

A Month of Readings and Reflection Through Psalm 119

Before You Begin:

We often feel that reading the Bible is such an ominous task. Some see it as too hard or too difficult. God gave His word to communicate with us, not to frustrate us. He wants us to read and apply the Word to our lives. The reality is that it is an incredible opportunity – an opportunity to hear consistently from God. Make a decision today to expose yourself daily to the Word by reading and seeking His guidance. Join us in making a priority of “Meditating Upon the Word” as we embrace 2026! This month we will be reading through Psalm 119 – an entire Psalm dedicated to the Word of God!

Tips for Your Reading:

1. Begin with Prayer. Ask God to give you wisdom and insight into the reading. Also, ask God to help you to be ready to hear from Him. Rejoice in His Word!
2. Read the Psalm. This Psalm is a prayer written in the form of poetry. After you read it, try to summarize what is said – what does this mean. You can underline and mark those words, phrases, and sentences which stand out to you as you read in order to see the emphases.
3. Pray the Psalm. After reading, use a verse or two from the assigned section as your prayer back to God.
4. Respond to the Psalm. Ask God what He desires for you to do – His Word always calls for action – worship, confession, encouragement, etc. Apply what you read.

*Note that this guide is utilizing the CSB translation.

January Bible Reading Tracker

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January 1st

The Blessing of Purity

Seeking God with the whole heart and walking in a blameless way.

Psalm 119:1-8

How happy are those whose way is blameless, who walk according to the Lord's instruction! 2 Happy are those who keep his decrees and seek him with all their heart. 3 They do nothing wrong; they walk in his ways. 4 You have commanded that your precepts be diligently kept. 5 If only my ways were committed to keeping your statutes! 6 Then I would not be ashamed when I think about all your commands. 7 I will praise you with an upright heart when I learn your righteous judgments. 8 I will keep your statutes; never abandon me.

Reflect

The psalmist desires to seek God with his "whole heart." Where does your heart feel currently divided or distracted? What is one practical way you can seek God wholeheartedly today?

January 2nd

The Cleansing

Hiding God's word in the heart to keep one's way pure.

Psalm 119:9-16

9 How can a young man keep his way pure? By keeping your word. 10 I have sought you with all my heart; don't let me wander from your commands. 11 I have treasured your word in my heart so that I may not sin against you. 12 Lord, may you be blessed; teach me your statutes. 13 With my lips I proclaim all the judgments from your mouth. 14 I rejoice in the way revealed by your decrees as much as in all riches. 15 I will meditate on your precepts and think about your ways. 16 I will delight in your statutes; I will not forget your word.

Reflect

Verse 9 asks, "How can a young man keep his way pure?" Identify one specific habit or thought pattern that needs to be cleansed or corrected by hiding the Word in your heart today.

January 3rd

Pray and reflect on what the Lord has taught you this week.

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January 4th

Sermon Notes

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Passage:

Preacher:

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January 5th

A Plea for Illumination

Asking God to open eyes to the wonders of His word amidst scorn.

Psalm 119:17-24

17 Deal generously with your servant so that I might live; then I will keep your word. 18 Open my eyes so that I may contemplate wondrous things from your instruction. 19 I am a resident alien on earth; do not hide your commands from me. 20 I am continually overcome with longing for your judgments. 21 You rebuke the arrogant, the ones under a curse, who wander from your commands. 22 Take insult and contempt away from me, for I have kept your decrees. 23 Though princes sit together speaking against me, your servant will think about your statutes; 24 your decrees are my delight and my counselors.

Reflect

The psalmist prays for eyes to see the "wondrous things" in the word. What is one specific command or promise in the word that God is using to encourage you?

January 6th

Revival from the Dust

Praying for renewal and restoration.

Psalm 119:25-32

25 My life is down in the dust; give me life through your word.
26 I told you about my life, and you answered me; teach me
your statutes. 27 Help me understand the meaning of your
precepts so that I can meditate on your wonders. 28 I am weary
from grief; strengthen me through your word. 29 Keep me from
the way of deceit and graciously give me your instruction. 30 I
have chosen the way of truth; I have set your ordinances before
me. 31 I cling to your decrees; Lord, do not put me to shame.
32 I pursue the way of your commands, for you broaden my
understanding.

Reflect

Think of a time when God encouraged you with His word, a
promise, or a story.

January 7th

The Path of Instruction

Asking for a heart that aligns with God's testimonies, not selfish gain.

Psalm 119:33-40

33 Teach me, Lord, the meaning of your statutes, and I will always keep them. 34 Help me understand your instruction, and I will obey it and follow it with all my heart. 35 Help me stay on the path of your commands, for I take pleasure in it. 36 Turn my heart to your decrees and not to dishonest profit. 37 Turn my eyes from looking at what is worthless; give me life in your ways. 38 Confirm what you said to your servant, for it produces reverence for you. 39 Turn away the disgrace I dread; indeed, your judgments are good. 40 How I long for your precepts! Give me life through your righteousness.

Reflect

What is the gain or reward (v. 36) you often seek instead of inclining your heart to God's testimonies? What specific sin do you need to ask God to turn your eyes away from?

January 8th

Confidence

Praying for realization of God's goodness
with a determination to live for Him.

Psalm 119:41-48

41 Let your faithful love come to me, Lord, your salvation, as you promised. 42 Then I can answer the one who taunts me, for I trust in your word. 43 Never take the word of truth from my mouth, for I hope in your judgments. 44 I will always obey your instruction, forever and ever. 45 I will walk freely in an open place because I study your precepts. 46 I will speak of your decrees before kings and not be ashamed. 47 I delight in your commands, which I love. 48 I will lift up my hands to your commands, which I love, and will meditate on your statutes.

Reflect

Think of God's wondrous love for us and then ask God to help verses 44-48 to be your response. Which of the statements in verses 44-48 is the greatest challenge for you?

January 9th

Comfort in Promises

Remembering God's word as a source of hope
and song in the house of sojourning.

Psalm 119:49-56

49 Remember your word to your servant; you have given me hope through it. 50 This is my comfort in my affliction: Your promise has given me life. 51 The arrogant constantly ridicule me, but I do not turn away from your instruction. 52 Lord, I remember your judgments from long ago and find comfort. 53 Fury seizes me because of the wicked who reject your instruction. 54 Your statutes are the theme of my song during my earthly life. 55 Lord, I remember your name in the night, and I obey your instruction. 56 This is my practice: I obey your precepts.

Reflect

Recall a recent affliction or disappointment. How specifically can one of God's promises in this section bring you "comfort" or "hope"? How can you make His statutes your "songs" (v. 54)?

January 10th

Pray and reflect on what the Lord has taught you this week.

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January 11th

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January 12th

Vows and Supplication

Declaring commitment to the Lord as one's portion and seeking His favor.

Psalm 119:57-64

57 The Lord is my portion; I have promised to keep your words.
58 I have sought your favor with all my heart; be gracious to me according to your promise. 59 I thought about my ways and turned my steps back to your decrees. 60 I hurried, not hesitating to keep your commands. 61 Though the ropes of the wicked were wrapped around me, I did not forget your instruction. 62 I rise at midnight to thank you for your righteous judgments. 63 I am a friend to all who fear you, to those who keep your precepts. 64 Lord, the earth is filled with your faithful love; teach me your statutes.

Reflect

Rejoice in God's faithfulness and commit yourself to His word and to Him. What is one way you can show your commitment to His word and to Him today?

January 13th

Learning Through Affliction

Recognizing that suffering was a good discipline that taught the statutes.

Psalm 119:65-72

65 Lord, you have treated your servant well, just as you promised. 66 Teach me good judgment and discernment, for I rely on your commands. 67 Before I was afflicted I went astray, but now I keep your word. 68 You are good, and you do what is good; teach me your statutes. 69 The arrogant have smeared me with lies, but I obey your precepts with all my heart. 70 Their hearts are hard and insensitive, but I delight in your instruction. 71 It was good for me to be afflicted so that I could learn your statutes. 72 Instruction from your lips is better for me than thousands of gold and silver pieces.

Reflect

Can you honestly say that a past difficult experience was "good" because it taught you God's statutes (v. 71)? What is the most valuable spiritual lesson you've learned from hardship?

January 14th

Creator and Sustainer

Acknowledging God as Creator and asking for understanding.

Psalm 119:73-80

73 Your hands made me and formed me; give me understanding so that I can learn your commands. 74 Those who fear you will see me and rejoice, for I put my hope in your word. 75 I know, Lord, that your judgments are just and that you have afflicted me fairly. 76 May your faithful love comfort me as you promised your servant. 77 May your compassion come to me so that I may live, for your instruction is my delight. 78 Let the arrogant be put to shame for slandering me with lies; I will meditate on your precepts. 79 Let those who fear you, those who know your decrees, turn to me. 80 May my heart be blameless regarding your statutes so that I will not be put to shame.

Reflect

Since God "made and fashioned" you, how should you approach His word and your own desire for understanding differently?

What specific request for instruction should you bring to Him?

January 15th

Sustained by the Word

Longing for salvation, feeling faint, yet
not forgetting the Lord's statutes.

Psalm 119:81-88

81 I long for your salvation; I put my hope in your word.
82 My eyes grow weary looking for what you have promised; I
ask, "When will you comfort me?" 83 Though I have become
like a wineskin dried by smoke, I do not forget your statutes. 84
How many days must your servant wait? When will you execute
judgment on my persecutors? 85 The arrogant have dug pits for
me; they violate your instruction. 86 All your commands are
true; people persecute me with lies – help me! 87 They almost
ended my life on earth, but I did not abandon your precepts. 88
Give me life in accordance with your faithful love, and I will
obey the decree you have spoken.

Reflect

Describe a time when you felt like you "languished" or your hope
"failed" (v. 81-82). How can you anchor your hope in God's
statutes instead of your circumstances today?

January 16th

The Eternal Truth

Trusting the word that is firmly fixed in
the heavens and endures forever.

Psalm 119:89-96

89 Lord, your word is forever; it is firmly fixed in heaven. 90 Your faithfulness is for all generations; you established the earth, and it stands firm. 91 Your judgments stand firm today, for all things are your servants. 92 If your instruction had not been my delight, I would have died in my affliction. 93 I will never forget your precepts, for you have given me life through them. 94 I am yours; save me, for I have studied your precepts. 95 The wicked hope to destroy me, but I contemplate your decrees. 96 I have seen a limit to all perfection, but your command is without limit.

Reflect

How does meditating on the truth that God's word is "firmly fixed in the heavens" (v. 89) give you peace in the face of temporary earthly chaos or change?

January 17th

Pray and reflect on what the Lord has taught you this week.

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January 18th

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January 19th

Supreme Love for the Word

Declaring the word of God sweeter than
honey and the source of true wisdom.

Psalm 119:97-104

97 How I love your instruction! It is my meditation all day long.
98 Your command makes me wiser than my enemies, for it is
always with me. 99 I have more insight than all my teachers
because your decrees are my meditation. 100 I understand
more than the elders because I obey your precepts. 101 I have
kept my feet from every evil path to follow your word. 102 I
have not turned from your judgments, for you yourself have
instructed me. 103 How sweet your word is to my taste –
sweeter than honey in my mouth. 104 I gain understanding
from your precepts; therefore I hate every false way.

Reflect

Why is God's word "sweeter than honey" (v. 103) for you
personally? What is one specific thing you need to stop doing
because you "hate every false way" (v. 104)?

January 20th

A Lamp and a Shield

The Word as guidance and protection,
even when surrounded by snares.

Psalm 119:105-112

105 Your word is a lamp for my feet and a light on my path.
106 I have solemnly sworn to keep your righteous judgments.
107 I am severely afflicted; Lord, give me life according to your word.
108 Lord, please accept my freewill offerings of praise, and teach me your judgments.
109 My life is constantly in danger, yet I do not forget your instruction.
110 The wicked have set a trap for me, but I have not wandered from your precepts.
111 I have your decrees as a heritage forever; indeed, they are the joy of my heart.
112 I am resolved to obey your statutes to the very end.

Reflect

What current decision or path needs the Word as a "lamp to your feet" (v. 105)? What are the "snares" (v. 110) that surround you, and how does the Word help you navigate them?

January 21st

Hating Deceit

A commitment to choosing God's laws over the double-minded and those who stray.

Psalm 119:113-120

113 I hate those who are double-minded, but I love your instruction. 114 You are my shelter and my shield; I put my hope in your word. 115 Depart from me, you evil ones, so that I may obey my God's commands. 116 Sustain me as you promised, and I will live; do not let me be ashamed of my hope. 117 Sustain me so that I can be safe and always be concerned about your statutes. 118 You reject all who stray from your statutes, for their deceit is a lie. 119 You remove all the wicked on earth as if they were dross from metal; therefore, I love your decrees. 120 I tremble in awe of you; I fear your judgments.

Reflect

What are two "double-minded" areas (v. 113) in your habits or thought life? How does the truth of God's precepts (v. 120) compel you to choose His way completely?

January 22nd

Pleading for Justice

Praying for the Lord to act righteously and
for a heart that hates every false way.

Psalm 119:121-128

121 I have done what is just and right; do not leave me to my oppressors. 122 Guarantee your servant's well-being; do not let the arrogant oppress me. 123 My eyes grow weary looking for your salvation and for your righteous promise. 124 Deal with your servant based on your faithful love; teach me your statutes. 125 I am your servant; give me understanding so that I may know your decrees. 126 It is time for the Lord to act, for they have violated your instruction. 127 Since I love your commands more than gold, even the purest gold, 128 I carefully follow all your precepts and hate every false way.

Reflect

Identify an area of life where you need God to "deal kindly" with you (v. 124) and act as your guarantor against oppression. How does God's perfection make His precepts "right" (v. 128)?

January 23rd

The Wonders of Testimony

Expressing awe at God's precepts and
mourning over those who break the law.

Psalm 119:129-136

129 Your decrees are wondrous; therefore I obey them. 130 The revelation of your words brings light and gives understanding to the inexperienced. 131 I open my mouth and pant because I long for your commands. 132 Turn to me and be gracious to me, as is your practice toward those who love your name. 133 Make my steps steady through your promise; don't let any sin dominate me. 134 Redeem me from human oppression, and I will keep your precepts. 135 Make your face shine on your servant, and teach me your statutes. 136 My eyes pour out streams of tears because people do not follow your instruction.

Reflect

Reflect back upon a time when you affirmed for doing what God commands. Pray for God to cause you to love His Word more each day.

January 24th

Pray and reflect on what the Lord has taught you this week.

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January 25th

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January 26th

God's Righteousness

Praising God for His justice and the purity
and truth of His eternal commands.

Psalm 119:137-144

137 You are righteous, Lord, and your judgments are just. 138
The decrees you issue are righteous and altogether trustworthy.
139 My anger overwhelms me because my foes forget your
words. 140 Your word is completely pure, and your servant
loves it. 141 I am insignificant and despised, but I do not forget
your precepts. 142 Your righteousness is an everlasting
righteousness, and your instruction is true. 143 Trouble and
distress have overtaken me, but your commands are my delight.
144 Your decrees are righteous forever. Give me understanding,
and I will live.

Reflect

How does the perfect justice and righteousness of God
encourage you when you feel surrounded by injustice? What
does it mean for God's precepts to be "righteous forever" (v.
144)?

January 27th

Seeking God Early

Crying out to God in prayer before the dawn and trusting in the eternal foundation of truth.

Psalm 119:145-152

145 I call with all my heart; answer me, Lord. I will obey your statutes. 146 I call to you; save me, and I will keep your decrees. 147 I rise before dawn and cry out for help; I put my hope in your word. 148 I am awake through each watch of the night to meditate on your promise. 149 In keeping with your faithful love, hear my voice. Lord, give me life in keeping with your justice. 150 Those who pursue evil plans come near; they are far from your instruction. 151 You are near, Lord, and all your commands are true. 152 Long ago I learned from your decrees that you have established them forever.

Reflect

What specific time of day are you dedicating to "crying out" to God (v. 145) and trusting in His Word? What is the "eternal truth" (v. 152) that you need to recall when facing doubt?

January 28th

Praying for Rescue

Asking for deliverance and revival according to God's steadfast love and mercy.

Psalm 119:153-160

153 Consider my affliction and rescue me, for I have not forgotten your instruction. 154 Champion my cause and redeem me; give me life as you promised. 155 Salvation is far from the wicked because they do not study your statutes. 156 Your compassions are many, Lord; give me life according to your judgments. 157 My persecutors and foes are many. I have not turned from your decrees. 158 I have seen the disloyal and feel disgust because they do not keep your word. 159 Consider how I love your precepts; Lord, give me life according to your faithful love. 160 The entirety of your word is truth, each of your righteous judgments endures forever.

Reflect

How can you ask for revival based on God's steadfast love (v. 156, 159)? What does "revive me" look like for you specifically today in your spiritual state?

January 29th

Great Peace

Rejoicing in the abundance of peace for those who love the word and anticipating God's judgment.

Psalm 119:161-168

161 Princes have persecuted me without cause, but my heart fears only your word. 162 I rejoice over your promise like one who finds vast treasure. 163 I hate and abhor falsehood, but I love your instruction. 164 I praise you seven times a day for your righteous judgments. 165 Abundant peace belongs to those who love your instruction; nothing makes them stumble. 166 Lord, I hope for your salvation and carry out your commands. 167 I obey your decrees and love them greatly. 168 I obey your precepts and decrees, for all my ways are before you.

Reflect

What external conflict or challenge (persecution, v. 161) are you currently facing? How does the "great peace" (v. 165) of loving the word remain unbroken amidst that conflict?

January 30th

The Final Petition

Pleading for an answer to prayer, singing of the Word,
and concluding with a request to be sought out.

Psalm 119:169-176

169 Let my cry reach you, Lord; give me understanding according to your word. 170 Let my plea reach you; rescue me according to your promise. 171 My lips pour out praise, for you teach me your statutes. 172 My tongue sings about your promise, for all your commands are righteous. 173 May your hand be ready to help me, for I have chosen your precepts. 174 I long for your salvation, Lord, and your instruction is my delight. 175 Let me live, and I will praise you; may your judgments help me. 176 I wander like a lost sheep; seek your servant, for I do not forget your commands.

Reflect

How does your life "sing of your word" (v. 172)? Conclude with the psalmist's final, honest plea: "I have gone astray like a lost sheep; seek your servant, for I do not forget your commandments" (v. 176).

January 31st

Pray and reflect on what the Lord has taught you this week.

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February 1st

Sermon Notes

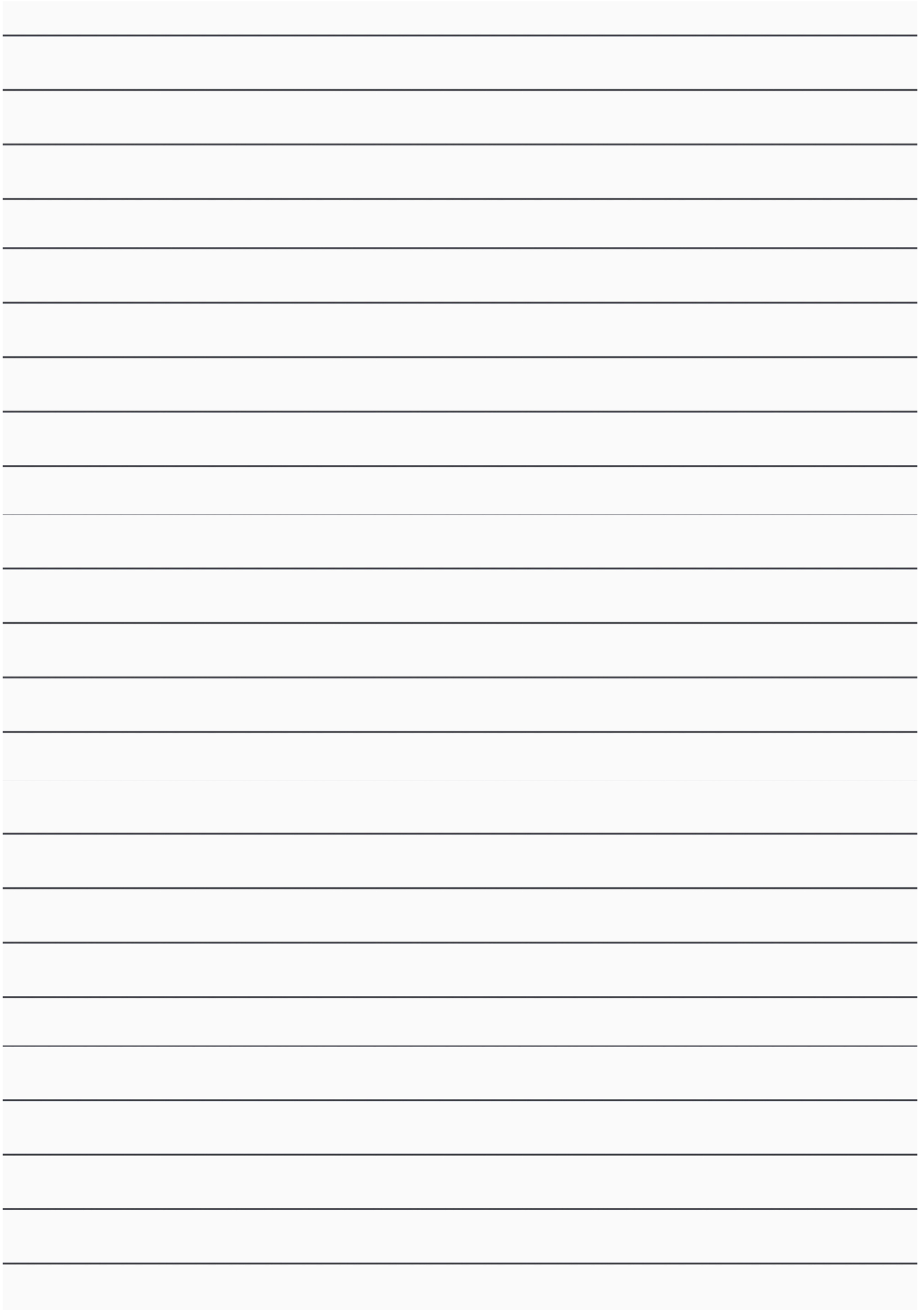
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METAIRIE

BAPTIST CHURCH

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Bible Study: 9:15 AM Worship Service: 10:30 AM