



I WILL PRAISE YOU WITH AN UPRIGHT HEART AS I LEARN YOUR RIGHTEOUS LAWS. (PSALM 119:7)



Lord, help me to yearn to learn your laws (your instruction). Give me a desire and hunger to be in your Word, that I might learn of you, know you, and understand your ways.



I WILL OBEY YOUR DECREES; DO NOT UTTERLY FORSAKE ME. (PSALM 119:8)



Lord, help me to obey your Word. I know you never leave me nor forsake me. I know you are with me each day and are acquainted with all of my ways, struggles, and weaknesses. Create in me, through the Holy Spirit, a desire to obey.



I SEEK YOU WITH ALL MY HEART; DO NOT LET ME STRAY FROM YOUR COMMANDS. (PSALM 119:10)



Lord, please help me to seek you with all of my heart. When I feel so divided and torn and like I'm being pulled in a million directions by the needs of those around me, help me to remember that you are mine and I am yours. Please strengthen me to seek you with all that I am.



I HAVE HIDDEN YOUR WORD IN MY HEART THAT I MIGHT NOT SIN AGAINST YOU. (PSALM 119:11)



Lord, help me to hide your Word in my heart. As I read or listen to your Word, please make the soil of my heart the good soil: soil that will receive your Word and allow it to grow.



I REJOICE IN FOLLOWING YOUR STATUTES AS ONE REJOICES IN GREAT RICHES. (PSALM 119:14)



Lord, help me to rejoice in your Word more than anything of this world. Help me to remember that this world and everything in it is passing away. I see how drawn I can be to the things of this world, so I ask that your Spirit draw me even more to the Word and that I might yield. May my greatest rejoicing be at your Word.



I MEDITATE ON YOUR PRECEPTS AND CONSIDER YOUR WAYS. (PSALM 119:15)



Lord, my mind is always busy. I am always thinking about something, someone, what to do next, or what still needs to be done. Will you please help me to meditate on your Word and your ways throughout the day?



I DELIGHT IN YOUR DECREES; I WILL
NOT NEGLECT YOUR WORD.

(PSALM 119:16)



Lord, I want to delight in your Word above anything else! Please help me not to neglect it. Help me to view it as the necessity that I know it truly is.



I OPEN MY EYES THAT I MAY SEE
WONDERFUL THINGS IN YOUR LAW.

(PSALM 119:18)



Lord, open my eyes that I may see wonderful things in your Word! Your Word shows me Christ and there is nothing more wonderful than Him. Your Word shows me how to live as you intended me to live - there is nothing more wonderful than that. Please open my eyes that I may see such wonder.



MY SOUL IS CONSUMED WITH LONGING
FOR YOUR LAWS AT ALL TIMES.

(PSALM 119:20)



Lord, I pray that my soul would be consumed with longing for you and your Word. I can long for so many things these days. Please help me long for you above everything, and anyone, else.



YOUR STATUTES ARE MY DELIGHT;
THEY ARE MY COUNSELORS.

(PSALM 119:24)



Lord, may I delight in your Word above all else. Please help me to turn to your Word for counsel. May I not turn first to friends, family, social media, etc. While I recognize some good counsel can come from them, may I seek yours more.



MY SOUL IS WEARY WITH SORROW;
STRENGTHEN ME ACCORDING TO YOUR
WORD. (PSALM 119:28)



Lord, my soul can grow weary. Even when I'm tired or just worn out emotionally or mentally, please strengthen and encourage me by your Word. Help me to turn to your Word for the strength and encouragement I need.



KEEP ME FROM DECEITFUL WAYS; BE
GRACIOUS TO ME AND TEACH ME
YOUR LAW. (PSALM 119:29)



Lord, when I open your Word, please teach me. May the Holy Spirit open my eyes and understanding and be gracious to me, so that I may learn of you.



I HAVE CHOSEN THE WAY OF FAITHFULNESS; I HAVE SET MY HEART ON YOUR LAWS. (PSALM 119:30)



Lord, my heart can get set upon so many things these days. I can so easily forget that you are my number one love. I choose to set my heart upon you. Help me along the way of faithfulness.



I RUN IN THE PATH OF YOUR COMMANDS, FOR YOU HAVE BROADENED MY UNDERSTANDING. (PSALM 119:32)



Lord, please broaden my understanding. Help me to know your will and your way, through your Word, in all that this day will hold. Help me to run in the path of your commands - to not be sluggish towards your commands nor to run in another path. Keep me on the path you have laid out for me, in obedience to you.



DIRECT ME IN THE PATH OF YOUR COMMANDS, FOR THERE I FIND DELIGHT. (PSALM 119:35)



Lord, help me to delight in you and in your commands above all other delights this world offers. May those delights not satisfy me, but may I be satisfied in you alone.



TURN MY HEART TOWARD YOUR STATUTES AND NOT TOWARD SELFISH GAIN. (PSALM 119:36)



Lord, would you turn my heart towards you and your Word? It is naturally turned to me, thinking about me, and putting myself first.



TURN MY EYES AWAY FROM WORTHLESS THINGS; PRESERVE MY LIFE ACCORDING TO YOUR WORD. (PSALM 119:37)



Lord, as my heart is turned towards your Word, would you please help me turn my eyes away from worthless things? Please reveal to me the worthless things in my life, that I consume through my eyes, and convict me by your gracious Spirit.



HOW I LONG FOR YOUR PRECEPTS! IN YOUR RIGHTEOUSNESS PRESERVE MY LIFE. (PSALM 119:40)



Lord, I pray that my greatest longing today is to spend time with you, in your presence and in your Word. May that longing be so great that nothing else fills it!



I REACH OUT FOR YOUR COMMANDS,
WHICH I LOVE, THAT I MAY MEDITATE
ON YOUR DECREES.

(PSALM 119:48)



Lord help me to love your Word, reach for your Word, and meditate on your Word all of my days. It is easier to reach for my phone (or anything else) when I am tired and weary. Help me to reach first and foremost for you.



I REMEMBER, LORD, YOUR ANCIENT
LAWS, AND I FIND COMFORT IN THEM.

(PSALM 119:52)



Lord, when I need comfort, after a long day of comforting others, help me to remember your Word, who you are, and your mighty deeds. Your truth is what I know will bring lasting comfort to my soul.



YOUR DECREES ARE THE THEME OF MY
SONG WHEREVER I LODGE.

(PSALM 119:54)



Lord, wherever I find that I am, whether physically, emotionally, or mentally, may your Word be the theme of my song.



YOU ARE MY PORTION, LORD; I HAVE
PROMISED TO OBEY YOUR WORDS.

(PSALM 119:57)



Lord, help me to remember that you are my portion. You are enough. When I only see the lack or the "not enough," whether in my life or myself, help me to turn my eyes to you and remember that in you is everything I need or want.



I HAVE SOUGHT YOUR FACE WITH ALL
MY HEART; BE GRACIOUS TO ME
ACCORDING TO YOUR PROMISE.

(PSALM 119:58)



Lord, may it be true of me that I have sought your face with all of my heart. There is no greater privilege to see you face to face, to know you and to grow in your grace and knowledge. In this season of limited time and divided attention, show me and help me to seek you with all of my heart.



THE LAW FROM YOUR MOUTH IS MORE
PRECIOUS TO ME THAN THOUSANDS
OF PIECES OF SILVER AND GOLD.

(PSALM 119:72)



Lord, may your Word be esteemed in my heart, mind, and life as being more precious than all the riches of the world! Please help me to long for your Word and seek you as one would long for riches. Please help me to value and esteem your Word as I truly should!



TO ALL PERFECTION I SEE A LIMIT,
BUT YOUR COMMANDS ARE
BOUNDLESS. (PSALM 119:96)



Lord, there is no such thing as perfection apart from you! I try to seek perfection in so many areas when really what I am longing for is the perfection that radiates from who you are, as shown through your Word. Help me, especially when the endless pursuit of perfection keeps me from you, to lay down that quest and to come to you, the Perfect One.



HOW SWEET ARE YOUR WORDS TO MY
TASTE, SWEETER THAN HONEY TO MY
MOUTH! (PSALM 119:103)



Lord, please make your words sweeter to me than even honey! Just as my mouth craves what it desires, may my soul crave time spent with you!



YOUR WORD IS A LAMP FOR MY FEET,
A LIGHT ON MY PATH.
(PSALM 119:105)



Lord, your Word is a lamp for my feet and a light for my path. Help me to turn to your Word for my direction, my next step, and for the answer that I seek.



YOUR STATUTES ARE MY HERITAGE
FOREVER; THEY ARE THE JOY OF MY
HEART. (PSALM 119: 111)



Lord, I pray that my growing relationship with you would be the greatest joy of my heart! I may know the highest of joys that a person can know, yet may even those pale in comparison to the joy that comes from knowing you and your Word.



I OPEN MY MOUTH AND PANT,
LONGING FOR YOUR COMMANDS.
(PSALM 119:131)



Lord, I pray that I would long for your commands. I long to long for more of you, more of your Word, and more of your presence in my life!



TROUBLE AND DISTRESS HAVE COME
UPON ME, BUT YOUR COMMANDS GIVE
ME DELIGHT. (PSALM 119: 143)



Lord, when my days are filled with trouble and distress, and I know there will be days like that, please help me to remember your Word and find my delight in you. When I am overwhelmed with what is happening in my home, please let me turn to your Word and delight in it.



I RISE BEFORE DAWN AND CRY FOR HELP; I HAVE PUT MY HOPE IN YOUR WORD. (PSALM 119:147)



Lord, may the first thing I do each day be to look to you, cry to you, and set my eyes upon you. May my hope be found in you and your Word alone regardless what happens this day.



MY EYES STAY OPEN THROUGH THE WATCHES OF THE NIGHT, THAT I MAY MEDITATE ON YOUR PROMISES. (PSALM 119:148)



Lord, when I am awake throughout the night watches, help me to meditate upon your promises. Remind me of your love and faithfulness to all generations. Help me to trust that you will provide the strength and help that I need to make it through the next day!



RULERS PERSECUTE ME WITHOUT CAUSE, BUT MY HEART TREMBLES AT YOUR WORD. (PSALM 119: 161)



Lord, there are a lot of things that can cause my heart to tremble these days. Help me to remember that you are in control and sovereign over them all. You are still seated on your throne and I can trust in you. If I am to tremble, let it be in awe of your Word!



GREAT PEACE HAVE THOSE WHO LOVE YOUR LAW, AND NOTHING CAN MAKE THEM STUMBLE. (PSALM 119: 165)



Lord, I love your law. Help me to meditate upon it day and night that my faith may grow so that nothing may cause me to stumble.

