

*Seven Times a Day Do I Praise Thee*  
*Psalm 119:164*

In **Psalm 119:164** the psalmist proclaimed, “Seven times a day do I praise thee because of thy righteous judgments.”

In fact, the psalmist spoke about lifting up praise unto the Lord four times throughout this psalm. (See verses 7, 164, 171, 175) In addition, the psalmist spoke about giving thanks unto the Lord one time within this psalm. (See verse 62) Now, there are certainly a multitude of reasons whereby the Lord our God is worthy of our praise and thanksgiving. Yet throughout the psalm the psalmist gave praise and thanks unto the Lord for one specific reason. He gave praise and thanks unto Lord for the truth of God’s Word. In like manner, every day, even multiple times a day, we also should lift up praise and give thanks unto the Lord our God for the truth of His Holy Word.

1. We should praise the Lord for *the righteous wisdom of His Word*.

In **Psalm 119:171-172** the psalmist proclaimed, “My lips shall utter praise, when thou hast taught me thy statutes. My tongue shall speak of thy word [with honor and praise]: for all thy commandments are righteousness.” The psalmist was moved to praise the Lord as the Lord taught Him from His Holy Word. Indeed, the psalmist was moved to praise the Lord because he found God’s Word to be full of true wisdom. In **Psalm 119:97-100** he proclaimed, “O how love I thy law! It is my meditation all the day. Thou through thy commandments hast made me wiser than mine enemies: for they are ever with me. I have more understanding than all my teachers: for thy testimonies are my meditation. I understand more than the ancients, because I keep thy precepts.” Yet it was not simply the wisdom of God’s Word, but also the righteous character of that wisdom, that moved the psalmist to utter praise unto the Lord. He spoke of God’s Word with honor and praise because he had found that all the counsel and commandments of God’s Word were characterized by righteousness. In **Psalm 119:137-138** he proclaimed, “Righteous art thou, O LORD, and upright are thy judgments. Thy testimonies that thou hast commanded are righteous and very faithful.” Again in **verse 140** he proclaimed, “Thy word is very pure: therefore thy servant loveth it.” Yet again in the opening portion of **verse 144** he proclaimed, “The righteousness of thy testimonies is everlasting.” The psalmist found that the wisdom of God’s Word is just as it describes itself to be in **Proverbs 8:6-9**, “Hear; for I will speak of excellent things; and the opening of my lips shall be right things. For my mouth shall speak truth; and wickedness is an abomination to my lips. All the words of my mouth are in righteousness; there is nothing froward or perverse in them. They are all plain to him that understandeth, and right to them that find knowledge.” For this reason the psalmist had fallen in love with the truth of God’s Holy Word. For this reason the truth of God’s Word had become the joy and rejoicing of his heart. For this reason the psalmist lifted up his voice in praises unto the Lord his God for the gift of His Word and its righteous wisdom. For this reason we also should lift up our hearts in praise unto the Lord our God.

2. We should praise the Lord for *the transforming work of His Word*.

In **Psalm 119:7** the psalmist proclaimed, “I will praise thee with uprightness of heart, when I shall have learned thy righteous judgments.” In **Psalm 119:171** the psalmist spoke about the Lord’s teaching of His Word and its righteous wisdom. In **Psalm 119:7** the psalmist is speaking about his own learning of God’s Word and its righteous wisdom. Yet the psalmist does not focus upon the process of that learning. Rather, he focusses upon the results of that learning. He speaks about coming to the place of an upright heart through learning the truth and wisdom of God’s Holy Word. As such, in **Psalm 119:7** the psalmist set his focus upon the transforming work of God’s Word, upon that work wherein the truth and wisdom of God’s Word is spiritually able to transform the spiritual character of our lives unto righteousness, holiness, and godliness. It is the transforming work that is referenced in **Hebrews 4:12**, “For the word of God is quick [spiritually alive], and powerful, and sharper than any twoedged sword, piercing even to the dividing asunder of soul and spirit, and of the joints and marrow, and is a discerner of the thoughts and intents of the heart.” It is the transforming work that is referenced in **James 1:21**, “Wherefore lay apart all filthiness and superfluity of naughtiness, and receive with meekness the engrafted word, which is able to save [spiritually transform] your souls.” It is the transforming work that is referenced in **Psalm 19:7-8**, “The law of the LORD is perfect, converting [spiritually transforming] the soul: the testimony of the LORD is sure, making wise the simple. The statutes of the LORD are right, rejoicing the heart: the commandment of the LORD is pure, enlightening the eyes.” It is the transforming work that is referenced in **2 Timothy 3:16-17**, “All scripture is given by inspiration of God, and is profitable for doctrine, for reproof, for correction, for instruction in righteousness: that the man of God may be perfect [spiritually transformed], thoroughly furnished unto all good works.” It is the transforming work that our Lord Jesus Christ referenced in the prayer of **John 17:17**, “Sanctify [spiritually transform] them through thy truth: thy word is truth.” Now, the psalmist greatly desired for this transforming work do be done in his heart and life. He highly valued a cleansed way and greatly desired to walk therein. He highly valued an upright heart and greatly desired to grow therein. He highly valued the ways of truth and righteousness and greatly desired to order his character and conduct therein. For this reason the psalmist gave himself to praise the Lord for His Holy Word, because he understood that it was by God’s Word that his character and conduct could be transformed aright. For this reason we also should praise the Lord our God, for every work of spiritual transformation that He has produced in us through the power of His Word.

3. We should praise the Lord for *the comforting warranty (promises) of His Word*.

In **Psalm 119:62** the psalmist proclaimed, “At midnight I will rise to give thanks unto thee because of thy righteous judgments.” Only in this verse and in two others did the psalmist make reference unto the night time. By considering the context of the other two occasions, we may discern the point of this reference in **verse 62**. The first occasion wherein the psalmist makes reference unto the night time is in **verse 55**; and in the surrounding context of **Psalm 119:49-56**, the psalmist declared, “Remember the word unto thy servant, upon which thou hast caused me to hope. This is my comfort in my affliction: for thy word hath quickened me. The proud have had me greatly in derision: yet have I not declined from thy law. I remembered thy judgments of old, O LORD; and have comforted myself. Horror hath taken hold upon me

because of the wicked that forsake thy law. Thy statutes have been my songs in the house of my pilgrimage. I have remembered thy name, O LORD, in the night, and have kept thy law. This I had, because I kept thy precepts.” Herein the psalmist set his focus upon the hope and comfort that he gleaned from the promises of God’s Word. Again in **Psalm 119:145-148** the psalmist proclaimed, “I cried with my whole heart; hear me, O LORD: I will keep thy statutes. I cried unto thee; save me, and I shall keep thy testimonies. I prevented the dawning of the morning, and cried: I hoped in thy word. Mine eyes prevent the night watches, that I might meditate in thy word.” Herein the psalmist cried out unto the Lord in prayer for help and deliverance, and then set his focus upon the hope that he gleaned from God’s Word. For this reason the psalmist rose up in the middle of the night in order to give thanks and praise unto the Lord for the righteous judgments of His Word, because therein he found great hope and deep comfort in times of trouble. For this reason we also should rise up to give thanks and praise unto the Lord our God, the hope and comfort that we may find in the sure and faithful promises of Word.

4. We should praise the Lord for *the awesome wonder of His Word*.

In **Psalm 119:161-164** the psalmist proclaimed, “Princes have persecuted me without a cause: but my heart standeth in awe of thy word. I rejoice at thy word, as one that findeth great spoil. I hate and abhor lying: but thy law do I love. Seven times a day do I praise thee because of thy righteous judgments.” The psalmist had come to the place where he stood in complete awe of God’s Holy Word. He had come to the place where he recognized the awesome wonder of God’s Word. He had come to recognize the awesome wonder of its spiritual wealth. In **verse 162** he proclaimed, “I rejoice at thy word, as one that findeth great spoil.” He had come to recognize the awesome wonder of its spiritual light. In **verse 105** he proclaimed, “Thy word is a lamp unto my feet, and a light unto my path.” He had come to recognize the awesome wonder of its spiritual sweetness. In **verse 103** he proclaimed, “How sweet are thy words unto my taste! Yea, sweeter than honey to my mouth.” For this reason the psalmist lifted up praise unto the Lord multiple times each and every day. The awesome wonder of God’s Holy Word thrilled and excited his heart. Indeed, the awesome wonder of God’s Word should thrill and excite our hearts as well; and for this reason we also should lift up our praise unto the Lord multiple times every day.

5. We should praise the Lord for *the helpful ways of His Word*.

In **Psalm 119:173-175** the psalmist proclaimed, “Let thine hand help me; for I have chosen thy precepts. I have longed for thy salvation, O LORD; and thy law is my delight. Let my soul live, and it shall praise thee; and let thy judgments help me.” Through all that we have already considered, God’s Word has been given unto us servants of the Lord in order to help us live our lives aright. It has been given to help us maintain the right thoughts and attitudes. It has been given to help us make the right decisions and plans. It has been given to help us resist and avoid all wrong ways. It has been given to help us grow in spiritual maturity. It has been given to guide us in the paths of righteousness and to guard us from the ways of sin. It has been given to help us walk in the abundant life of our Lord. For this reason the psalmist praised the Lord, and for this reason we also should praise the Lord.