

Lesson 4: Psalm 119:25-32 – *Daleth*

“Laid Low” to “Set Free”

<i>ESV</i>	<i>NKJV</i>	<i>NASB</i>	<i>NIV</i>	<i>NLT</i>
25 My soul clings to the dust; give me life according to your word!	25 My soul clings to the dust; Revive me according to Your word.	25 My soul cleaves to the dust; Revive me according to Your word.	25 I am laid low in the dust; preserve my life according to your word.	25 I lie in the dust; revive me by your word.
25 My soul clings to the dust; give me life (revive me) according to (by) Your word.				
<p>Commentary:</p> <p>I am laid low in the dust. (<i>NIV</i>) I am down and out—face plant! “Lord, I have bit the dust.” Feeling like you just can’t go any lower. Depression, despair, feelings of abandonment, shame, discouragement. Cp. vs. 32. His response to God’s Word made all the difference between being “laid low” and “set free”.</p> <p>My soul cleaves to the dust (<i>NASB</i>). What imagery! What deep sorrow, agony and anguish of spirit!</p> <p>Preserve my life according to your word. (<i>NIV</i>) “I’m on the verge of dying here. Please, throw me a life preserver! Rescue me!”</p> <p>Revive me (<i>NASB</i>). He looked to God’s Word for revival, refreshment, restoration of his soul, and encouragement. “In the midst of [deep] affliction [and anguish of soul] the psalmist seeks deeper insight into God's Word.” (<i>Leupold, Exposition, p. 829</i>)</p>				
<p>Application:</p> <p>“Thank You, Lord, that I can find encouragement, revival, refreshment, restoration of my soul in Your Word; in time spent in Your presence.”</p>				
26 When I told of my ways, you answered me; teach me your statutes!	26 I have declared my ways, and You answered me; Teach me Your statutes.	26 I have told of my ways, and You have answered me; Teach me Your statutes.	26 I recounted my ways and you answered me; teach me your decrees.	26 I told you my plans, and you answered. Now teach me your decrees.
26 When I told You of my ways, You answered me; teach me Your statutes.				
<p>Commentary:</p> <p>When I told of my ways. When I shared my plans, my situation, my circumstances with You, what it was that was discouraging me...</p> <p>I recounted my ways (<i>NIV</i>). “It is very likely that this does not refer to the crooked and wrong ways that the writer had followed but rather to the many difficulties that had befallen him [and had laid him low]... The psalmist recounted what had befallen him...” (<i>Leupold, Exposition, p. 829</i>).</p>				

I have told of my ways (*NASB*). The writer took time to put into words what had happened to him, what he thought, how he felt. He poured all of this out to God in prayer. He poured out his heart to the Lord. He took the time to put into words what was going on in his heart, his mind, his life.

Teach me your decrees. (*NIV*) Sometimes we're not ready to receive from the Lord until we first pour out in prayer to Him the issues of the heart.

Application:

Thank You, Lord, that You care about the circumstances of my life; that I can be completely open, honest and transparent with You about what is going on in my life. Thank You for hearing me and answering me.

27 Make me understand the way of your precepts, and I will meditate on your wondrous works.

27 Make me understand the way of Your precepts; So shall I meditate on Your wonderful works.

27 Make me understand the way of Your precepts, So I will meditate on Your wonders.

27 Let me understand the teaching of your precepts; then I will meditate on your wonders.

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

27 Make me (cause me to) understand the way (teaching) of Your precepts; then I will meditate on Your wonderful works.

Commentary:

Let me understand the teaching of your precepts. (*NIV*) "This type of deeper understanding is the object of frequent prayer in this psalm (cf. Ps. 34, 73,123,144,169)" (*Leupold, Exposition, p. 829*).

Help me to understand Your precepts: what they mean, how they apply to my life.

Cp. vs. 18 – "Open my eyes, that I may behold wondrous things out of your law."

Make me to understand the way of Thy precepts (*KJV*). Deeper, fuller understanding comes from the Lord. We must do our part, however.

So I will mediate on Thy wonders. (*KJV*) Meditation on the Word in an attitude of complete dependence on the Lord will lead to a fuller understanding.

Application: "Thank You, Lord, for teaching me and giving me understanding of Your Word."

28 My soul melts away for sorrow; strengthen me according to your word!

28 My soul melts from heaviness; Strengthen me according to Your word.

28 My soul weeps because of grief; Strengthen me according to Your word.

28 My soul is weary with sorrow; strengthen me according to your word.

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

28 My soul melts away from sorrow (because of grief); strengthen me by Your word.

Commentary:

My soul is weary with sorrow. (NIV) Weariness of soul, at the core of your being. “Do not grieve, for the joy of the Lord is your strength” (Nehemiah 8:10). Grief saps our strength.

My soul weeps because of grief (NASB). How deep is his pain, his grief, his anguish!

Strengthen me according to your word. God’s Word gives me strength to face weariness, sorrow and discouragement. In times of deep anguish of soul and grief, strength comes through time in the Word; time reflecting and meditating on the Word.

Application: “Thank You, Lord, for strengthening me, reviving me, encouraging me through Your Word.”

29 Put false ways far from me and graciously teach me your law!

29 Remove from me the way of lying, And grant me Your law graciously.

29 Remove the false way from me, And graciously grant me Your law.

29 Keep me from deceitful ways; be gracious to me through your law.

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

29 Keep me far away from lying and deceitful ways; graciously teach me Your law.

Commentary:

Keep me from deceitful ways. (NIV) “Ways that seem right but lead to death (see Prov. 14:12)--in contrast to the ways prescribed by God’s law, which are trustworthy... and true.” (NIV Study Bible, p. 916)

Ways that would destroy us and bring us to shame. Ways that would dishonor the Lord. Ways that would bring disgrace to the gospel. Ways that would cause others to stumble. Unprofitable. Unbecoming. Hypocritical. Deadly.

Be gracious to me through your law. (NIV) God’s gracious leading is found in His Word.

Application: “Thank You, Lord, that You graciously teach me Your Word.”

30 I have chosen the way of faithfulness; I set your rules before me.

30 I have chosen the way of truth; Your judgments I have laid before me.

30 I have chosen the faithful way; I have placed Your ordinances before me.

30 I have chosen the way of truth; I have set my heart on your laws.

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

30 I have chosen the way of truth and faithfulness; I have set Your laws before me.

Commentary:

I set your rules before me. “I have set Your laws before me by setting my heart on Your laws.” Like putting a road map on the table in front of you and studying it carefully for guidance and direction.

I have chosen the way of truth. (NIV) Contrast vs. 29, “deceitful ways.” The way of life, of transparency, of walking in the light (1 John 1:5-7).

I have set my heart on your laws. (NIV) God’s Word is the “way of truth.” God’s Word is the sure foundation for our lives.

Note again the relationship between divine enablement and human responsibility. In verse 29, “Remove the false way from me” (NASB); verse 30, “I have chosen the faithful way” (NASB).

Application:

“Thank You, Lord, for the guidance and direction that You give me through Your Word. Please help me to faithfully and consistently follow the guidance You give.”

31 I cling to your testimonies, O Lord; let me not be put to shame!	31 I cling to Your testimonies; O Lord, do not put me to shame!	31 I cling to Your testimonies; O Lord, do not put me to shame!	31 I hold fast to your statutes, O Lord; do not let me be put to shame.	31 I cling to your laws. Lord, don't let me be put to shame!
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31 I cling to Your statutes, O Lord; do not let me be put to shame.

Commentary:

I cling to your testimonies vs. my soul clings to the dust (vs. 25).

I hold fast to your statutes, O Lord. (NIV) “Whether ‘laid low’ (v. 25) or ‘set...free’ (v. 32), he is determined to ‘hold fast’ (v. 31) to God’s word” (NIV Study Bible, p. 915).

I cleave (NASB). Hanging on for dear life! Like a lifesaver in the midst of a storm at sea. God and His Word are our only hope! “If I lose this, I’m lost—I will die!” Like hanging from a cliff by a rope—our lifeline.

Do not let me be put to shame. (NIV) It is walking in the path of “deceitful ways” that brings shame. As we walk in the “way of truth” we will not be put to shame.

Application: “Thank You, Lord, that adherence to Your Word delivers me from shame.”

32 I will run in the way of your commandments when you enlarge my heart!	32 I will run the course of Your commandments, For You shall enlarge my heart.	32 I shall run the way of Your commandments, For You will enlarge my heart.	32 I run in the path of your commands, for you have set my heart free.	32 I will pursue your commands, for you expand my understanding.
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32 I will run in the path of Your commands, for You have set my heart free.

Commentary:

I run in the path of your commands. (NIV) “The vigorous ‘run’ implies more than an apathetic following. It bespeaks eagerness in following the prescribed course.” (Leupold, *Exposition*, p. 830)

Note the sense of joy, freedom, release and relief here.

Contrast lying face down in the dirt with deep anguish of soul (vs. 25) with eagerly running with freedom and joy.

You have set my heart free. (NIV) "Lit. 'enlarged my heart,' i.e., expanded it with joy..." (NIV Study Bible, p. 916). Freedom expresses itself in joy; bondage in depression, despair, shame. Sin shrinks the soul.

"You have shown me the way forward."

Cp. vs. 25. Freedom and true joy comes from wholehearted devotion and obedience to God's Word.

Application:

"Thank You, Lord, for the freedom and joy I find when I am living in accordance with You and Your Word. Please help me 'to run in the path of Your commands' rather than in the ways of this world."

Daleth

25 My soul clings to the dust; give me life (revive me) according to (by) Your word.

26 When I told You of my ways, You answered me; teach me Your statutes.

27 Make me (cause me to) understand the way (teaching) of Your precepts; then I will meditate on Your wonderful works.

28 My soul melts away from sorrow (because of grief); strengthen me by Your word.

29 Keep me far away from lying and deceitful ways; graciously teach me Your law.

30 I have chosen the way of truth and faithfulness; I have set Your laws before me.

31 I cling to Your statutes, O Lord; do not let me be put to shame.

32 I will run in the path of Your commands, for You have set my heart free.