



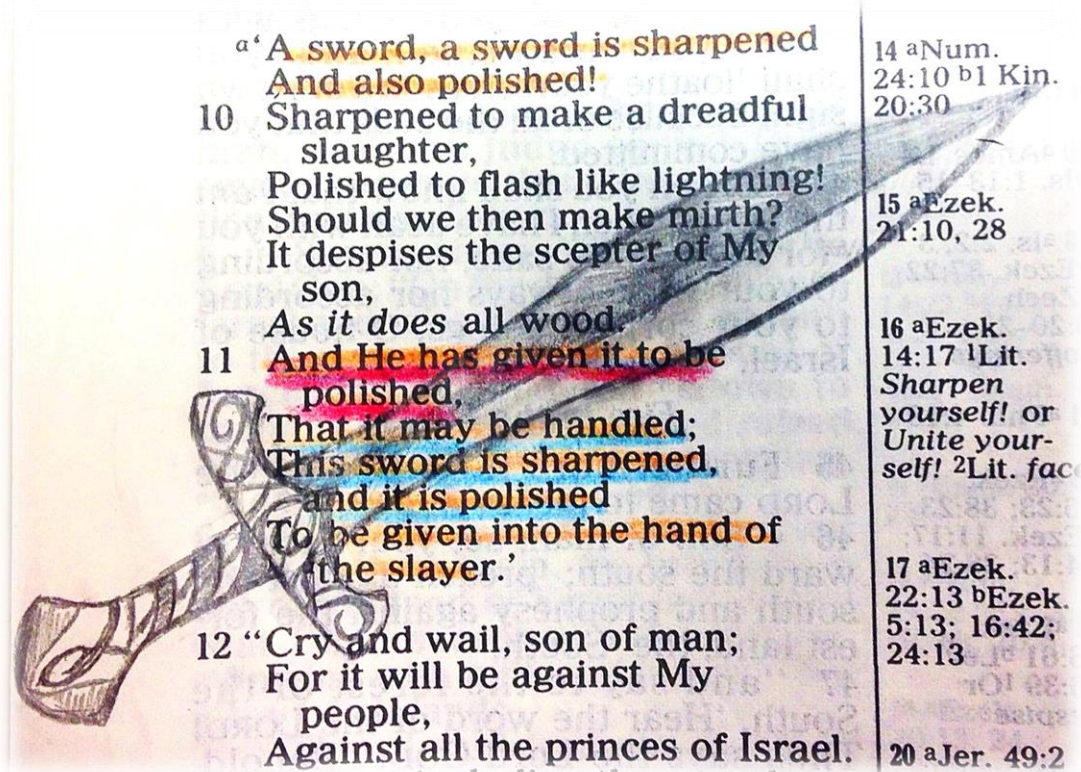
Sharpen Your Sword

Instruction Guide

Kalicia Morrison

Hebrews 4:12

For the Word of God *is* living and powerful, and sharper than any two-edged sword, piercing even to the division of soul and spirit, and of joints and marrow, and is a discerner of the thoughts and intents of the heart.



And take the helmet of salvation, and the Sword of the Spirit, which is the Word of God.

Ephesians 6:17

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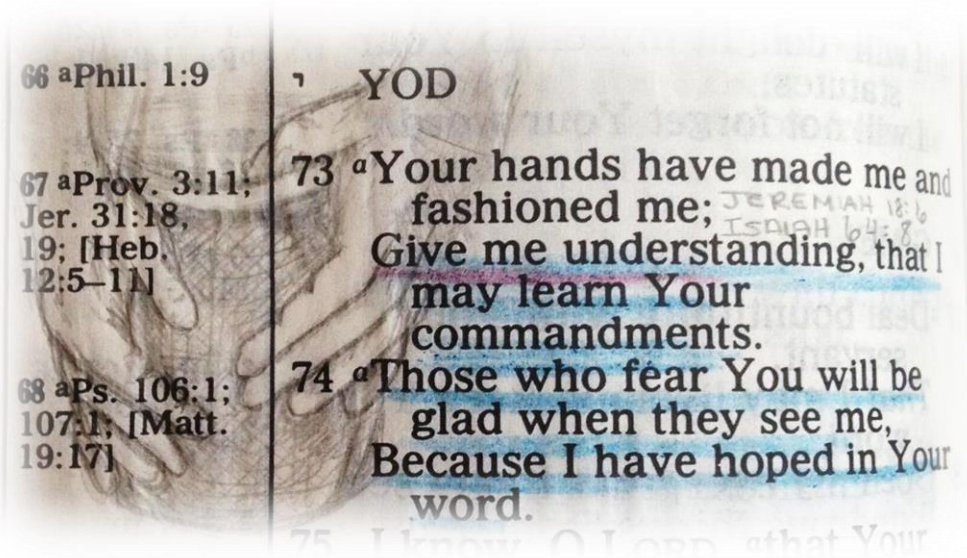
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Ezekiel 21:11

“He has given it to be polished, that it may be handled;
This *sword is sharpened*, and it is polished
to be given into the hand of the slayer.”



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The creative energy that called the worlds into existence is in the Word of God. This Word imparts power; it begets life. Every command is a promise accepted by the will, received into the soul, it brings with it the life of the Infinite One. It transforms the nature and *re-creates the soul in the image of God.*


(Education p. 126)

Each time I prayerfully “Sharpen my Sword” through the study of His Holy Word, I am taken on a colorful journey with Jesus. There is nothing I love more than meeting Jesus in the pages of His Word; my raw reflections and responses often spill over into the margins of my Bible. As I journal, draw, and meditate on the themes of Scripture, I gain a glimpse of what a two-way conversation with Jesus *might* be like and it makes me homesick for Heaven. I’m completely captivated by how humble Jesus is as He waits for me to come every day to spend time with Him in the pages of *Himself* (John 1:14).

Through this adventure of Bible journaling, I have had incredible experiences: I’ve laughed, cried (happy tears and big-fat-ugly tears), waited, struggled, questioned, made mistakes, repented, heard God’s still-small voice, been broken, confused, comforted, corrected, tested, and in awe of the mysterious love and character of our Saviour and King. He’s willing to do everything to save you and me! On the cross, He demonstrated His love in color. Will you join me and respond to Him in color?

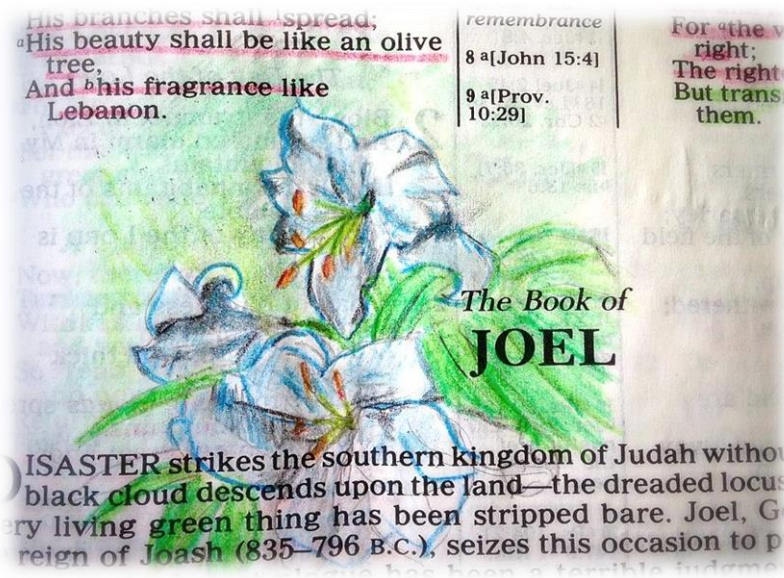
If you have received this little Sharpen Your Sword booklet, know that I am praying specifically for you! I pray for your journaling journey with Jesus, that your personal time with Him is strengthened, enriched, revived, deepened, and overflowing. I pray for the Holy Spirit to lead you as you receive His Word, and apply it to your life. I pray that through these experiences, you will be encouraged, strengthened, and reminded of your commitment and love for Jesus when you endure tribulations, tests, and trials. During these times, remember to return to the places in Scripture where you KNOW you’ve met God, for *we have NOTHING to fear for the future, except if we forget how He has led us in our past experiences!*¹

...these are the mere
edges of His ways,
And how small a whisper we
hear of Him!
But the thunder of His power
who can understand?”

 With love and prayer,

 Kalicia Morrison

¹ Paraphrased from EGW quote (Life Sketches 196, Vol 1)



There is nothing more calculated to strengthen the intellect, than the study of Scripture. No other book is so potent to elevate the thoughts, to give vigor to the faculties, as the broad, ennobling truths of the Bible. If God's Word were studied as it should be, men (*and women**) would have a breadth of mind, a nobility of character, and stability of purpose, that is rarely seen in these times.

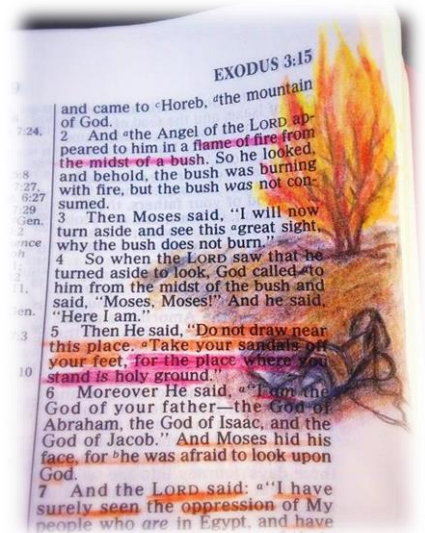
But there is but little benefit derived from a hasty reading of the Scriptures. One may read the whole Bible through and yet fail to see its beauty or comprehend its deep and hidden meaning. One passage studied until its significance is clear to the mind and its relation to the plan of salvation is evident, is of more value than the perusal of many chapters with no definite purpose in view and no positive instruction gained. Keep your Bible with you. As you have opportunity, read it; fix the texts in your memory.

(*Steps to Christ, 90*)

**Supplied*

Personal Principles for Bible Journaling

- I will be respectful of God's Word—this is not just another book, it is the living Word of God.
- I will not casually or haphazardly start “decorating” my Bible, just for the sake of decoration.
- I will read the Bible, study the Bible, pray over the Words, and make meaningful memories in my Bible.
- When drawing or journaling in my Bible, I will take care to not obliterate the lettering of the Bible. This is God's Holy Word.
- I will pre-test pens, markers, highlighters, pencils and other journaling tools on a similar paper before using them in my Bible to be sure they will not smudge or bleed through.
- If I ever use tools that need time to dry, I will be sure to leave the Bible open to allow drying.
- My Bible is not a sketch pad or an art book. It is God's love in print.
- Journaling should be meaningful memories of my personal journey with Jesus.
- Each note, underlining, or drawing should be a still-shot picture, an Ebenezer (1 Sam 7:12), marking an experience I had with God, or helping me recall an insight that the Holy Spirit gave to me.
- I will treat my Bible like a priceless Treasure. Always.



This Bible is for:

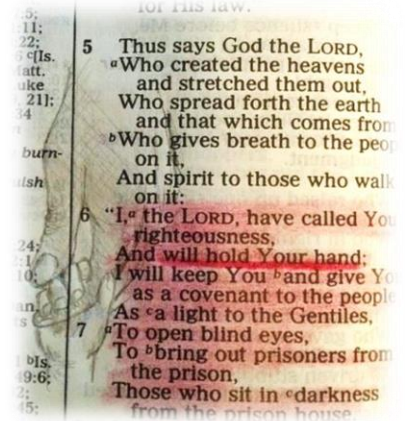
- Meeting Jesus
- Meditating on Scripture
- Hearing God's Voice
- Asking hard questions
- Brokenness
- Honesty
- Tears
- Comforting
- My Journey with Jesus

This Bible is *not* for:

- Fear
- Gallery art
- A practice sketch book
- Showing off art skills
- Failure
- Impressing others
- Checking off a “box” on my *TO DO* list
- Proving how “*spiritual*” I am
- Covering over the Holy Word of God

Taking Care of Your Bible²

1. First and foremost, have a Bible cover to protect your Bible when you are not using it. Keeping it in a cover will protect it from weather, accidental mishaps around the house, and if it should fall to the ground.
2. Use a proper Bible marker to highlight verses in your Bible. These markers are made not to bleed through papers, especially since some Bible pages are very thin. Using a regular marker or a permanent marker will damage other pages.
3. Use a bookmark to mark off where you stopped reading. Folding down page corners can cause these pages to rip easily. Some Bible come with bookmark ribbons built in.
4. Avoid studying your Bible while eating food or drinking. Greasy foods, especially, and beverages can leave nasty stains that will never come out. This can cause words to become blurry and hard to read later on.
5. Keep your Bible in a safe place
6. Keep your Bible out of direct sunlight, especially with the pages open. The sun rays can eventually fade the words, making it difficult to read.
7. Avoid bending the cover backwards to easily access just one page. This action will eventually cause the binding to become loose, thus allowing pages to fall out.
8. Don't stuff bulletins and other materials between Bible pages. This, too, will cause the binding to become loose. Instead, put these materials in the pockets of your Bible cover.



²Adventist Adventurer Awards-Bible 1

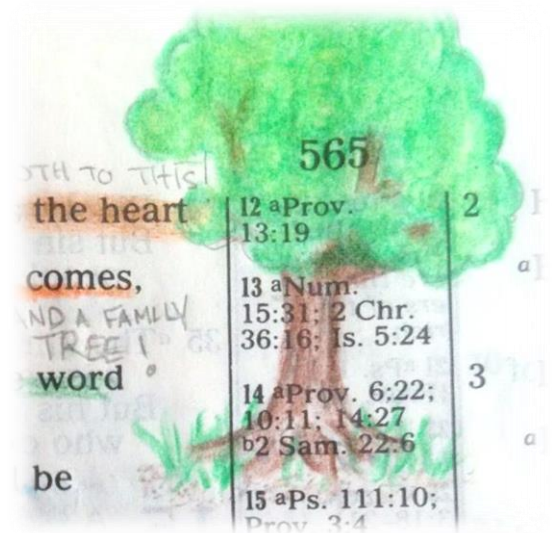
https://en.wikibooks.org/wiki/Adventist_Adventurer_Awards/Bible_1

Supplies List

- Bible (*Not* optional)
- Colored Pencils (to make your sword shine!)
 - Twistable/Highlighters
- Mini colored pencils
- 0.3-0.5mm pencil (to take cute little notes)
- Stand-alone eraser (because the one with your pencil is never enough!)
- Journal (Optional)
 - Leaf-lined or blank

Give me six hours to chop
down a tree and I will spend the
first four sharpening the axe.

(Abraham Lincoln)



Bible Marking Colors⁴

Red

Christ/Promises

Orange

General – cool facts!

Green

Satan/what not to do

Blue

Law/what to do

Pink

Women of the Bible, family, marriage, parenting, friendship, relationships

Red

Love, kindness, mercy, compassion, peace, grace

Orange

Prophecy, history, times, places, kings, genealogies, people, numbers, covenants, vows, visions, oaths, future

Yellow

Worship, prayer praise, doctrine, angels, miracles, power of God, blessings

Green

faith, obedience, growth, fruit, salvation, fellowship, repentance

Blue

Wisdom, teaching, instruction, commands

Purple

God, Jesus, Holy Spirit, Saviour, Messiah

Brown

Satan, sin, death, hell, evil, idols, false teachers, hypocrisy, temptation

Red

Like a stop sign, this color reminds us of what we should not do

Yellow

Christ – He is the Light of the World

Green

A signal to go, what we should do

Blue

Blessings we are promised if we obey

Purple

Things to work on!

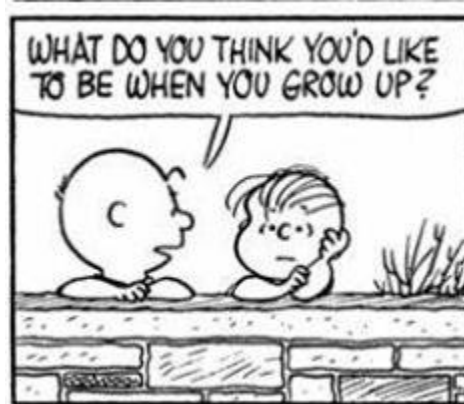
⁴ <http://womenlivingwell.org/2014/12/studying-the-bible-using-the-soak-method-coloring-chart-and-meditation/>

http://www.sugardoodle.net/joomla/index.php?option=com_content&task=view&id=4993

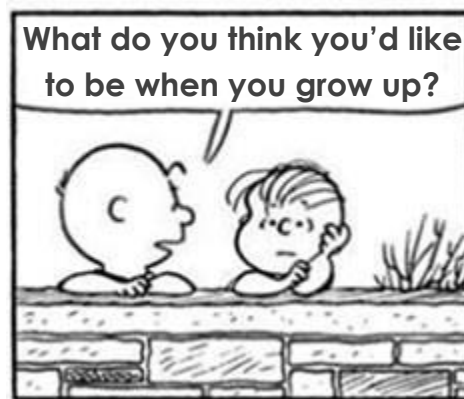
Handwriting

Handwriting is easier to read when in all CAPS, especially when writing small! Comic strips are usually set in all capital letters for this very reason.

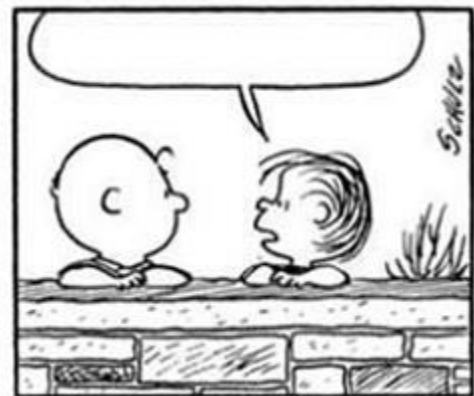
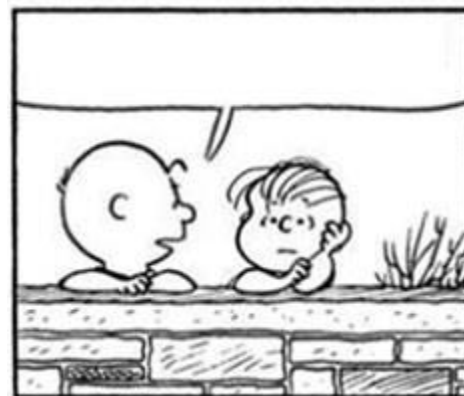
CAP LOCKS:



Sentence Case:

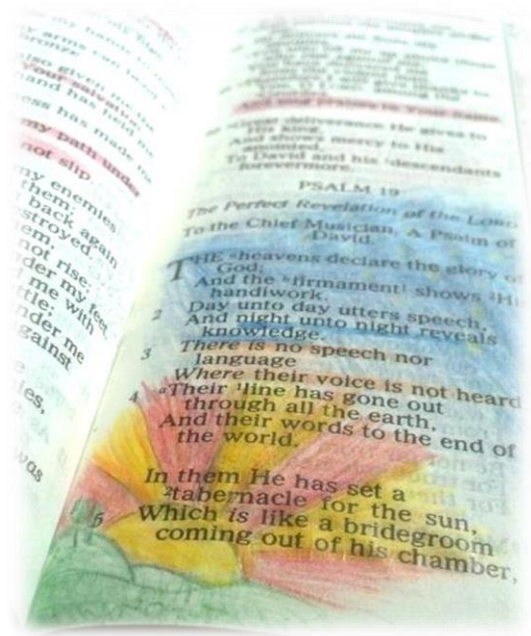


Try it Yourself:

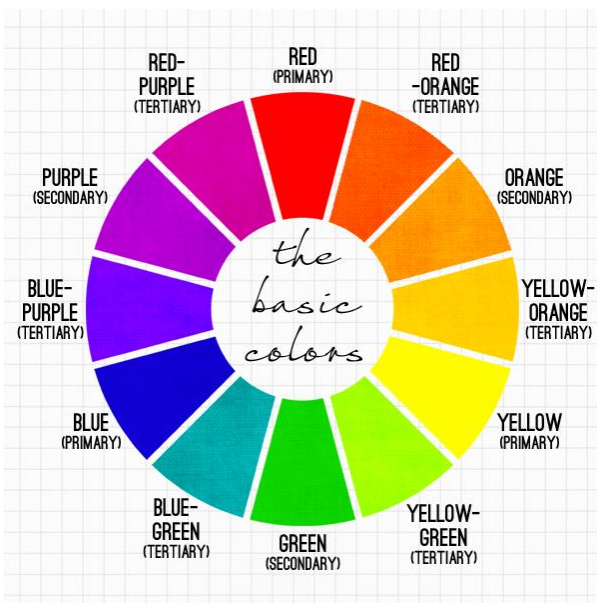


ARTSY TERMINOLOGY & TECHNIQUES⁵

Aerial perspective – A way of suggesting the far distance in a landscape by using paler colors (sometimes tinged with blue), less pronounced tones, and vaguer forms in those areas that are farthest from the viewer. By contrast objects in the foreground are painted in sharply outlined, brilliant, and warm colors, and background objects are shown in muted, cooler colors.



Balance – A feeling of equality in weight, attention, or attraction of the various visual elements within the pictorial field as a means of accomplishing organic unity.



Carpet page – In manuscript illumination, a page totally filled with decorative design.

Cast shadow – The dark area created on a surface when a form is placed so as to prevent light from falling on that surface.

Complementary colors – Two colors which are directly opposite each other on the color wheel.

⁵ <http://www.visual-arts-cork.com/art-glossary-of-terms.htm>
<http://learn.leighcotnoir.com/artspk/art-vocabulary/>

Dominance – The principle of visual organization that suggests that certain elements should assume more importance than others in the same composition. It contributes to organic unity by emphasizing the fact that there is one main feature and that other elements are subordinate to it.

Foreground – Refers to the area of the picture space closest to the viewer, immediately behind the picture plane. The next distant area is the middleground; the most distant is the background.

Foreshortening – The use of the laws of perspective in art to make an individual form appear three dimensional.

Highlight – The area of an object represented in art that receives the greatest amount of direct light.

Horizon Line – This is a line horizontally oriented at your eye level regardless of the viewer's position. If the viewer looks up, the horizon line is lower in a picture plane; if s/he looks down, the line is higher on the picture plane, and if s/he looks straight ahead, the line is in the middle.

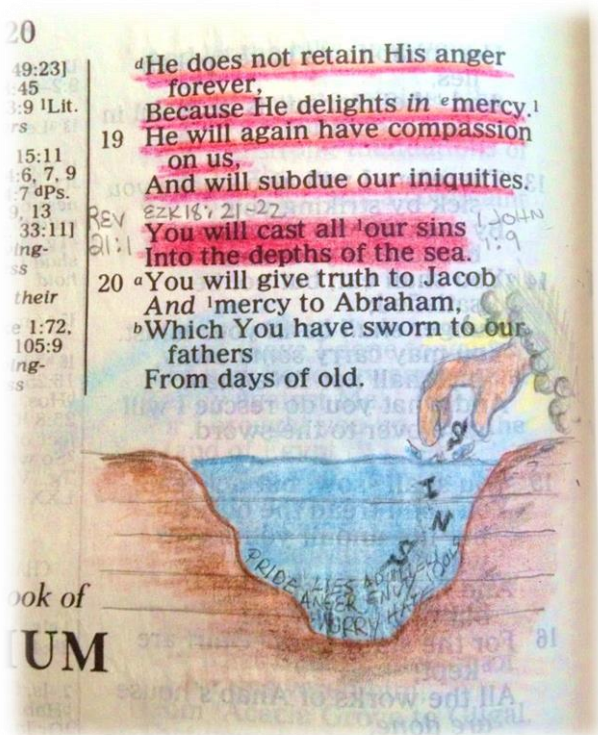
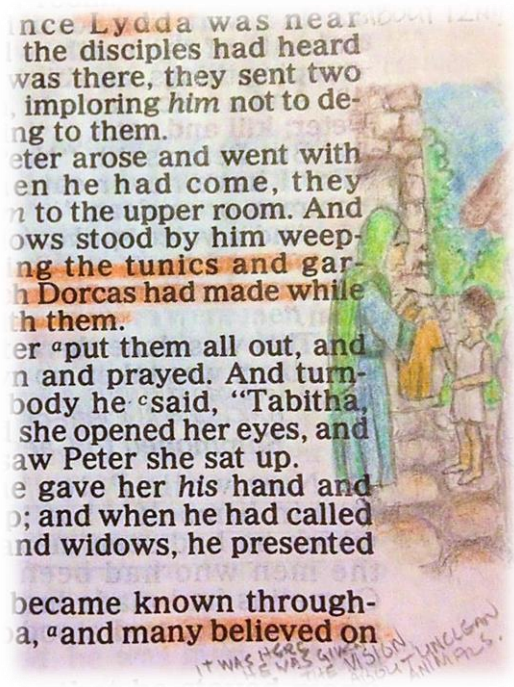


Illustration – A method of enhancing written text by providing an illustration (pictorial explanation) of the written words

Intensity / Saturation – The intensity/saturation or “chroma” of a color: A vivid color is of high intensity, a dull color of low intensity. Saturation/intensity is reduced by adding grey (black AND white) to a hue, which is then referred to as a “tone.”

Line – A line is the path of a moving point—that is, a mark made by a tool or instrument as it is drawn across a surface. Its length is distinctly greater than its width.

Linear perspective – method of indicating spatial recession in a picture by placing objects in a series of receding planes; parallel lines receding from the onlooker's view—point will appear to meet at a vanishing point.



Media/Medium – The materials and tools used by the artist to create a work of art.

Neutralized color – A color that has been “grayed” or reduced in intensity by mixture with a complementary color.

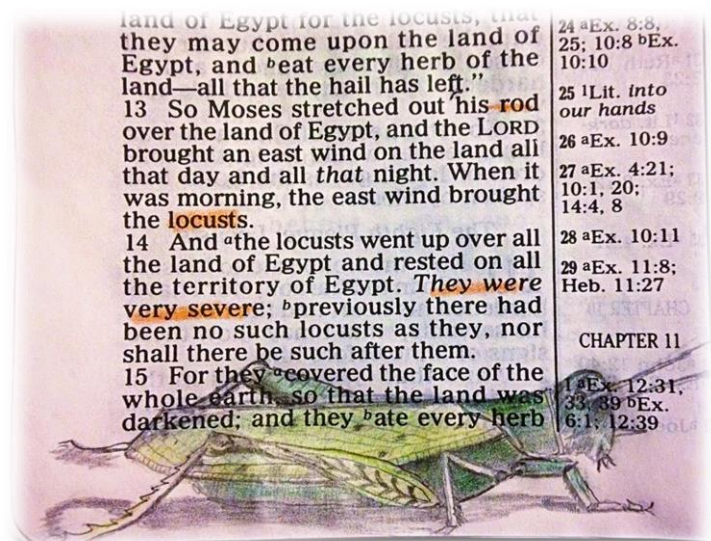
Picture frame – The outer-most limits or boundary of the picture plane.

Picture plane – The actual flat surface on which the artist executes his/her pictorial image.

Primary colors – Red, blue, and yellow; the colors that can be mixed to produce other colors, but cannot themselves be produced from mixtures.

Representational art – Art that attempts to show objects as they really appear, or at least in some easily recognizable form.

Shadow, shade, shading – The darker value on the portion of a form's surface that is turned away from the light source.



Sketching – Typically a sketch is a rapidly executed or casual portrayal of a subject, in pencil, charcoal, pen and ink or other portable medium, often produced as a preliminary work in preparation for something more detailed.

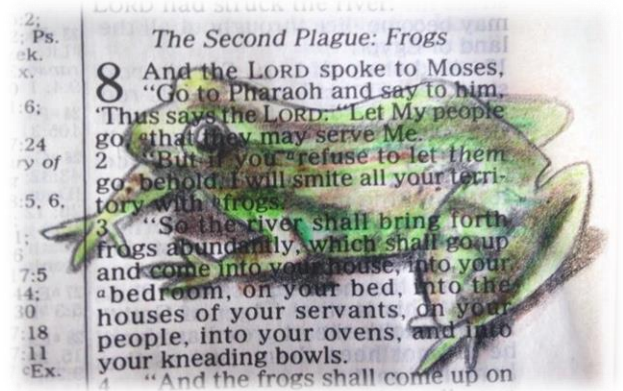
Style – Artist’s expressive use of media to give an individual character to his work.

Texture – The actual or the illusion of tactile value on the surface of an area as created by nature or by an artist through a manipulation of the visual elements.

Three-dimensional space – A sensation of space that seems to have length, width, and height to create visual or real depth.



Two-dimensional space – Measurable distances on a surface which show length and width but lack any illusion of thickness or depth.



The oftener and more diligently you study the Bible, the more beautiful it will appear, and the less relish you will have for light reading.

(Messages to Young People, 274)



Do not fret because of evildoers,
Nor be envious of the workers
of iniquity.
For they shall soon be cut down
like the grass,
And wither as the green herb.
Trust in the LORD, and do good;
Dwell in the land, and feed on
His faithfulness.

6 aJob 11:17;
[Is. 58:8, 10]
1 PET 1:22-25
7 aPs. 40:1;
62:5; [Lam.
3:26] b[Ps.
73:3-12]
8 a[Eph. 4:26
bPs. 73:3
9 aPs. 25:13;
Prov. 2:21;

coming, and he has brought
31 "But that the world
that I love the Father, and
Father gave Me command
do. Arise, let us go from here
The True Vine
15 I am the true vine
Father is the vinedresser
2 "Every branch in Me
not bear fruit He takes away
every branch that bears
prunes, that it may bear

PSALM 23
The LORD the Shepherd of His People

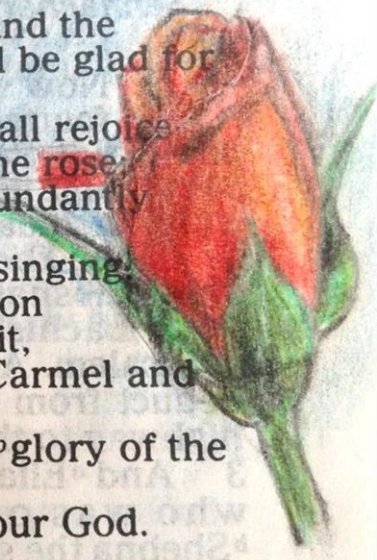
A Psalm of David.

THE LORD is my shepherd;
I shall not want.
He makes me to lie down in
green pastures;
He leads me beside the still
waters.
He restores my soul;
He leads me in the paths of
righteousness
For His name's sake.
Yea, though I walk through the
valley of the shadow of

"Many illustrations from nature are used by the Bible writers, and as we observe the things of the natural world, we shall be enabled, under the guiding of the Holy Spirit, more fully to understand the lessons of God's word. It is thus that nature becomes a key to the treasure house of the word." (Education, p 120)

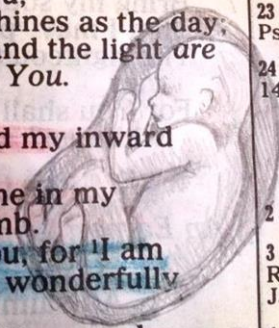
The Future Glory of Zion

The wilderness and the
wasteland shall be glad for
them,
And the desert shall rejoice
and blossom as the rose;
it shall blossom abundantly
and rejoice,
Even with joy and singing.
The glory of Lebanon
shall be given to it,
The excellence of Carmel and
Sharon.
They shall see the glory of the
LORD,
The excellency of our God.
Strengthen the weak hands,
and make firm the feeble

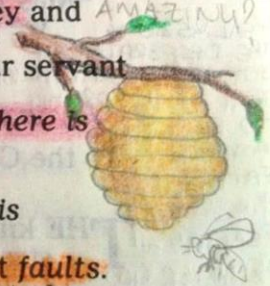


Indeed, the darkness shall not
hide from You,
But the night shines as the day,
The darkness and the light are
both alike to You.
For You formed my inward
parts;
You covered me in my
mother's womb.
I will praise You, for I am
fearfully and wonderfully
made;
Marvelous are Your works,
And that my soul knows very
well

22 I complete
23 aJob 31:6;
Ps. 26:2
24 aPs. 5:8;
143:10
PSALM 140
2 aPs. 56:6
3 aPs. 58:4;
Rom. 3:13;
James 3:8
4 aPs. 71:4
5 aPs. 35:7;
Jer. 18:22



Yea, than much fine gold;
Sweeter also than honey and
the honeycomb.
Moreover by them Your servant
is warned,
And in keeping them there is
great reward.
Who can understand his
errors?
Cleanse me from secret faults.
Keep back Your servant also



Psalm 119

Meditations on the Excellencies of
the Word of God

א Aleph

1 Blessed are the undefiled in the way,
Who walk in the law of the Lord!
2 Blessed are those who keep His testimonies,
Who seek Him with the whole heart!
3 They also do no iniquity;
They walk in His ways.
4 You have commanded us
To keep Your precepts diligently.
5 Oh, that my ways were directed
To keep Your statutes!
6 Then I would not be ashamed,
When I look into all Your commandments.
7 I will praise You with uprightness of heart,
When I learn Your righteous judgments.
8 I will keep Your statutes;
Oh, do not forsake me utterly!

ב Beth

9 How can a young man cleanse his way?
By taking heed according to Your word.
10 With my whole heart I have sought You;
Oh, let me not wander from Your commandments!

11 Your word I have hidden in my heart,
That I might not sin against You.

12 Blessed are You, O Lord!
Teach me Your statutes.

13 With my lips I have declared
All the judgments 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 contemplate Your ways.

16 I will delight myself in Your statutes;
I will not forget Your word.

ג Gimel

17 Deal bountifully with Your servant,
That I may live and keep Your word.

18 Open my eyes, that I may see
Wondrous things from Your law.

19 I am a stranger in the earth;
Do not hide Your commandments from me.

20 My soul breaks with longing
For Your judgments at all times.

21 You rebuke the proud—the cursed,
Who stray from Your commandments.

22 Remove from me reproach and contempt,
For I have kept Your testimonies.

23 Princes also sit and speak against me,
But Your servant meditates on Your statutes.

24 Your testimonies also are my
delight
And my counselors.

⌣ Daleth

25 My soul clings to the dust;
Revive me according to Your word.

26 I have declared my ways, and
You answered me;
Teach me Your statutes.

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

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

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

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

31 I cling to Your testimonies;
O Lord, do not put me to shame!

32 I will run the course of Your
commandments,
For You shall enlarge my heart.

⌢ He

33 Teach me, O Lord, the way of
Your statutes,
And I shall keep it to the end.

34 Give me understanding, and I
shall keep Your law;
Indeed, I shall observe it with my
whole 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 covetousness.

37 Turn away my eyes from looking
at worthless things,
And revive me in Your way.[a]

38 Establish Your word to Your
servant,
Who is devoted to fearing You.

39 Turn away my reproach which I
dread,
For Your judgments are good.

40 Behold, I long for Your precepts;
Revive me in Your righteousness.

⌣ Waw

41 Let Your mercies come also to
me, O Lord—
Your salvation according to Your
word.

42 So shall I have an answer for him
who reproaches me,
For I trust in Your word.

43 And take not the word of truth
utterly out of my mouth,
For I have hoped in Your
ordinances.

44 So shall I keep Your law
continually,
Forever and ever.

45 And I will walk at liberty,
For I seek Your precepts.

46 I will speak of Your testimonies
also before kings,
And will not be ashamed.

47 And I will delight myself in Your commandments,
Which I love.

48 My hands also I will lift up to Your commandments,
Which I love,
And I will meditate on Your statutes.

ר Zayin

49 Remember the word to Your servant,
Upon which You have caused me to hope.

50 This is my comfort in my affliction,
For Your word has given me life.

51 The proud have me in great derision,
Yet I do not turn aside from Your law.

52 I remembered Your judgments of old, O Lord,
And have comforted myself.

53 Indignation has taken hold of me
Because of the wicked, who forsake Your law.

54 Your statutes have been my songs
In the house of my pilgrimage.

55 I remember Your name in the night, O Lord,
And I keep Your law.

56 This has become mine,
Because I kept Your precepts.

נ Heth

57 You are my portion, O Lord;
I have said that I would keep Your words.

20

58 I entreated Your favor with my whole heart;
Be merciful to me according to Your word.

59 I thought about my ways,
And turned my feet to Your testimonies.

60 I made haste, and did not delay
To keep Your commandments.

61 The cords of the wicked have bound me,
But I have not forgotten Your law.

62 At midnight I will rise to give thanks to You,
Because of Your righteous judgments.

63 I am a companion of all who fear You,
And of those who keep Your precepts.

64 The earth, O Lord, is full of Your mercy;
Teach me Your statutes.

ו Teth

65 You have dealt well with Your servant,
O Lord, according to Your word.

66 Teach me good judgment and knowledge,
For I believe Your commandments.

67 Before I was afflicted I went astray,
But now I keep Your word.

68 You are good, and do good;
Teach me Your statutes.

69 The proud have forged a lie against me,

But I will keep Your precepts with my whole heart.

70 Their heart is as fat as grease,
But I delight in Your law.

71 It is good for me that I have been afflicted,
That I may learn Your statutes.

72 The law of Your mouth is better to me
Than thousands of coins of gold and silver.

· **Yod**

73 Your hands have made me and fashioned me;
Give me understanding, that I may learn Your commandments.

74 Those who fear You will be glad when they see me,
Because I have hoped in Your word.

75 I know, O Lord, that Your judgments are right,
And that in faithfulness You have afflicted me.

76 Let, I pray, Your merciful kindness be for my comfort,
According to Your word to Your servant.

77 Let Your tender mercies come to me, that I may live;
For Your law is my delight.

78 Let the proud be ashamed,
For they treated me wrongfully with falsehood;
But I will meditate on Your precepts.

79 Let those who fear You turn to me,
Those who know Your testimonies.

80 Let my heart be blameless regarding Your statutes,
That I may not be ashamed.

ך **Kaph**

81 My soul faints for Your salvation,
But I hope in Your word.

82 My eyes fail from searching Your word,
Saying, "When will You comfort me?"

83 For I have become like a wineskin in smoke,
Yet I do not forget Your statutes.

84 How many are the days of Your servant?
When will You execute judgment on those who persecute me?

85 The proud have dug pits for me,
Which is not according to Your law.

86 All Your commandments are faithful;
They persecute me wrongfully;
Help me!

87 They almost made an end of me on earth,
But I did not forsake Your precepts.

88 Revive me according to Your lovingkindness,
So that I may keep the testimony of Your mouth.

ל **Lamed**

89 Forever, O Lord,
Your word is settled in heaven.

90 Your faithfulness endures to all generations;

You established the earth, and it abides.

91 They continue this day according to Your ordinances,
For all are Your servants.

92 Unless Your law had been my delight,
I would then have perished in my affliction.

93 I will never forget Your precepts,
For by them You have given me life.

94 I am Yours, save me;
For I have sought Your precepts.

95 The wicked wait for me to destroy me,
But I will consider Your testimonies.

96 I have seen the consummation of all perfection,
But Your commandment is exceedingly broad.

▯ **Mem**

97 Oh, how I love Your law!
It is my meditation all the day.

98 You, through Your commandments, make me wiser than my enemies;
For they are ever with me.

99 I have more understanding than all my teachers,
For Your testimonies are my meditation.

100 I understand more than the ancients,
Because I keep Your precepts.

101 I have restrained my feet from every evil way,
That I may keep Your word.

102 I have not departed from Your judgments,

For You Yourself have taught me.

103 How sweet are Your words to my taste,

Sweeter than honey to my mouth!

104 Through Your precepts I get understanding;

Therefore I hate every false way.

| **Nun**

105 Your word is a lamp to my feet
And a light to my path.

106 I have sworn and confirmed
That I will keep Your righteous judgments.

107 I am afflicted very much;
Revive me, O Lord, according to Your word.

108 Accept, I pray, the freewill offerings of my mouth, O 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 laid a snare for me,
Yet I have not strayed from Your precepts.

111 Your testimonies I have taken as a heritage forever,
For they are the rejoicing of my heart.

112 I have inclined my heart to perform Your statutes
Forever, to the very end.

o Samek

113 I hate the double-minded,
But I love Your law.

114 You are my hiding place and
my shield;
I hope in Your word.

115 Depart from me, you evildoers,
For I will keep the commandments
of my God!

116 Uphold me according to Your
word, that I may live;
And do not let me be ashamed of
my hope.

117 Hold me up, and I shall be safe,
And I shall observe Your statutes
continually.

118 You reject all those who stray
from Your statutes,
For their deceit is falsehood.

119 You put away all the wicked of
the earth like dross;
Therefore I love Your testimonies.

120 My flesh trembles for fear of
You,
And I am afraid of Your judgments.

υ Ayin

121 I have done justice and
righteousness;
Do not leave me to my oppressors.

122 Be surety for Your servant for
good;
Do not let the proud oppress me.

123 My eyes fail from seeking Your
salvation
And Your righteous word.

124 Deal with Your servant
according to Your mercy,

And teach me Your statutes.

125 I am Your servant;
Give me understanding,
That I may know Your testimonies.

126 It is time for You to act, O Lord,
For they have regarded Your law as
void.

127 Therefore I love Your
commandments
More than gold, yes, than fine gold!

128 Therefore all Your precepts
concerning all things
I consider to be right;
I hate every false way.

Ϟ Pe

129 Your testimonies are wonderful;
Therefore my soul keeps them.

130 The entrance of Your words
gives light;
It gives understanding to the simple.

131 I opened my mouth and
panted,
For I longed for Your
commandments.

132 Look upon me and be merciful
to me,
As Your custom is toward those who
love Your name.

133 Direct my steps by Your word,
And let no iniquity have dominion
over me.

134 Redeem me from the
oppression of man,
That I may keep Your precepts.

135 Make Your face shine upon
Your servant,
And teach me Your statutes.

136 Rivers of water run down from
my eyes,
Because men do not keep Your law.

י Tsadde

137 Righteous are You, O Lord,
And upright are Your judgments.

138 Your testimonies, which You
have commanded,
Are righteous and very faithful.

139 My zeal has consumed me,
Because my enemies have
forgotten Your words.

140 Your word is very pure;
Therefore Your servant loves it.

141 I am small and despised,
Yet I do not forget Your precepts.

142 Your righteousness is an
everlasting righteousness,
And Your law is truth.

143 Trouble and anguish have
overtaken me,
Yet Your commandments are my
delights.

144 The righteousness of Your
testimonies is everlasting;
Give me understanding, and I shall
live.

ק Qoph

145 I cry out with my whole heart;
Hear me, O Lord!
I will keep Your statutes.

146 I cry out to You;
Save me, and I will keep Your
testimonies.

147 I rise before the dawning of the
morning,

And cry for help;
I hope in Your word.

148 My eyes are awake through the
night watches,
That I may meditate on Your word.

149 Hear my voice according to
Your lovingkindness;
O Lord, revive me according to Your
justice.

150 They draw near who follow after
wickedness;
They are far from Your law.

151 You are near, O Lord,
And all Your commandments are
truth.

152 Concerning Your testimonies,
I have known of old that You have
founded them forever.

ר Resh

153 Consider my affliction and
deliver me,
For I do not forget Your law.

154 Plead my cause and redeem
me;
Revive me according to Your word.

155 Salvation is far from the wicked,
For they do not seek Your statutes.

156 Great are Your tender mercies,
O Lord;
Revive me according to Your
judgments.

157 Many are my persecutors and
my enemies,
Yet I do not turn from Your
testimonies.

158 I see the treacherous, and am
disgusted,

Because they do not keep Your word.

159 Consider how I love Your precepts;
Revive me, O Lord, according to Your lovingkindness.

160 The entirety of Your word is truth,
And every one of Your righteous judgments endures forever.

ו Shin

161 Princes persecute me without a cause,
But my heart stands in awe of Your word.

162 I rejoice at Your word
As one who finds great treasure.

163 I hate and abhor lying,
But I love Your law.

164 Seven times a day I praise You,
Because of Your righteous judgments.

165 Great peace have those who love Your law,
And nothing causes them to stumble.

166 Lord, I hope for Your salvation,
And I do Your commandments.

167 My soul keeps Your testimonies,
And I love them exceedingly.

168 I keep Your precepts and Your testimonies,
For all my ways are before You.

ת Tau

169 Let my cry come before You, O Lord;

Give me understanding according to Your word.

170 Let my supplication come before You;
Deliver me according to Your word.

171 My lips shall utter praise,
For You teach me Your statutes.

172 My tongue shall speak of Your word,
For all Your commandments are righteousness.

173 Let Your hand become my help,
For I have chosen Your precepts.

174 I long for Your salvation, O Lord,
And Your law is my delight.

175 Let my soul live, and it shall praise You;
And let Your judgments help me.

176 I have gone astray like a lost sheep;
Seek Your servant,
For I do not forget Your commandments.

Footnotes:

Psalm 119:37 Following Masoretic Text, Septuagint, and Vulgate; Targum reads Your words.

New King James Version (NKJV)

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Notes:

Read the Old and New Testament with a contrite heart. Read them prayerfully and faithfully, pleading that the Holy Spirit will give you understanding.

(Fundamentals of Christian Education 357-358)

Ancient Words

Holy Words long preserved
For our walk in this world
They resound with God's own heart
Oh, let the ancient Words impart

Words of Life, Words of Hope
Give us strength, help us cope
In this world, where e'er we roam
Ancient Words will guide us Home

Chorus

Ancient Words ever true
Changing me and changing you
We have come with open hearts
Oh, let the ancient Words impart

Holy Words of our Faith
Handed down to this age
Came to us through sacrifice
Oh heed the faithful Words of Christ

(Lyricist: Lynn DeShazo)

Ezekiel 21:11

He has given it to be polished, that it may be handled;
This *sword is sharpened*, and it is polished
to be given into the hand of the slayer.

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