

Walking in the Way

An Introduction to

Psalms 119



Walking In The Spirit

¹⁶ ...walk in the Spirit, and not gratify the desires of the sinful nature''

Galatians 5:16

- This is the ideal – the goal of every believer
- But how do we do this?
- How are we to do this when we are continually wrestling against the world, the flesh and the devil?

Psalm 119

Psalm 119
Aleph

אשרי תמימי-דרך ההלכים בתורת יהוה :

- ¹ Blessed are the undefiled in the way, who walk in the law of the Lord.
- ² Blessed are they that keep his testimonies, and that seek him with the whole heart.

Psalm 119:1-2

אחזן בישור לבב וכמוי משפטי צדקן :

את-חקיד אשמר אל-תעזבני עד-מאד :

Psalms 119

Psalms 119
Aleph

אשרי תמימי-דרך ההלכים בתורת יהוה :

- 3 They also do no iniquity: they walk in his ways.
- 4 Thou hast commanded us to keep thy precepts diligently.

Psalms119:3-4

אודך בישר לבב בלמדי משפטי צדקך :
את-חקיך אשמר אל-תעזבני עד-מאד :

Psalms 119

Psalms 119
Aleph

אשרי תמימי-דרך ההלכים בתורת יהוה :

- 5 O that my ways were directed to keep thy statutes!
- 6 Then shall I not be ashamed, when I have respect unto all thy commandments.

Psalms119:5-6

אודך בישר לבב בלמדי משפטי צדקך :

את-חקיך אשמר אל-תעזבני עד-מאד :

Psalms 119

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אשרי תמימי-דרך ההלכים בתורת יהוה :

7 I will praise thee with uprightness of heart, when I shall have learned thy righteous judgments.

8 I will keep thy statutes: O forsake me not utterly.

Psalms119:7-8

אודך בישר לבב בלמדי משפטי צדקך :

את-חקיך אשמר אל-תעזבני עד-מאד :

Psalm 119 – Walking in the Way

- Psalm 119: “*an utterance of spiritual life*” - Spurgeon
- It begins by stating the objective & goal of a follower of Christ; namely, to be conformed to His likeness
- ...but then goes on to travel with us through life’s journey, through the ups and downs, the moments of rejoicing and the times of failure and doubt.
- This Psalm comes from a heart that wants to see you be victorious, to truly walk by faith and not by sight.

Psalm 119 – Walking in the Way

- This Psalm is here to help you walk the walk, but not by giving you some well-worn clichés, patting you on the back and saying ‘now, off you go!’
- Jesus said the Christian life should be a joyful experience; the ‘burden’ of following Him should not be heavy!
- But for many, we more readily identify with the struggle Paul speaks of in Romans 7.
- You know you want to ‘live the life’, but doing it is another thing!

Psalm 119 – Walking in the Way

- Every Psalm is special in its own way, but Psalm 119 stands out as a priceless gem just waiting to be picked up and cherished.
- It is the longest Psalm and considered the longest chapter in the Bible, but far from being laborious and repetitive, it is alive and full of vitality.

119 BLESSED are they that walk in the way, who walk in the law of the LORD.
2 Blessed are they that keep his

40:24; Ex.17:6, note; 1 Pet.2:8, note. Ps.118 looks
exaltation in the kingdom (v. 22).
contain a testimony to Christ,
from the Psalter point
and prophetic

Psalm 119 – Walking in the Way

- This Psalm was intended to be memorised and used as an aid to learning.
- Whereas we have a simple rhyme to learn our alphabet, Hebrew children would learn their alphabet by memorising this Psalm.
- The first eight verses begin with the first letter of the Hebrew alphabet א 'Aleph'; the next eight verses with the second letter ב 'Beth', and so on
 - this is where we get the word 'Alpha-Bet'.
- God has intentionally designed this Psalm to be committed to memory.

Psalm 119 – Walking in the Way

- Bible commentator Matthew Henry said that his dad, Philip Henry, “*advised us to take a verse of this Psalm every morning to meditate upon, and so go over the Psalm twice in the year; and that, saith he, will bring you to be in love with all the rest of the Scriptures.*” He often said, “*All grace grows as love to the word of God grows.*”

119

Blessed are they that keep his law of the LORD.

2 Blessed are they that keep his way,

40:24; Ex.17:6, note; 1 Pet.2:8, note. Ps.118 looks
exaltation in the kingdom (v. 22).
contain a testimony to Christ,
from the Psalter point
and prophetic

Psalm 119 – Walking in the Way

- Charles Spurgeon comments that William Wilberforce, during a season of turmoil and political crisis, noted in 1819 in his Diary: *"Walked from Hyde Park Corner repeating the 119th Psalm in great comfort"*.
- This Psalm really will do that; it will provide comfort during times of turmoil and crisis!

119

Blessed are they that keep his law of the LORD.

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contain a testimony to Christ,
from the Psalter point
and prophetic

Psalm 119 – Walking in the Way

- There is a familiarity about this Psalm; it's as if you've been here before.
- It's like your favourite old armchair, it invites you to come and sit for a while and get things into perspective.

119 In praise of God's word
* 3A'LEPH
BLESSED are the undefiled in
the way, who walk in the
law of the LORD.
2 Blessed are they that keep his

40:24; Ex.17:6, note; 1 Pet.2:8, note. Ps.118 looks
at exaltation in the kingdom (v. 22).
The Psalter point
from the Psalter point
and prophetic

Psalms 119

Psalms 119

Aleph

אשרי תמימי-דרך ההלכים בתורת יהוה :

²⁵ My soul cleaveth unto the dust:
quicken thou me according to thy word.

Psalms 119:25

אז לא-אבוש בהביטי אל-כל-מצותיך :

אודך בישר לבב בלמדי משפטי צדקך :

את-חקיך אשמר אל-תעזבני עד-מאד :

The Prayers of Psalm 119

- O forsake me not utterly v8
- O let me not wander from thy commandments v10
- Teach me thy statutes v12, v26, v64
- Deal bountifully with thy servant v17
- Open thou mine eyes v18
- Hide not thy commandments from me v19
- Remove from me reproach and contempt v22
- Quicken thou me according to thy word v25
- Make me to understand the way of thy precepts v27
- Strengthen thou me according unto thy word v28
- Remove from me the way of lying v29

The Prayers of Psalm 119

- Grant me thy law graciously v29
- Put me not to shame v31
- Teach me, O LORD, the way of thy statutes v33
- Give me understanding v34
- Make me to go in the path of thy commandments v35
- Incline my heart unto thy testimonies v36
- Turn away mine eyes from beholding vanity v37
- Stablish thy word unto thy servant v38
- Turn away my reproach v39
- Quicken me in thy righteousness v40
- Let thy mercies come also unto me v41

The Prayers of Psalm 119

- Take not the word of truth utterly out of my mouth v43
- Remember the word unto thy servant v49
- Be merciful unto me v58
- Teach me thy statutes v64, v68, v124, v135
- Teach me good judgment and knowledge v66
- Give me understanding, that I may learn thy commandments. v73
- Let, I pray thee, thy merciful kindness be for my comfort v76
- Let thy tender mercies come unto me, that I may live v77

The Prayers of Psalm 119

- Let the proud be ashamed v78
- Let those that fear thee turn unto me, v79
- Let my heart be sound in thy statutes; that I be not ashamed. V80
- When wilt thou comfort me? V82
- How many are the days of thy servant? when wilt thou execute judgment on them that persecute me? V84
- they persecute me wrongfully; help thou me. V86
- Quicken me after thy lovingkindness v88
- I am thine, save me v94

The Prayers of Psalm 119

- I am afflicted very much: quicken me, O LORD v107
- Accept, I beseech thee, the freewill offerings of my mouth, O LORD, and teach me thy judgments. V108
- Uphold me according unto thy word v116
- Hold thou me up, and I shall be safe v117
- Be surety for thy servant for good: let not the proud oppress me. v122
- Deal with thy servant according unto thy mercy,.v124
- Give me understanding, that I may know thy testimonies. V125
- It is time for thee, LORD, to work v126

The Prayers of Psalm 119

- Look thou upon me, and be merciful unto me v132
- Order my steps in thy word: and let not any iniquity have dominion over me. v133
- Deliver me from the oppression of man v134
- Make thy face to shine upon thy servant; v135
- Give me understanding, and I shall live. v144
- I cried with my whole heart; hear me, O LORD. v145
- I cried unto thee; save me, and I shall keep thy testimonies v146
- Hear my voice according unto thy lovingkindness: O LORD, quicken me according to thy judgment. v149

The Prayers of Psalm 119

- Consider mine affliction, and deliver me: v153
- Plead my cause, deliver me: quicken me according to thy word. v154
- Quicken me according to thy judgments. v156
- Consider how I love thy precepts: quicken me, O LORD, according to thy lovingkindness. v159
- LORD, I've hoped for thy salvation and done thy commandments. v166
- Let my cry come near before thee, O LORD: give me understanding according to thy word. v169
- Let my supplication come before thee: deliver me according to thy word. v170

The Prayers of Psalm 119

- Let thine hand help me; for I have chosen thy precepts.. v173
- I have longed for thy salvation, O LORD v174
- Let my soul live, and it shall praise thee; v175
- Let thy judgments help me. v175
- I have gone astray like a lost sheep; seek thy servant v176

אז לא-אבוש בהביטי אל-כל-מצותיך :

אודך בישר לבב בלמדי משפטי צדקך :

את-חקיך אשמר אל-תעזבני עד-מאד :

Psalm 119

¹²³ Mine eyes fail for thy salvation,
and for the word of thy righteousness.

Psalm 119:123

- There are just 5 words in this verse in Hebrew.
 - עֵינַי Ayin – eye, natural vision, the natural
 - כָּלוּ Kala – to be complete, be at an end
 - לְיִשׁוּעָךְ Yeshua – salvation ('Jesus' in Hebrew)
 - וּלְאִמְרָת Imra – word, specifically the Word of God
 - צְדָקָךְ Sedeq – righteousness
- We could paraphrase this as: “The natural comes to an end when we look at Jesus, the Word of God, our Righteous”

Synonyms for God's Revelation

- Law
- Testimonies
- Precepts
- Statutes
- Commandments
- Judgments
- Word
- Way

Law - תּוֹרָה *Torah*

- In the Hebrew this comes from a verb meaning to direct or to guide.
- This is principally what the Law does.
- It gives instruction for our protection and safety, to keep us from danger.

Testimonies - עֵדָה *Edah*

- Meaning to bear witness.
- This speaks of the things God has testified of, has born witness to as being true.
- God is outside time, and bears witness as to the right way.
- Because He can see the end from the beginning, He sees the end of every way we can choose, i.e. where it will lead to, so gives us the benefit of His wisdom.

Precepts - פְּקוּדִים *Piquwd*

- This comes from a word which means to place in trust.
- God has given us his truth and expects us to respect it.
- He has placed heavenly wisdom in trust with us - we are custodians of this life-giving knowledge.
- This Hebrew word only occurs in this Psalm, and we find it here 21x
 - 3 x 7 – three numerically speaks of Divine, seven denotes complete.
 - Thus, in this Psalm we have complete divine wisdom – given to you and I, to act as custodians.

Statutes - חֻקִּים Choq

- The verb from which this word is formed means to engrave or inscribe.
- The word means a definite, prescribed written law.
- Spurgeon says this means *“that moral law of God which is engraven on the fleshly tables of the heart; the innermost and spiritual apprehension of His will”*.

Psalm 119

Ps 119:12 Blessed art thou, O LORD: **teach me** thy statutes.
Ps 119:26 I have declared my ways, and thou heardest me: **teach me** thy statutes.
Ps 119:33 **Teach me**, O LORD, the way of thy statutes; and I shall keep it unto the end.
Ps 119:64 The earth, O LORD, is full of thy mercy: **teach me** thy statutes.
Ps 119:66 **Teach me** good judgment and knowledge: for I have believed thy commandments.
Ps 119:68 Thou art good, and doest good; **teach me** thy statutes.
Ps 119:108 Accept, I beseech thee, the freewill offerings of my mouth, O LORD, and **teach me** thy judgments.
Ps 119:124 Deal with thy servant according unto thy mercy, and **teach me** thy statutes.
Ps 119:135 Make thy face to shine upon thy servant; and **teach me** thy statutes.

- Nine times in the psalm the psalmist cries 'teach me!', and eight of those it is God's statutes
 - that which is to be 'engraved on our hearts'
 - It is specifically that
 - he cries out for

Commandments - מצְוָה *Mitsvah*

- From a verb meaning to command or ordain.
- Not only has God written His law on our hearts, He has actually commanded us to keep it.
- The Creator God does not sit passively by and let us fumble through life, making up our own rules.
- He has given definite instructions that we are obligated, as His creation, to obey.
- To refuse to obey is sin and stems from pride, choosing our own way over His as we see so tragically demonstrated in the Garden of Eden.

Judgments - מִשְׁפָּט *Mishpat*

- Signifying to govern, judge or determine.
- God as Judge of all has decreed, His subjects are duty bound (but not compelled) to follow.
- All His judgments are right and true.
- There is nothing unjust or tyrannical about God's judgments.
- All stem from a heart of Love.

Word - דָּבָר *Dabar*

- Connotatively (in a general sense) this embraces all of God's revelation to man, given for our learning and instruction, 'that the man of God may be perfect and complete, lacking nothing'.
- Denotatively, it has to do with specific utterances that come from the mouth of God.
 - When this occurs in the Psalm the context indicates the way it is being used.
- Either way it reveals a God who has condescend to speak to His creation!

Way - דֶּהֲרֵק (Dehrek)

- This word denotes a specific path we are encouraged and invited to follow
- A road trodden.
- It highlights that which Proverbs 16:25 tells us, that “there is a way which seems right to a man, but the end thereof are the ways of death”.
- It also underlines that there is a way (singular) not a multitude of various options.
- There is only One Way to God through the death and shed blood of His Son.
- Jesus said that He was ‘The Way’, not ‘a way’.

Biblical Numerology

- By numerology we mean the study of numbers and the way they are used in the Bible.
- Almost all occasions numbers are used in the Bible they have greater significance than just the surface application.
- We see this not just in the 'surface' numbers, but also the frequency of words used in a verse or passage

Biblical Numerology

- 1# Unity
 - the nature of God
- 2# Witness
 - 2 witnesses, law/prophets
- 3# Divine
 - Trinity 'Holy Holy Holy'
- 4# Earth/This World
 - NSWE / seasons
- 5# Grace
 - 5 Sparrows / Benjamin x5
- 6# Man
 - Created 6th day /
- 7# Complete
 - Week/Rainbow/Churches
- 8# New Beginnings
 - new octave / 8 on Ark

In the beginning God created the heaven and the earth

.יְרַח תַּאֲלֵמֶיךָ תֵּאֲרֵךְ אֶרֶץ תִּיבָרֶךְ

Genesis 1:1

- 7 words
- 28 Hebrew letters
- $28 = 4 \times 7$ (Earth + Complete)

Divine Design

- Purely out of curiosity, I decided to count the number of times the word 'Precepts' occurs.
- To my surprise (and delight), I found that it occurs 21 times.
- 21 is 3×7 , the number 3 speaks of 'Divine' and 7, as we have noted, 'Complete'.
- It became immediately apparent that with God's Precepts, we have 'complete divine wisdom' — entrusted to you and me!

Divine Design

- Although I started counting in my English translation, I quickly realised I needed to look at the Hebrew.
 - The word for Precepts is **קִדּוּשִׁים** Piquwd.
 - Piquwd also occurs 21 times in the Hebrew!
- But that made me wonder... How many times did the word 'Statues' occur?
- In Hebrew it is the word **חֹק** Choq, and it also occurs 21 times!
- Now, that could be coincidental, but as the Rabbis say, coincidence is not a kosher word!

Divine Design

- I began to wonder if I was looking at Divine design in this most precious psalm?! So, I continued...
- The next word I went to was 'Judgments'. The Hebrew is מִשְׁפָּט Mishpat.
- Now, this actually occurs 23 times in the psalm, which is close, but not the 21 I was curiously by now expecting.
- So, I decided to look a little closer. Incredibly, on two occasions (v84 and v132) the word is used to speak of judgment (as in wrath / punishment) rather than a decree (i.e. as in passing a judgment, making a decision).

Divine Design

- That leaves exactly 21 occasions where this psalm specifically refers to God's Divine decrees – His Judgments!
- By now, **three** of the seven words used in the psalm as synonyms for the Word of God each occurred 21 times!
- This was now already showing purposeful design, far beyond chance.
- I then turned to 'Commandments', in the Hebrew, מצוה Mitsvah.
- It occurs 21 times! Specifically, in the context of a personal obligation to God's ordinances.

Divine Design

- For Precepts, Statutes, Judgments and Commandments, they all occur 21 times each in this psalm.
- Again, 21 is 3 multiplied by 7,
- Divine and Complete!
- This psalm, that speaks of God's Word gives us a complete divine revelation of all we need to walk in the Way!
- But there is more!

Divine Design

- I found that עדah, the Hebrew word for 'Testimonies' occurred 14 times!
- Why is that significant?
- Because 'Edah' means 'Witness'.
- The Biblical number for 'witness' is the number 2, and 7 denotes 'complete'.
- Thus, we have God's complete witness, given to us in His Word!
- That leaves us with two of the seven synonyms, Law and Word.

Divine Design

- The Hebrew for 'Law' will be familiar to many, it is the word תּוֹרָה Torah.
- The name given to the first five books of the Bible.
- I found this occurs 25 times.
- 25 is the product of 5^2 , or 5×5 .
- Five is Biblically used to denote Grace, Fullness or Completeness regarding man.
- But what connection does 'Grace' have to 'Law'?
- Are they not the antithesis of each other?

Divine Design

- Interestingly, 'Torah' comes from a Hebrew verb meaning 'to direct or guide'.
- Paul tells in Galatians 3:24 that *'the Law was our schoolmaster to bring us to Christ'!*
- The Law 'confines all under sin' Gal 3:22.
- It directs and guides us and shows us we need a Saviour!
- Is that not Grace²?
- Jesus said to the Apostle Paul *"My grace is sufficient for thee: for my strength is made perfect in weakness"*. 2 Cor 12:9

Divine Design

- Is that not what the Law does?
- By His Grace, God shows us our weakness though His Law that we might be saved!

Divine Design

- This left just 'Word' to consider, and in doing so I discovered something interesting.
- In Psalm 119 there are two Hebrew words the English translators have rendered 'word'.
- The first is דָּבָר Dabar, which occurs 24 times.
- The other is מִשְׁרָה Imra, which is found 18 times.
- The first is the product of 3x8,
- the second, the product of 3x6.
- The Word is synonymous with Jesus:
- *"In the beginning was the Word, and the Word was with God, and the Word was God"* John 1:1

Divine Design

- The number '3' represents 'Divine'.
- The number '8' carries the idea of 'new beginnings'
- The Apostle Paul declared: *"Therefore if any man be in Christ, he is a new creature: old things are passed away; behold, all things are become new"* (2 Cor 5:17),
- and the writer to the Hebrews says that *"Jesus [is] the mediator of the new covenant"*. (HEB 12:24)
- Jesus is the second Person of the Trinity, the Son of God, and our new beginning can only be found in the Living Word!

Divine Design

- 888 (three eights) is also the numerical value of Jesus' name in Greek!
- But Jesus is also God manifest in human flesh; the Divine (3), taking on the form of a man (6)!

Divine Design

- Every single one of the seven synonyms for the Word of God found in Psalm 119 occurs exactly the right number of times to convey an even deeper and greater truth and reveal a Divine design that can only be of God!

Divine Design

- There was one other word I was curious about. The Hebrew word is דֶּרֶךְ Dehrek and it's the word we have translated as 'Way'.
- It is the word this psalm is built on (c.f. verse 1),
- It occurs 8 times in the psalm, in the context of God's ways, as opposed to mine or the world's ways.
- Significantly, Christians, in the book of Acts were known as 'the Way' – in fact, eight times (yes! eight times), in the book of Acts, the Church is referred to by that name.

Divine Design

- As we've seen, '8' signifies 'new beginnings';
- Could there be a more fitting conclusion than the reminder that there is a new beginning for those who walk in the Way?

God's Revelation as seen in Psalm 119

• Law	– $25x = 5 \times 5$	‘Grace ² ’
• Testimonies	– $14x = 7 \times 2$	‘Complete Witness’
• Precepts	– $21x = 3 \times 7$	‘Divine/Complete’
• Statutes	– $21x = 3 \times 7$	‘Divine/Complete’
• Commandments	– $21x = 3 \times 7$	‘Divine/Complete’
• Judgments	– $21x = 3 \times 7$	‘Divine/Complete’
• Word	– $21x = 3 \times 7$	‘Divine/Complete’
• Way		

God's Revelation as seen in Psalm 119

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• Commandments	– $21x = 3 \times 7$	‘Divine/Complete’
• Judgments	– $21x = 3 \times 7$	‘Divine/Complete’
• Word (<i>Dabar</i>)	– $24x = 3 \times 8$	‘Divine/New/Jesus’
• Word (<i>Imra</i>)	– $18x = 3 \times 6$	‘Divine/Man ‘The Word became Flesh!’
• Way	– $8x$	‘New Beginnings’

God's Revelation as seen in Psalm 119

- Law – $25x = 5 \times 5$ 'Grace²'
- God though His Grace has born witness and given a complete revelation of all we need to Walk in the Way.
- The Word became Flesh so that we can have a new beginning.
- Word (*Imra*) – $18x = 3 \times 6$ 'Divine/Man' 'The Word became Flesh!'
- Way – $8x$ 'New Beginnings'

Walking in the Way

- An interesting exercise:
 - Jesus is The Way, so we can put the name of Jesus in each of these verses in place of the word 'way' as follows:
- v1. Blessed are the undefiled in Jesus
- v3. They also do no iniquity: they walk in Jesus.
- v14. I have rejoiced in Jesus, as much as in all riches.
- v27. Make me to understand Jesus: so shall I talk of thy wondrous works
- v30. I have chosen Jesus [who is] truth
- v32. I will run with Jesus [keeping] thy commandments.
- v33. Teach me, O LORD, [of] Jesus, and I shall keep [Him] unto the end.
- v37. Turn away my eyes from beholding vanity; and quicken me in Jesus.

Psalm 119 – A Personal Challenge!

- As a practical challenge, I encourage you to take just one verse of this Psalm each day (start today!), and meditate on it throughout that day.
 - 1. Start at breakfast,
 - 2. then remind yourself mid-morning of the verse.
 - 3. Then again at lunchtime,
 - 4. then in the afternoon,
 - 5. then as you sit to eat your evening meal,
 - 6. then in the evening,
 - 7. and finally when you go to bed
 - (see Psalm 119:164).
- The next day move onto the next verse.

Psalm 119 – A Personal Challenge!

- You will be amazed at what the Holy Spirit will show you, about your life, your walk, His goodness, His grace and patience, and the reality that He is able to make us stand! (Romans 14:4).
- If you do this and meditate on His Word each day, even just one verse, you will soon be surprised how the things of this world will grow strangely dim and lose their appeal, in the light of His glory and grace!



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