

How Shall the Young Secure Their Hearts?

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Psalm 119:9-16 ... 9 How can a young man keep his way pure? By keeping it according to Your word. 10 With all my heart I have sought You; Do not let me wander from Your commandments. 11 Your word I have treasured in my heart, That I may not sin against You. 12 Blessed are You, O Lord; Teach me Your statutes. 13 With my lips I have told of All the ordinances 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 regard Your ways. 16 I shall delight in Your statutes; I shall not forget Your word. (NASB95)

9) How can a young man keep his way pure? By keeping it according to Your word.

Pure. The verb translated “pure” means “to be clear or clean.” While no one is without sin (Prov. 20:9), we must strive for moral purity (Isa. 1:16-17).

*Proverbs 20:9 ... 9 Who can say, “I have ***cleansed** my heart, I am pure from my sin”?* (NASB95)

*Isaiah 1:16-17 ... 16 “Wash yourselves, ***make** yourselves ***clean**; Remove the evil of your deeds from My sight. Cease to do evil, 17 Learn to do good; Seek justice, Reprove the ruthless, Defend the orphan, Plead for the widow. (NASB95)*

Keeping. The verb translated “keeping” means “to guard, protect, or preserve.” As Adam was to keep the garden (Gen. 2:15), so God’s people must carefully keep His commandments (Josh. 1:7-8). This is a reoccurring theme of Psalm 119 (cf. vs. 4, 5, 8, 9, 17, 34, 44, 55, 57, 60, 63, 67, 88, 101, 106, 134, 136, 146, 158, 167, 168).

*Genesis 2:15 ... 15 Then the Lord God took the man and put him into the garden of Eden to cultivate it and ***keep** it. (NASB95)*

*Joshua 1:7-8 ... 7 “Only be strong and very courageous; be ***careful** to do according to all the law which Moses My servant commanded you; do not turn from it to the right or to the left, so that you may have success wherever you go. 8 “This book of the law shall not depart from your mouth, but you shall meditate on it day and night, so that you may be ***careful** to do according to all that is written in it; for then you will make your way prosperous, and then you will have success. (NASB95)*

*Psalm 119:4 ... 4 You have ordained Your precepts, That we should ***keep** them diligently. (NASB95)*

*Psalm 119:5 ... 5 Oh that my ways may be established To ***keep** Your statutes! (NASB95)*

*Psalm 119:8 ... 8 I shall ***keep** Your statutes; Do not forsake me utterly! (NASB95)*

*Psalm 119:9 ... 9 How can a young man keep his way pure? By ***keeping** it according to Your word. (NASB95)*

*Psalm 119:17 ... 17 Deal bountifully with Your servant, That I may live and ***keep** Your word. (NASB95)*

*Psalm 119:34 ... 34 Give me understanding, that I may observe Your law And ***keep** it with all my heart. (NASB95)*

*Psalm 119:44 ... 44 So I will ***keep** Your law continually, Forever and ever. (NASB95)*

*Psalm 119:55 ... 55 O Lord, I remember Your name in the night, And ***keep** Your law. (NASB95)*

*Psalm 119:57 ... 57 The Lord is my portion; I have promised to ***keep** Your words. (NASB95)*

*Psalm 119:60 ... 60 I hastened and did not delay To ***keep** Your commandments. (NASB95)*

*Psalm 119:63 ... 63 I am a companion of all those who fear You, And of those who ***keep** Your precepts. (NASB95)*

*Psalm 119:67 ... 67 Before I was afflicted I went astray, But now I ***keep** Your word. (NASB95)*

*Psalm 119:88 ... 88 Revive me according to Your lovingkindness, So that I may ***keep** the testimony of Your mouth. (NASB95)*

*Psalm 119:101 ... 101 I have restrained my feet from every evil way, That I may ***keep** Your word. (NASB95)*

*Psalm 119:106 ... 106 I have sworn and I will confirm it, That I will ***keep** Your righteous ordinances. (NASB95)*

*Psalm 119:134 ... 134 Redeem me from the oppression of man, That I may ***keep** Your precepts. (NASB95)*

*Psalm 119:136 ... 136 My eyes shed streams of water, Because they do not ***keep** Your law. (NASB95)*

*Psalm 119:146 ... 146 I cried to You; save me And I shall ***keep** Your testimonies. (NASB95)*

*Psalm 119:158 ... 158 I behold the treacherous and loathe them, Because they do not ***keep** Your word. (NASB95)*

*Psalm 119:167 ... 167 My soul *keeps Your testimonies, And I love them exceedingly. (NASB95)*

*Psalm 119:168 ... 168 I *keep Your precepts and Your testimonies, For all my ways are before You. (NASB95)*

10) With all my heart I have sought You; Do not let me wander from Your commandments.

Heart. Moses repeatedly exhorted Israel to manifest heartfelt devotion (Deut. 6:4-9; 10:12-13; 26:16-19). In like manner, this is a reoccurring theme of Psalm 119 (cf. vs. 10, 34, 58, 69, 145).

*Deuteronomy 6:4-9 ... 4 “Hear, O Israel! The Lord is our God, the Lord is one! 5 “You shall love the Lord your God with **all your heart** and with all your soul and with all your might. 6 “These words, which I am commanding you today, shall be on your heart. 7 “You shall teach them diligently to your sons and shall talk of them when you sit in your house and when you walk by the way and when you lie down and when you rise up. 8 “You shall bind them as a sign on your hand and they shall be as frontals on your forehead. 9 “You shall write them on the doorposts of your house and on your gates. (NASB95)*

*Deuteronomy 10:12-13 ... 12 “Now, Israel, what does the Lord your God require from you, but to fear the Lord your God, to walk in all His ways and love Him, and to serve the Lord your God with **all your heart** and with all your soul, 13 and to keep the Lord’s commandments and His statutes which I am commanding you today for your good? (NASB95)*

*Deuteronomy 26:16-19 ... 16 “This day the Lord your God commands you to do these statutes and ordinances. You shall therefore be careful to do them with **all your heart** and with all your soul. 17 “You have today declared the Lord to be your God, and that you would walk in His ways and keep His statutes, His commandments and His ordinances, and listen to His voice. 18 “The Lord has today declared you to be His people, a treasured possession, as He promised you, and that you should keep all His commandments; 19 and that He will set you high above all nations which He has made, for praise, fame, and honor; and that you shall be a consecrated people to the Lord your God, as He has spoken.” (NASB95)*

*Psalm 119:10 ... 10 With **all my heart** I have sought You; Do not let me wander from Your commandments. (NASB95)*

*Psalm 119:34 ... 34 Give me understanding, that I may observe Your law And keep it with **all my heart**. (NASB95)*

*Psalm 119:58 ... 58 I sought Your favor with **all my heart**; Be gracious to me according to Your word. (NASB95)*

*Psalm 119:69 ... 69 The arrogant have forged a lie against me; With **all my heart** I will observe Your precepts. (NASB95)*

*Psalm 119:145 ... 145 I cried with **all my heart**; answer me, O Lord! I will observe Your statutes. (NASB95)*

Wander. The verb translated “wander” means “to go astray, transgress, or be misled.” It results from a willingness to sin (Prov. 5:21-23), and a woeful lack of supervision (Ezek. 34:5-6).

*Proverbs 5:21-23 ... 21 For the ways of a man are before the eyes of the Lord, And He watches all his paths. 22 His own iniquities will capture the wicked, And he will be held with the cords of his sin. 23 He will die for lack of instruction, And in the greatness of his folly he will ***go *astray**. (NASB95)*

*Ezekiel 34:5-6 ... 5 “They were scattered for lack of a shepherd, and they became food for every beast of the field and were scattered. 6 “My flock ***wandered** through all the mountains and on every high hill; My flock was scattered over all the surface of the earth, and there was no one to search or seek for them.” ’ ’ (NASB95)*

11) Your word I have treasured in my heart, That I may not sin against You.

Treasured. The verb translated “treasured” means “to hide, or store up.” As Amram and Jochebed cherished their son Moses, hiding him as long as possible (Exod. 2:1-4), so we should store up God’s commandments in our hearts (Prov. 2:1-5; 7:1-5).

*Exodus 2:1-4 ... 1 Now a man from the house of Levi went and married a daughter of Levi. 2 The woman conceived and bore a son; and when she saw that he was beautiful, she ***hid** him for three months. 3 But when she could ***hide** him no longer, she got him a wicker basket and covered it over with tar and pitch. Then she put the child into it and set it among the reeds by the bank of the Nile. 4 His sister stood at a distance to find out what would happen to him. (NASB95)*

*Proverbs 2:1-5 ... 1 My son, if you will receive my words And ***treasure** my commandments within you, 2 Make your ear attentive to wisdom, Incline your heart to understanding; 3 For if you cry for discernment, Lift your voice for understanding; 4 If you seek her as silver And search for her as for hidden treasures; 5 Then you will discern the fear of the Lord And discover the knowledge of God. (NASB95)*

*Proverbs 7:1-5 ... 1 My son, keep my words And ***treasure** my commandments within you. 2 Keep my commandments and live, And my teaching as the apple of your eye. 3 Bind them on your fingers; Write them on the tablet of your heart. 4 Say to wisdom, “You are my sister,” And call understanding your intimate friend; 5 That they may keep you from an adulteress, From the foreigner who flatters with her words. (NASB95)*

That I may not sin. While sin is often enticing, we must steadfastly resist temptation (Gen. 4:4-7; Rom. 6:12-14; James 4:7-10).

Genesis 4:4-7 ... 4 Abel, on his part also brought of the firstlings of his flock and of their fat portions. And the Lord had regard for Abel and for his offering; 5 but for Cain and for his offering He had no regard. So Cain became very angry and his countenance fell. 6 Then the Lord said to Cain, “Why are you angry? And why has your countenance fallen?

7 “If you do well, will not your countenance be lifted up? And if you do not do well, sin is crouching at the door; and its desire is for you, but you must master it.” (NASB95)

Romans 6:12-14 ... 12 Therefore do not let sin reign in your mortal body so that you obey its lusts, 13 and do not go on presenting the members of your body to sin as instruments of unrighteousness; but present yourselves to God as those alive from the dead, and your members as instruments of righteousness to God. 14 For sin shall not be master over you, for you are not under law but under grace. (NASB95)

James 4:7-10 ... 7 Submit therefore to God. Resist the devil and he will flee from you. 8 Draw near to God and He will draw near to you. Cleanse your hands, you sinners; and purify your hearts, you double-minded. 9 Be miserable and mourn and weep; let your laughter be turned into mourning and your joy to gloom. 10 Humble yourselves in the presence of the Lord, and He will exalt you. (NASB95)

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

While the foolish die for lack of understanding (Prov. 10:21; Hos. 4:6), the faithful hear and heed God’s statutes (Deut. 4:1-2; 6:1-3). This also is a reoccurring theme of Psalm 119 (cf. vs. 12, 26, 64, 68, 124, 135, 171).

Proverbs 10:21 ... 21 The lips of the righteous feed many, But fools die for lack of understanding. (NASB95)

Hosea 4:6 ... 6 My people are destroyed for lack of knowledge. Because you have rejected knowledge, I also will reject you from being My priest. Since you have forgotten the law of your God, I also will forget your children. (NASB95)

Deuteronomy 4:1-2 ... 1 “Now, O Israel, listen to the statutes and the judgments which I am teaching you to perform, so that you may live and go in and take possession of the land which the Lord, the God of your fathers, is giving you. 2 “You shall not add to the word which I am commanding you, nor take away from it, that you may keep the commandments of the Lord your God which I command you. (NASB95)

Deuteronomy 6:1-3 ... 1 “Now this is the commandment, the statutes and the judgments which the Lord your God has commanded me to teach you, that you might do them in the land where you are going over to possess it, 2 so that you and your son and your grandson might fear the Lord your God, to keep all His statutes and His commandments which I command you, all the days of your life, and that your days may be prolonged. 3 “O Israel, you should listen and be careful to do it, that it may be well with you and that you may multiply greatly, just as the Lord, the God of your fathers, has promised you, in a land flowing with milk and honey. (NASB95)

*Psalm 119:12 ... 12 Blessed are You, O Lord; **Teach me Your statutes.** (NASB95)*

*Psalm 119:26 ... 26 I have told of my ways, and You have answered me; **Teach me Your statutes.** (NASB95)*

*Psalm 119:64 ... 64 The earth is full of Your lovingkindness, O Lord; **Teach me Your statutes.** (NASB95)*

*Psalm 119:68 ... 68 You are good and do good; **Teach me Your statutes.** (NASB95)*

*Psalm 119:124 ... 124 Deal with Your servant according to Your lovingkindness **And teach me Your statutes.** (NASB95)*

*Psalm 119:135 ... 135 Make Your face shine upon Your servant, **And teach me Your statutes.** (NASB95)*

*Psalm 119:171 ... 171 Let my lips utter praise, **For You teach me Your statutes.** (NASB95)*

13) With my lips I have told of All the ordinances of Your mouth.

Received truth must be related unto others (Ps. 40:9-10; 51:12-13; Matt. 10:26-28). Let us not be ashamed of the Lord or His revealed word (Ps. 119:46; Mark 8:38; Rom. 1:16-17).

Psalm 40:9-10 ... 9 I have proclaimed glad tidings of righteousness in the great congregation; Behold, I will not restrain my lips, O Lord, You know. 10 I have not hidden Your righteousness within my heart; I have spoken of Your faithfulness and Your salvation; I have not concealed Your lovingkindness and Your truth from the great congregation. (NASB95)

*Psalm 51:12-13 ... 12 Restore to me the joy of Your salvation **And sustain me with a willing spirit.** 13 Then I will teach transgressors Your ways, **And sinners will be converted to You.** (NASB95)*

Matthew 10:26-28 ... 26 “Therefore do not fear them, for there is nothing concealed that will not be revealed, or hidden that will not be known. 27 “What I tell you in the darkness, speak in the light; and what you hear whispered in your ear, proclaim upon the housetops. 28 “Do not fear those who kill the body but are unable to kill the soul; but rather fear Him who is able to destroy both soul and body in hell. (NASB95)

*Psalm 119:46 ... 46 I will also speak of Your testimonies before kings **And shall not be ashamed.** (NASB95)*

Mark 8:38 ... 38 “For whoever is ashamed of Me and My words in this adulterous and sinful generation, the Son of Man will also be ashamed of him when He comes in the glory of His Father with the holy angels.” (NASB95)

Romans 1:16-17 ... 16 For I am not ashamed of the gospel, for it is the power of God for salvation to everyone who believes, to the Jew first and also to the Greek. 17 For in it the righteousness of God is revealed from faith to faith; as it is written, “But the righteous man shall live by faith.” (NASB95)

14) I have rejoiced in the way of Your testimonies, As much as in all riches.

Rejoiced. The verb translated “rejoiced” means “to delight or exult.” The faithful derive great joy from God’s will and word (Ps. 19:9-10; 119:47; 72; 77; 111; 127; 162).

Psalm 19:9-10 ... 9 The fear of the Lord is clean, enduring forever; The judgments of the Lord are true; they are righteous altogether. 10 They are more desirable than gold, yes, than much fine gold; Sweeter also than honey and the drippings of the honeycomb. (NASB95)

Psalm 119:47 ... 47 I shall delight in Your commandments, Which I love. (NASB95)

Psalm 119:72 ... 72 The law of Your mouth is better to me Than thousands of gold and silver pieces. (NASB95)

Psalm 119:77 ... 77 May Your compassion come to me that I may live, For Your law is my delight. (NASB95)

Psalm 119:111 ... 111 I have inherited Your testimonies forever, For they are the joy of my heart. (NASB95)

Psalm 119:127 ... 127 Therefore I love Your commandments Above gold, yes, above fine gold. (NASB95)

Psalm 119:162 ... 162 I rejoice at Your word, As one who finds great spoil. (NASB95)

15) I will meditate on Your precepts And regard Your ways.

Meditate. The verb translated “meditate” means “to muse, consider, or poetically, to talk (of), or sing (of).” We should carefully reflect upon the word and works of God (Ps. 119:15, 23, 27, 48, 78; 148; 143:5; 145:5).

*Psalm 119:15 ... 15 I will ***meditate** on Your precepts And regard Your ways. (NASB95)*

*Psalm 119:23 ... 23 Even though princes sit and talk against me, Your servant ***meditates** on Your statutes. (NASB95)*

*Psalm 119:27 ... 27 Make me understand the way of Your precepts, So I will ***meditate** on Your wonders. (NASB95)*

*Psalm 119:48 ... 48 And I shall lift up my hands to Your commandments, Which I love; And I will ***meditate** on Your statutes. (NASB95)*

*Psalm 119:78 ... 78 May the arrogant be ashamed, for they subvert me with a lie; But I shall ***meditate** on Your precepts. (NASB95)*

*Psalm 119:148 ... 148 My eyes anticipate the night watches, That I may ***meditate** on Your word. (NASB95)*

*Psalm 143:5 ... 5 I remember the days of old; I meditate on all Your doings; I ***muse** on the work of Your hands. (NASB95)*

*Psalm 145:5 ... 5 On the glorious splendor of Your majesty And on Your wonderful works, I will *meditate. (NASB95)*

16) I shall delight in Your statutes; I shall not forget Your word.

Delight. The verb translated “delight” means “to play, sport, or take delight in (something) or (someone). As a mother delights in her child (Isa. 66:10-13), so we should delight in God’s word (Ps. 94:19; 119:16, 47, 70).

*Isaiah 66:10-13 ... 10 “Be joyful with Jerusalem and rejoice for her, all you who love her; Be exceedingly glad with her, all you who mourn over her, 11 That you may nurse and be satisfied with her comforting breasts, That you may suck and be delighted with her bountiful bosom.” 12 For thus says the Lord, “Behold, I extend peace to her like a river, And the glory of the nations like an overflowing stream; And you will be nursed, you will be carried on the hip and *fondled on the knees. 13 “As one whom his mother comforts, so I will comfort you; And you will be comforted in Jerusalem.” (NASB95)*

*Psalm 94:19 ... 19 When my anxious thoughts multiply within me, Your consolations *delight my soul. (NASB95)*

*Psalm 119:16 ... 16 I shall *delight in Your statutes; I shall not forget Your word. (NASB95)*

*Psalm 119:47 ... 47 I shall *delight in Your commandments, Which I love. (NASB95)*

*Psalm 119:70 ... 70 Their heart is covered with fat, But I *delight in Your law. (NASB95)*

Forget. Let us remember God’s revelation and faithfully communicate it to others, not forgetting His wonders (Deut. 4:9-14), His covenant (Deut. 4:23-24), His provision (Deut. 6:10-15), His precepts (Deut. 8:11), or our own past and present failures (Deut. 9:7-8).

*Deuteronomy 4:9-14 ... 9 “Only give heed to yourself and keep your soul diligently, so that you **do not forget** the things which your eyes have seen and they do not depart from your heart all the days of your life; but make them known to your sons and your grandsons. 10 “Remember the day you stood before the Lord your God at Horeb, when the Lord said to me, ‘Assemble the people to Me, that I may let them hear My words so they may learn to fear Me all the days they live on the earth, and that they may teach their children.’ 11 “You came near and stood at the foot of the mountain, and the mountain burned with fire to the very heart of the heavens: darkness, cloud and thick gloom. 12 “Then the Lord spoke to you from the midst of the fire; you heard the sound of words, but you saw no form—only a voice. 13 “So He declared to you His covenant which He commanded you to perform, that is, the Ten Commandments; and He wrote them on two tablets of stone. 14 “The Lord commanded me at that time to teach you statutes and judgments, that you might perform them in the land where you are going over to possess it. (NASB95)*

*Deuteronomy 4:23-24 ... 23 “So watch yourselves, that you **do not forget** the covenant of the Lord your God which He made with you, and make for yourselves a graven image in*

the form of anything against which the Lord your God has commanded you. 24 “For the Lord your God is a consuming fire, a jealous God. (NASB95)

*Deuteronomy 6:10-15 ... 10 “Then it shall come about when the Lord your God brings you into the land which He swore to your fathers, Abraham, Isaac and Jacob, to give you, great and splendid cities which you did not build, 11 and houses full of all good things which you did not fill, and hewn cisterns which you did not dig, vineyards and olive trees which you did not plant, and you eat and are satisfied, 12 then watch yourself, that you **do not forget** the Lord who brought you from the land of Egypt, out of the house of slavery. 13 “You shall fear only the Lord your God; and you shall worship Him and swear by His name. 14 “You shall not follow other gods, any of the gods of the peoples who surround you, 15 for the Lord your God in the midst of you is a jealous God; otherwise the anger of the Lord your God will be kindled against you, and He will wipe you off the face of the earth. (NASB95)*

*Deuteronomy 8:11 ... 11 “Beware that you **do not forget** the Lord your God by not keeping His commandments and His ordinances and His statutes which I am commanding you today; (NASB95)*

*Deuteronomy 9:7-8 ... 7 “Remember, **do not forget** how you provoked the Lord your God to wrath in the wilderness; from the day that you left the land of Egypt until you arrived at this place, you have been rebellious against the Lord. 8 “Even at Horeb you provoked the Lord to wrath, and the Lord was so angry with you that He would have destroyed you. (NASB95)*