORD's promise.

¹⁴⁹In your faithful love, O LORD, hear my cry; / let me be revived by following your regulations.

I ask the LORD in His faithful love to hear my cry and let me be revived by following His regulations.

¹⁵⁰Lawless people are coming to attack me; / they live far from your instructions.

I trust the LORD even when lawless people are coming to attack me, because they live far from the LORD's instructions.

¹⁵¹But you are near, O LORD, / and all your commands are true.

I believe the LORD is near and all His commands are true.

¹⁵²I have known from my earliest days / that your laws will last forever.

I have known from my earliest days that the laws of the LORD will last forever.

Resh (7)

¹⁵³Look upon my suffering and rescue me, / for I have not forgotten your instructions.

I do not forget the instructions of the LORD even when I am suffering and I ask Him to rescue me.

¹⁵⁴Argue my case; take my side! / Protect my life as you promised.

I ask the LORD to argue my case, take my side and to protect my life as He promised.

¹⁵⁵The wicked are far from rescue, / for they do not bother with your decrees.

I believe the wicked cannot be rescued, because they do not bother with the decrees of the LORD.

¹⁵⁶LORD, how great is your mercy; / let me be revived by following your regulations.

I praise the LORD for His great mercy and I ask Him to let me be revived by following His regulations.

¹⁵⁷Many persecute and trouble me, / yet I have not swerved from your laws.

I do not swerve from the laws of the LORD, even though many people persecute and trouble me.

¹⁵⁸Seeing these traitors makes me sick at heart, / because they care nothing for your word.

I am sick at heart when I see traitors, because they do not care for the word of the LORD.

¹⁵⁹See how I love your commandments, LORD. / Give back my life because of your unfailing love.

I ask the LORD to give back my life because of His unfailing love and because it is evident how much I love His commandments.

¹⁶⁰The very essence of your words is truth; / all your just regulations will stand forever.

I believe the very essence of the LORD's words is truth and that all His just regulations will stand forever.

Shin (ש)

¹⁶¹Powerful people harass me without cause, / but my heart trembles only at your word.

Powerful people may harass me without cause, but my heart trembles only at the word of the LORD.

¹⁶²I rejoice in your word / like one who discovers a great treasure.

I rejoice in the word of the LORD like one who discovers a great treasure.

¹⁶³I hate and abhor all falsehood, / but I love your instructions.

I hate and abhor all falsehood, but I love the instructions of the LORD.

¹⁶⁴I will praise you seven times a day / because all your regulations are just.

I will praise the LORD seven times a day because all His regulations are just.

¹⁶⁵Those who love your instructions have great peace / and do not stumble.

I have great peace and do not stumble, because I love the instructions of the LORD.

¹⁶⁶I long for your rescue, LORD, / so I have obeyed your commands.

I long for the LORD's rescue, so I have obeyed His commands.

¹⁶⁷I have obeyed your laws, / for I love them very much.

I obey the laws of the LORD because I love them very much.

¹⁶⁸Yes, I obey your commandments and laws / because you know everything I do.

I obey the commandments and laws of the LORD, because He knows everything I do.

Taw (7)

¹⁶⁹O LORD, listen to my cry; / give me the discerning mind you promised.

I ask the LORD to listen to my cry and give me the discerning mind that He promised.

¹⁷⁰Listen to my prayer; / rescue me as you promised.

I ask the LORD to listen to my prayer and rescue me as He promised.

¹⁷¹Let praise flow from my lips, / for you have taught me your decrees.

Praise flows from my lips, because the LORD has taught me His decrees.

¹⁷²Let my tongue sing about your word, / for all your commands are right.

I sing about the word of the LORD, because all His commands are right.

¹⁷³Give me a helping hand, / for I have chosen to follow your commandments.

I ask the LORD for a helping hand, because I have chosen to follow His commandments.

¹⁷⁴O LORD, I have longed for your rescue, / and your instructions are my delight.

I long for the rescue of the LORD, because His instructions are my delight.

¹⁷⁵Let me live so I can praise you, / and may your regulations help me.

I ask the LORD to let me live so I can praise Him, and for His regulations to help me.

¹⁷⁶I have wandered away like a lost sheep; / come and find me, / for I have not forgotten your commands.

Even though I have wandered away like a lost sheep, I ask the LORD to come find me because I have not forgotten His commands.

Whew! Did you really read the whole psalm and evaluate each personalization statement, or did you just skip here to see what comes next? Maybe we should subtract some points for skipping!

The German word *langweilig* has frequently come to mind as I (Melanie) have worked through Psalm 119. The German/English dictionary translates the word as “tedious, wearisome, tiresome,”² but that still doesn’t convey the idea for me. Boring definitely doesn’t cut it either. But if you were to make the trip from Tennessee to China, the process would be *langweilig*. If you were looking for a needle in a jar of pins, that chore would be *langweilig*. Suppose you are preparing to move from your home of twenty-five years—that would be *langweilig*. Each of these examples has its rewards at the completion of the process, but the process itself is *langweilig*.

The overriding question throughout this *langweilig* exercise is to determine, “Am I desperately dependent in my relationship with the Lord, or do I continue in my independence from Him?” As I am striving to find Him relevant to every area of my life, these verses serve as a reminder of how He is relevant to my relationship responses, my thought life, my joys, my sorrows, my prayers, my praise, my standards, and my survival.

You may have noticed some patterns as you traveled the path of Psalm 119. For example, the multiplicity of personalization phrases containing the word *ask* points to the condition of your prayer life. The personalization phrases that use the word *believe* indicate your convictions and understanding that results in the application of specific truth. Did you mark only verses that offer you a personal reward? Did you check all the

verses that indicated dire circumstances? Did you select the passages you thought a significant person in your life would approve?

Perhaps you have realized as you proceeded through this exercise that you are incapable of arriving at the various milestones. Yay, God! That is the point! In and of yourself you are powerless to accomplish His purposes in your life! It is only through His divine enablement that we can be personally empowered to live as Christ lived and desires us to live. Remember, God has supplied everything that is necessary for life and godliness, but we must allow Him to accomplish His purposes in our lives.

How did you do? Count all your marks.

“I marked _____ of the 176 verses.”

Now prayerfully consider which category authentically describes you *currently* and *consistently*. Of course, these are not hard and concrete determinations, because we are humans who are prone to error and deception that may cause us to evaluate ourselves either better or worse than God sees us. But the following continuum can offer a basic understanding of the status of your relationship with God and the direction you are heading.

- Independent of God**—I am resistant to God working in my life. I want to be the captain of my own ship and determine my own direction. I am actually a very dependent person, but not dependent on God.

- Searching for God**—I recognize I have a need for God in my life. I’m not doing so well at making it on my own. I am looking for solutions in my life and

think God may be the answer. But I choose people, positions, and possessions to fill the God place in my life.

Desiring God—I want to have a relationship with God, so I am attempting to satisfy that yearning. I think I know what God wants, and I want what God wants, so I pray and ask for mercy and deliverance, but return to my sins soon after. I find myself desperate, but not desperately dependent on God. I want to be dependent, but I'm just not there. I'm set on doing it my way.

Connecting with God—I have a union with God that offers me fellowship. But I also have trust issues that result in fear and make me wonder, “If I turn everything over, what will happen?” I still have a long way to go, but I think I am on the right track. I am easily distracted from God's purpose, but I am learning that He is faithful and continuously pulling me back to Him. I am learning to depend on Him only.

Desperately dependent on God—I am not perfect, but I have an unwavering trust that He is the best and only option for navigating this life. He knows what is necessary for me, so I rely on His divine enablement for my personal empowerment as I pursue my greatest goal of glorifying Him. (If you believe you fall in this category, prayerfully consider if you actually completed the exercise honestly, or if you were merely choosing what you want to be true of you.)

If you are really brave and want to know more about yourself, you might consider asking someone close to you to complete the Evaluation of Desperate Dependency with you in mind. God does place people in our lives to assist us in our growth process. But if you are resistant to another's assessment and feedback, there is the potential that your relationship will be scarred as a result. However, if someone completes the exercise on your behalf, your relationship may be strengthened because of the authentication of their commitment to your maturity.

Insight Journal

1. What has God shown you about yourself through this evaluation?
2. What has God revealed about Himself through this assessment?
3. How will you respond to the insight you have gained?