

MORD WIEW

PARALLEL BIBLE JOURNAL
PSALM 119

BY WORDVIEW MINISTRIES

PSALM 119

Selected Portions Parallel Bible Journal

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ABOUT WORDVIEW



WORDview Ministries exists to teach and encourage others in how to read God's word for personal life-change, church renewal, and community transformation.

Our Purpose: Developing a "Word-View"

Everyone has a worldview, your set of values and beliefs about life and why it is the way it is. Ultimately it is your worldview that determines your behavior, decisions, habits, character, and destiny. Wrong thinking produces wrong living, often with painful consequences.

Our need is to develop an accurate worldview, and the only reliable source is the inspired, enduring Word of God, the Bible. The real issue is "What is your Word-view?" Do you view life through the lens of God's Word?

Romans 12:2 says, "... be transformed by the renewing of your mind, that you may prove (discern, recognize) what the will of God is, that which is good and acceptable and perfect." (NAS) Our desire at WORDview Ministries is to equip others to be able to view life and their relationship with Christ through God's Word.



WHAT IS THE WORDVIEW QUIET TIME?

The WORDview Quiet Time is a unique form of "meditative reading" whereby participants read a short daily passage three times in three different Bible translations. Then, using a simple five-step process, discern God's voice and respond to His Word through journaling and prayer.

The WORDview Quiet Time is designed to be used with WORDview Reading Plans that break Bible books into short passages for daily reading. Each daily reading is designed for "inspiration, not perspiration." The projected time commitment is just fifteen minutes a day, five days a week, with an option for further reading, meditation, or study on the other two days each week, as desired.

WORDview Quiet Times are based on Jesus' teaching and personal example from Matthew 4:4 — "Man shall not live on bread alone, but on every word that proceeds out of the mouth of God" (NASB). In this passage, the term "word" means "a specific, personal saying or message from God." The idea is that as we read the Bible God speaks to us personally concerning our specific, daily needs and living His will for our lives. We are told to seek to hear from Him each day as our necessary "daily bread."

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DECIDE ON YOUR SPECIFIC TIME

The best time to have your WORDview Quiet Time is when you are at your best. However, it is highly recommended that you begin each day with your quiet time for several reasons. Often, if God doesn't get the first part of our day, He doesn't get the best part of our day. It seems best to start your day by hearing from God to set the pace for the whole day. We see many examples in the Bible of those whom God used who started the day by meeting with Him (Abraham, David, Jesus, Moses, etc.). Whatever time you choose, stick with it and be consistent.

Very early in the morning, while it was still dark, Jesus got up, left the house and went to a solitary place, where he prayed. — Mark 1:35 (NIV)

- 66 ----

"Jesus left the city and went, as he usually did, to the Mount of Olives ... to pray." — Luke 22:39 (GNT)

DESIGNATE YOUR SPECIAL PLACE

Choose your own special place where you will meet with God each morning. Leave your Bible and Journal there to remind you to begin each day by meeting with Him.

GATHER THE RESOURCES YOU WILL NEED

A pen and this unique WORDview Parallel Bible Journal are all you need!

FOLLOW THE SIMPLE WORDVIEW FORMAT:

Lord concerning your requests.

RELAX | 1 MINUTE Quiet your spirit and clear your mind of distractions. Pray, asking the Holy Spirit to speak God's specific instructions to your life through the written Word. **READ | 4 -5 MINUTES** 2 Prayerfully and thoughtfully read the passage several times, each time in a different translation. Use a dictionary to clarify word definitions but resist the temptation to use a commentary. REFLECT | 4 - 5 MINUTES 3 What did God say to me? Journal what God said, or drew your attention to, today. As you read, did you learn a new truth? Do you feel conviction with a desire to correct? Are you being trained in righteousness? RESPOND | 4 - 5 MINUTES 4 What am I going to do about it? Journal what you will DO because of what God said to you. (Use the S.P.A.C.E. questions located on each journal page for help with this step.) **REQUEST | 3 - 4 MINUTES** 5

FOR MORE RESOURCES.

What am I going to pray about? Journal prayer requests specific to your reflection and response and spend your final minutes in conversation with the

WEEK

my eyes to see wonderful things in your word.

- Psalm 119:18 -

DAY 1 | PSALM 119:1-8

NASB

Blessed are those whose way is blameless, who walk in the Law of the LORD. 2 Blessed are those who comply with His testimonies, and seek Him with all their heart. 3 They also do no injustice; they walk in His ways. 4 You have ordained Your precepts, that we are to keep them diligently. 5 Oh that my ways may be established to keep Your statutes! 6 Then I will not be ashamed when I look at all Your commandments. 7 I will give thanks to You with uprightness of heart, when I learn Your righteous judgments. 8 I will keep Your statutes; Do not utterly abandon me!

GW

Happy are those whose lives are faultless, who live according to the law of the Lord. 2 Happy are those who follow his commands, who obey him with all their heart. 3 They never do wrong; they walk in the Lord's ways. 4 Lord, you have given us your laws and told us to obey them faithfully. 5 How I hope that I shall be faithful in keeping your instructions! 6 If I pay attention to all your commands, then I will not be put to shame. 7 As I learn your righteous judgments, I will praise you with a pure heart. 8 I will obey your laws; never abandon me!

NLT

Joyful are people of integrity, who follow the instructions of the LORD. 2 Joyful are those who obey his laws and search for him with all their hearts. 3 They do not compromise with evil, and they walk only in his paths. 4 You have charged us to keep your commandments carefully. 5 Oh, that my actions would consistently reflect your decrees! 6 Then I will not be ashamed when I compare my life with your commands. 7 As I learn your righteous regulations, I will thank you by living as I should! 8 I will obey your decrees. Please don't give up on me!

TLB

Happy are all who perfectly follow the laws of God. 2 Happy are all who search for God and always do his will, 3 rejecting compromise with evil and walking only in his paths. 4 You have given us your laws to obey— 5 oh, how I want to follow them consistently. 6 Then I will not be disgraced, for I will have a clean record. 7 After you have corrected me, I will thank you by living as I should! 8 I will obey! Oh, don't forsake me and let me slip back into sin again.

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Sin to forsak	re?	Promise	Attitude	Command	Example to follow?

DAY 2 | PSALM 119:9-16

NASB

How can a young man keep his way pure? By keeping it according to Your word. 10 With all my heart I have sought You; Do not let me wander from Your commandments. 11 I have treasured Your word in my heart, so that I may not sin against You. 12 Blessed are You, LORD; Teach me Your statutes. 13 With my lips I have told of all the ordinances of Your mouth. 14 I have rejoiced in the way of Your testimonies, as much as in all riches. 15 I will meditate on Your precepts and regard Your ways. 16 I shall delight in Your statutes; I will not forget Your word.

NLT

How can a young person stay pure? By obeying your word. 10 I have tried hard to find you—don't let me wander from your commands. 11 I have hidden your word in my heart, that I might not sin against you. 12 I praise you, O LORD; teach me your decrees. 13 I have recited aloud all the regulations you have given us. 14 I have rejoiced in your laws as much as in riches. 15 I will study your commandments and reflect on your ways. 16 I will delight in your decrees and not forget your word.

GW

How can a young person keep his life pure? [He can do it] by holding on to your word. 10 I wholeheartedly searched for you. Do not let me wander away from your commandments. 11 I have treasured your promise in my heart so that I may not sin against you. 12 Thanks be to you, O LORD. Teach me your laws. 13 With my lips I have repeated every regulation that [comes] from your mouth. 14 I find joy in the way [shown by] your written instructions more than I find joy in all kinds of riches. 15 I want to reflect on your guiding principles and study your ways. 16 Your laws make me happy. I never forget your word.

TLB

How can a young man stay pure? By reading your Word and following its rules. 10 I have tried my best to find you—don't let me wander off from your instructions. 11 I have thought much about your words and stored them in my heart so that they would hold me back from sin. 12 Blessed Lord, teach me your rules. 13 I have recited your laws 14 and rejoiced in them more than in riches. 15 I will meditate upon them and give them my full respect. 16 I will delight in them and not forget them.

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DAY 3 | PSALM 119:17-24

NASB

Deal generously with Your servant, that I may live and keep Your word. 18 Open my eyes, that I may behold wonderful things from Your Law. 19 I am a stranger on the earth; Do not hide Your commandments from me. 20 My soul is crushed with longing for Your ordinances at all times. 21 You rebuke the arrogant, the cursed, who wander from Your commandments. 22 Take disgrace and contempt away from me, for I comply with Your testimonies. 23 Even though rulers sit and speak against me, Your servant meditates on Your statutes, 24 Your testimonies also are my delight; They are my advisers.

NLT

Be good to your servant, that I may live and obey your word. 18 Open my eyes to see the wonderful truths in your instructions. 19 I am only a foreigner in the land. Don't hide your commands from me! 20 I am always overwhelmed with a desire for your regulations. 21 You rebuke the arrogant; those who wander from your commands are cursed. 22 Don't let them scorn and insult me, for I have obeyed your laws. 23 Even princes sit and speak against me, but I will meditate on your decrees. 24 Your laws please me; they give me wise advice.

GW

Be kind to me so that I may live and hold on to your word. 18 Uncover my eyes so that I may see the miraculous things in your teachings. 19 I am a foreigner in this world. Do not hide your commandments from me. 20 My soul is overwhelmed with endless longing for your regulations. 21 You threaten arrogant people, who are condemned and wander away from your commandments. 22 Remove the insults and contempt that have fallen on me because I have obeyed your written instructions. 23 Even though influential people plot against me, I reflect on your laws. 24 Indeed, your written instructions make me happy. They are my best friends.

TLB

Bless me with life so that I can continue to obey you. 18 Open my eyes to see wonderful things in your Word. 19 I am but a pilgrim here on earth: how I need a map—and your commands are my chart and guide. 20 I long for your instructions more than I can tell. 21 You rebuke those cursed proud ones who refuse your commands—22 don't let them scorn me for obeying you. 23 For even princes sit and talk against me, but I will continue in your plans. 24 Your laws are both my light and my counselors.

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DAY 4 | PSALM 119:25-32

NASB

My soul clings to the dust; Revive me according to Your word. 26 I have told of my ways, and You have answered me; Teach me Your statutes. 27 Make me understand the way of Your precepts, and I will meditate on Your wonders. 28 My soul weeps because of grief; Strengthen me according to Your word. 29 Remove the false way from me, and graciously grant me Your Law. 30 I have chosen the faithful way; I have placed Your judgments before me. 31 I cling to Your testimonies; Lord, do not put me to shame! 32 I shall run the way of Your commandments, for You will enlarge my heart.

NLT

I lie in the dust; revive me by your word. 26 I told you my plans, and you answered. Now teach me your decrees. 27 Help me understand the meaning vour commandments, and I will meditate on your wonderful deeds. 28 I weep with sorrow; encourage me by your word. 29 Keep me from lying to myself; give me the privilege of knowing your instructions. 30 I have chosen to be faithful: I have determined to live by your regulations. 31 I cling to your laws. Lord, don't let me be put to shame! 32 I will pursue your commands, for you expand my understanding.

GW

I am close to death. Give me a new life as vou promised. 26 I told vou what I have done, and you answered me. Teach me your laws. 27 Help me understand your guiding principles so that I may reflect on your 28 I am drowning in tears. miracles. Strengthen me as you promised. 29 Turn me away from a life of lies. Graciously provide me with your teachings. 30 I have chosen a life of faithfulness. I have set your regulations in front of me. 31 I have clung tightly to your written instructions. O LORD, do not let me be put to shame. 32 I will eagerly pursue your commandments because you continue to increase my understanding.

TLB

I am completely discouraged—I lie in the dust. Revive me by your Word. 26 I told you my plans and you replied. Now give me your instructions. 27 Make me understand what you want; for then I shall see your miracles. 28 I weep with grief; my heart is heavy with sorrow; encourage and cheer me with your words. 29-30 Keep me far from every wrong; help me, undeserving as I am, to obey your laws, for I have chosen to do right. 31 I cling to your commands and follow them as closely as I can. Lord, don't let me make a mess of things. 32 If you will only help me to want your will, then I will follow your laws even more closely.

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DAY 5 | PSALM 119:33-40

NASB

Teach me, the way of Your statutes, Lord, and I shall comply with it to the end. 34 Give me understanding, so that I may comply with Your Law and keep it with all my heart. 35 Make me walk in the path of Your commandments, for I delight in it. 36 Incline my heart to Your testimonies, and not to dishonest gain. 37 Turn my eyes away from looking at what is worthless, and revive me in Your ways. 38 Establish Your word to Your servant as that which produces reverence for You. 39 Take away my disgrace which I dread, for Your judgments are good. 40 Behold, I long for Your precepts; Revive me through Your righteousness.

NLT

Teach me your decrees, O Lord; I will keep them to the end. 34 Give me understanding and I will obey your instructions; I will put them into practice with all my heart. 35 Make me walk along the path of your commands, for that is where my happiness is found. 36 Give me an eagerness for your laws rather than a love for money! 37 Turn my eyes from worthless things, and give me life through your word. 38 Reassure me of your promise, made to those who fear you. 39 Help me abandon my shameful ways; for your regulations are good. 40 I long to obey your commandments! Renew my life with your goodness.

GW

Teach me, O LORD, how to live by your laws, and I will obey them to the end. 34 Help me understand so that I can follow your teachings. I will guard them with all my heart. 35 Lead me on the path of your commandments, because I am happy with them. 36 Direct my heart toward your written instructions rather than getting rich in underhanded ways. 37 Turn my eyes away from worthless things. Give me a new life in your ways. 38 Keep your promise to me so that I can fear you. 39 Take away insults, which I dread, because your regulations are good. 40 I long for your guiding principles. Give me a new life in your righteousness.

TLB

Just tell me what to do and I will do it, Lord. As long as I live I'll wholeheartedly obey. 35 Make me walk along the right paths, for I know how delightful they really are. 36 Help me to prefer obedience to making money! 37 Turn me away from wanting any other plan than yours. Revive my heart toward you. 38 Reassure me that your promises are for me, for I trust and revere you. 39 How I dread being mocked for obeying, for your laws are right and good. 40 I long to obey them!

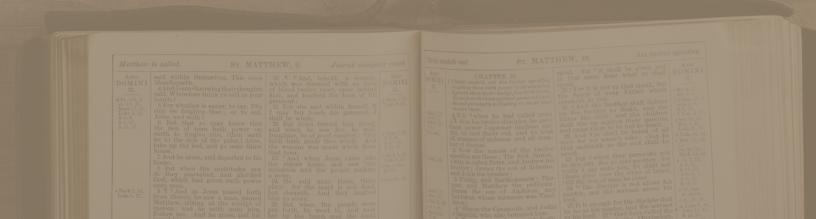
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WEEK

my footsteps

in Your word, and do not let any wrongdoing have power over me.

- Psalm 119:133 -



Remember - your WORDview
Quiet Time is designed for
"inspiration, not perspiration."

The emphasis is on spending time with the Lord!

DAY 6 | PSALM 119:65-72

NASB

You have treated Your servant well, Lord, according to Your word. 66 Teach me good discernment and knowledge, for I believe in Your commandments. 67 Before I was afflicted I went astray, but now I keep Your word. 68 You are good and You do good; Teach me Your statutes. 69 The arrogant have forged a lie against me; With all my heart I will comply with Your precepts. 70 Their heart is insensitive, like fat, but I delight in Your Law. 71 It is good for me that I was afflicted, so that I may learn Your statutes. 72 The Law of Your mouth is better to me than thousands of gold and silver pieces.

NLT

You have done many good things for me, Lord, just as you promised. 66 I believe in your commands; now teach me good judgment and knowledge. 67 I used to wander off until you disciplined me; but now I closely follow your word. 68 You are good and do only good; teach me your decrees. 69 Arrogant people smear me with lies. but in truth I obey your commandments with all my heart. 70 Their hearts are dull and stupid, but I delight in your instructions. 71 My suffering was good for me, for it taught me to pay attention to your decrees.72 Your instructions are more valuable to me than millions in gold and silver.

GW

You have treated me well, O LORD, as you promised. 66 Teach me [to use] good judgment and knowledge, because I believe in your commandments. 67 Before you made me suffer, I used to wander off, but now I hold on to your word. 68 You are good, and you do good things. Teach me vour laws. 69 Arrogant people have smeared me with lies, [yet] I obey your guiding principles with all my heart. 70 Their hearts are cold and insensitive, [yet] I am happy with your teachings. 71 It was good that I had to suffer in order to learn your laws. 72 The teachings [that come] from your mouth are worth more to me than thousands in gold or silver.

TLB

Lord, I am overflowing with your blessings, just as you promised. 66 Now teach me good judgment as well as knowledge. For your laws are my guide. 67 I used to wander off until you punished me; now I closely follow all you say. 68 You are good and do only good; make me follow your lead. 69 Proud men have made up lies about me, but the truth is that I obey your laws with all my heart. 70 Their minds are dull and stupid, but I have sense enough to follow you. 71-72 The punishment you gave me was the best thing that could have happened to me, for it taught me to pay attention to your laws. They are more valuable to me than millions in silver and gold!

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Sin to forsak	re?	Promise	Attitude	Command	Example to follow?

NASB

Forever, Lord, Your word stands in heaven. 90 Your faithfulness continues throughout generations; You established the earth, and it stands. 91 They stand this day by Your ordinances, for all things are Your servants. 92 If Your Law had not been my delight, then I would have perished in my misery. 93 I will never forget Your precepts, for by them You have revived me. 94 I am Yours, save me; for I have sought Your precepts. 95 The wicked wait for me to destroy me; I will diligently consider Your testimonies. 96 I have seen a limit to all perfection; Your commandment is exceedingly broad.

NLT

Your eternal word, O Lord, stands firm in heaven. 90 Your faithfulness extends to every generation, as enduring as the earth you created. 91 Your regulations remain true to this day, for everything serves your 92 If your instructions hadn't sustained me with joy, I would have died in my misery. 93 I will never forget your commandments, for by them you give me life. 94 I am yours; rescue me! For I have worked hard at obeying your commandments. 95 Though the wicked hide along the way to kill me, I will quietly keep my mind on your laws. 96 Even perfection has its limits, but your commands have no limit.

GW

O LORD, your word is established in 90 Your faithfulness heaven forever. endures throughout every generation. You set the earth in place, and it continues to stand. 91 All things continue to stand today because of your regulations, since they are all your servants. 92 If your teachings had not made me happy, then I would have died in my misery. 93 I will never forget your guiding principles, because you gave me a new life through them. 94 I am yours. Save me, because I have searched for your guiding principles. 95 The wicked people have waited for me in order to destroy me, [yet] I want to understand your written instructions. 96 I have seen a limit to everything else, [but] your commandments have no limit.

TLB

Forever, O Lord, your Word stands firm in heaven. 90-91 Your faithfulness extends to every generation, like the earth you created; it endures by your decree, for everything serves your plans. 92 I would have despaired and perished unless your laws had been my deepest delight. 93 I will never lay aside your laws, for you have used them to restore my joy and health. 94 I am yours! Save me! For I have tried to live according to your desires. 95 Though the wicked hide along the way to kill me, I will quietly keep my mind upon your promises. 96 Nothing is perfect except your words.

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NASB

How I love Your Law! It is my meditation all the day. 98 Your commandments make me wiser than my enemies, for they are ever mine. 99 I have more insight than all my teachers, For Your testimonies are my meditation. 100 I understand more than those who are old, because I have complied with Your precepts. 101 I have restrained my feet from every evil way, so that I may keep Your word. 102 I have not turned aside from Your judgments, for You Yourself have taught me. 103 How sweet are Your words to my taste! Yes, sweeter than honey to my mouth! 104 From Your precepts I get understanding; Therefore I hate every false way.

NLT

Oh, how I love your instructions! I think about them all day long. 98 Your commands make me wiser than my enemies, for they are my constant guide. 99 Yes, I have more insight than my teachers, for I am always thinking of your laws. 100 I am even wiser than my elders, for I have kept your commandments. 101 I have refused to walk on any evil path, so that I may remain obedient to your word. 102 I haven't turned away from your regulations, for you have taught me well. 103 How sweet your words taste to me; they are sweeter than honey. 104 Your commandments give me understanding; no wonder I hate every false way of life.

GW

Oh, how I love your teachings! They are in my thoughts all day long. 98 Your commandments make me wiser than my enemies, because your commandments are always with me. 99 I have more insight than all my teachers, because your written instructions are in my thoughts. 100 I have more wisdom than those with many years of experience, because I have obeyed your guiding principles. 101 I have kept my feet [from walking] on any evil path in order to obey your word. 102 I have not neglected your regulations, because you have taught me. 103 How sweet the taste of your promise is! It tastes sweeter than honey. 104 From your guiding principles I gain understanding. That is why I hate every path that leads to lying.

TLB

Oh, how I love them. I think about them all day long. 98 They make me wiser than my enemies because they are my constant guide. 99 Yes, wiser than my teachers, for I am ever thinking of your rules. 100 They make me even wiser than the aged. 101 I have refused to walk the paths of evil, for I will remain obedient to your Word. 102-103 No, I haven't turned away from what you taught me; your words are sweeter than honey. 104 And since only your rules can give me wisdom and understanding, no wonder I hate every false teaching.

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DAY 9 | PSALM 119:105-112

NASB

Your word is a lamp to my feet And a light to my path. 106 I have sworn and I will confirm it, that I will keep Your righteous judgments. 107 I am exceedingly afflicted; Revive me, Lord, according to Your word. 108 Be pleased to accept the voluntary offerings of my mouth, Lord, And teach me Your judgments. 109 My life is continually in my hand, yet I do not forget Your Law. 110 The wicked have set a trap for me, yet I have not wandered from Your precepts. 111 I have inherited Your testimonies forever, for they are the joy of my heart. 112 I have inclined my heart to perform Your statutes forever, even to the end.

NLT

Your word is a lamp to guide my feet and a light for my path. 106 I've promised it once, and I'll promise it again: I will obey your righteous regulations. 107 I have suffered much, O Lord; restore my life again as you promised. 108 Lord, accept my offering of praise, and teach me your regulations. 109 My life constantly hangs in the balance, but I will not stop obeying your instructions. 110 The wicked have set their traps for me, but I will not turn from your commandments. 111 Your laws are my treasure; they are my heart's delight. 112 I am determined to keep your decrees to the very end.

GW

Your word is a lamp for my feet and a light for my path. 106 I took an oath, and I will keep it. I took an oath to follow your regulations, which are based on your righteousness. 107 I have suffered so much. Give me a new life, O LORD, as you promised. 108 Please accept the praise I gladly give you, O LORD, and teach me your regulations. 109 I always take my life into my own hands, but I never forget your teachings. 110 Wicked people have set a trap for me, but I have never wandered away from your guiding principles. 111 Your written instructions are mine forever. They are the joy of my heart. 112 I have decided to obey your laws. They offer a reward that never ends.

TLB

Your words are a flashlight to light the path ahead of me and keep me from stumbling. 106 I've said it once and I'll say it again and again: I will obey these wonderful laws of yours. 107 I am close to death at the hands of my enemies; oh, give me back my life again, just as you promised me. 108 Accept my grateful thanks and teach me your desires. 109 My life hangs in the balance, but I will not give up obedience to your laws. 110 The wicked have set their traps for me along your path, but I will not turn aside. 111 Your laws are my joyous treasure forever. 112 I am determined to obey you until I die.

DATE:				RELAX:	READ:
REFLEC	CT: W	hat did God say t	o me?		
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GIVIN	G GC	DD S.P.A.C.E.	. TO WORK	IN MY LIFE	
Is there	a	Is there a	Is there an	Is there a	Is there an
Sin to forsak	re?	Promise	Attitude	Command	Example to follow?

DAY 10 | PSALM 119:129-136

NASB

Your testimonies are wonderful; Therefore my soul complies with them. 130 The unfolding of Your words gives light; It gives understanding to the simple. 131 I opened my mouth wide and panted, for I longed for Your commandments. 132 Turn to me and be gracious to me, as is right for those who love Your name. 133 Establish my footsteps in Your word, and do not let any wrongdoing have power over me. 134 Redeem me from oppression by man, so that I may keep Your precepts. 135 Make Your face shine upon Your servant, and teach me Your statutes. 136 My eyes shed streams of water, because they do not keep Your Law.

NLT

Your laws are wonderful. No wonder I obey them! 130 The teaching of your word gives light, so even the simple can understand. 131 I pant with expectation, longing for your commands. 132 Come and show me your mercy, as you do for all who love your name. 133 Guide my steps by your word, so I will not be overcome by evil. 134 Ransom me from the oppression of evil people; then I can obey your commandments. 135 Look upon me with love; teach me your decrees. 136 Rivers of tears gush from my eyes because people disobey your instructions.

GW

Your written instructions are miraculous. That is why I obey them. 130 Your word is a doorway that lets in light, and it helps gullible people understand. 131 I open my mouth and pant because I long for your commandments. 132 Turn toward me, and have pity on me as you have pledged to do for those who love your name. 133 Make my steps secure through your promise, and do not let any sin control me. 134 Save me from human oppression so that I may obey your guiding principles. 135 Smile on me, and teach me your laws. 136 Streams of tears flow from my eyes because others do not follow your teachings.

TLB

Your laws are wonderful; no wonder I obey them. 130 As your plan unfolds, even the simple can understand it. 131 No wonder I wait expectantly for each of your commands. 132 Come and have mercy on me as is your way with those who love you. 133 Guide me with your laws so that I will not be overcome by evil. 134 Rescue me from the oppression of evil men; then I can obey you. 135 Look down in love upon me and teach me all your laws. 136 I weep because your laws are disobeyed.

DATE:				RELAX:	READ:
REFLEC	CT: W	hat did God say t	o me?		
RESPO	ND: \	What am I going to	o do about it? Us	e the S.P.A.C.E. que	estions below to
KESI O		nelp with this step		7	
REQUE	ST: W	/hat am I going to	pray about it?		
GIVIN	G GC	DD S.P.A.C.E	. TO WORK	IN MY LIFE	
Is there	a	Is there a	Is there an	Is there a	Is there an
Sin to forsak	re?	Promise	Attitude	Command	Example to follow?

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