

**Exposition of Psalm 119**  
**Aleph (a) Stanza (1-8)**  
**The Christian's Cry and Commitment**

**Introduction**

**I. The Blessedness of Obedience (1-3)**

- A. Blessed are those
- B. Whose way is blameless/Who walk in the Law of the LORD
- C. Who keep His testimonies/Seek Him with the whole heart
- D. Do no wrong/Walk in His ways

**II. The Authority of the Word (4)**

- A. You have ordained Your precepts
- B. That they be kept diligently

**III. A Sincere Plea and Commitment (5-8)**

- A. Oh that my ways may be established (5)
- B. Then I shall not be ashamed (6)
- C. The I shall praise You with an honest heart/  
As I keep learning Your righteous judgments (7)
- D. I will/Do not (8)

**Application**

1. What are our priorities and desires?
2. Dependence and empowerment

“The first attempt to render spiritual obedience will quickly convince us of our utter helplessness. We might as soon create a world, as create in our hearts one pulse of spiritual life” Bridges, (9).

“He who commands our duty, perfectly knows our weakness, and he who feels his own weakness if fully encouraged to depend upon the power of the Savior” Bridges, (10).