**“HE” (STANZA #5) *PSALM 119:33-40***

**The Psalm of the Bible – Psalm 119**

Today we continue our study in Psalm 119 with the fifth stanza, which represents the fifth letter of the Hebrew alphabet, simply entitled “He”. We will see in every verse a request from the Psalmist. We have already seen many requests from the Psalmist and we will see many more before the completion of the Psalm. As we have already seen, the Psalmist has requests that are spiritual in nature. Most requests that people have for God tend to be selfish; for the Psalmist, his are spiritual. It would be a great practice to underline every request in this Psalm, and then purpose to allow God to make it real in your life. We begin today with:

1. **Teach me, O Lord – Psalm 119:33 -.** We see another familiar refrain in this verse - request and purpose. I think that it is a good thing to stress these two important facets of the Christian life. If we want to be what God wants us to be, we need to want what He wants. That desire becomes reality with a request. In this verse, the Psalmist again wanted God to teach him the way of His statutes. He not only wanted the knowledge of the statutes, but also the way of the statutes. Simply knowing the statutes allows for more knowledge in the head. Following the way of the statutes, provides nourishment for the heart and life. The Psalmist ends the verse with purpose, “I shall (purpose) keep it unto the end”. The Psalmist understood that blessedness of God’s way, and as a result, could confidently proclaim that he had made up his mind to live in them until he takes his last breath. While the ways of the world may seem alluring, they are the ways of death. Understand that the ways of God are tested, and proven roads that lead to blessing. Purpose to walk in God’s ways until he calls you home.
2. **Give me understanding –** **vs. 34 -.** The second request in this stanza is for “understanding”. This understanding would be the vehicle by which the Psalmist would “keep thy law”. Most people do not want God because they do not want to bow their knee in servitude to Him. They see the laws of God as restrictive, and therefore want no part of them. It takes godly understanding to see the laws of God, not as a burden to bear, but as blessings to be enjoyed. God created this universe and wrote a manual to His creation so that we can understand how best to live in His Creation. The laws of God keep us healthy, happy and in fellowship with God. It is that lack of understanding that keep people from properly embracing the commandments of God. The Psalmist so understood the blessedness of God’s laws that he stated, “I will observe it with my whole heart”. Most people never allow the laws of God to get into their very being. The difference is this , when the laws of God simply penetrate the mind, they become more knowledge for the head; when they get into our being, they become nourishment for the heart and life. It takes real understanding and faith in the Lord to grasp the fact that His laws are meant for our good. The moment they become a burden, is the moment when understanding flees. The world will try to alter our understanding of the laws of God. To counter that, let those laws penetrate into your very heart and being.
3. **Make me to go – vs. 35 -.** The idea of making the Psalmist to go has the idea of God inclining him in that direction. The Psalmist wanted so much to walk in the commandments of God, that he wanted God to help him by leading his heart in that direction. That is a great request to give to God. It shows God that we need His help, and that it is our desire to walk in His ways. The Psalmist knew that he could not trust himself. He knew that his flesh would naturally desire other things. As a result, he asked God to direct or incline his heart to walk in His commandments. Most people will never ask God for His help because they really don’t want it. Many don’t want to walk in God’s ways, and certainly don’t want God’s help in doing it. The Psalmist winds up the verse with another view into how he really felt about the laws of God, “for therein (the laws of God) do I delight”. The Psalmist took great delight in the laws of God because he understood how beneficial they were to him. People will either get a delight, or disgust from the laws of God. The direction of a person’s life depends upon how they feel about the laws of God.
4. **Incline my heart –** **vs. 36 -.** In this verse, we see another request. The Psalmist wants God to do what he desired in the preceding verse, in regards to his heart. This desire had to do with what would rule in his life. The Psalmist wanted God to direct his heart towards a love and obedience to God’s laws, rather than allowing his heart to be ruled by his own selfish desires. He did not want his heart to lean towards “covetousness”. In other words, the Psalmist understood the power of giving heed to what the flesh wants. He knew that it could control his heart and as a result his life. His desire though, was to have his heart inclined towards the testimonies of God. Ask yourself where your heart in inclined. If your heart is always wanting things, and it is those things that you chase after, then this a request that needs to flow from your lips.

If covetousness is a problem, then simply ask God to help to incline or direct your heart to His things, and not the world’s things.

1. **Turn away mine eyes – vs. 37 -.** Notice once again, a request. In this verse, we see another revealed weakness and concern in the Psalmist’s heart. This issue had to do with his eyes. He understood the power of his eyes. He understood that his eyes could behold “vanity”. Vanity means worthless or emptiness. The Psalmist understood that it was possible to focus his eyes upon things in this world that in the grand scheme of things, were worthless. The vain things of the world can have power over our hearts. The vanity is found in the temporary nature of worldly things. The Psalmist did not want to get sidetracked in his Christian life, by focusing on things that really don’t matter much. He knew that this wrong directed focus, would rob him of the focus that he really needed in his life, the spiritual. His desire again was that God would “quicken thou me in thy way”. Instead of focusing his attention to vain or empty things, the Psalmist wanted God to revive his desire to live in God’s ways. As you can see, the Psalmist has many of the same struggles that we do. The difference is found in what the Psalmist decides to do about them. Rather than let these issues control him, the Psalmist takes his right desires to God so that God could make them happen in his life.
2. **Stablish thy Word –** **vs. 38 -.** The next request has to do with the Word of God in his life. The Psalmist wanted God to “stablish”, or to confirm into his heart the truths of God’s Word. He did not want to doubt or have confusion. He wanted God to reveal the truth of his Word into his very heart. A great way to accomplish this is to already have an understanding that the Word of God is true. Once we get to that point, our only request is that God begins to reveal the specific truths of His Word to us. There are many people who approach the Word of God as if it is a myth. Rest assured, God can’t reveal His specific truths to a heart like that. The last part of the verse is a natural occurrence from having God’s Word revealed to us, worship. The Psalmist was “devoted to thy fear”. This “fear” is a holy reverence for God. The more truth that we get from God, the more that He should have our worship and devotion. It should be very natural for the believer to love God more as we find out more about Him, and His plan for us. Rest assured, when a professing Christian shows God little love and worship, it is largely because the Word of God and its truths have had little effect on them. The one will naturally lead to the other.
3. **Turn away my reproach –** **vs. 39 -.** In this verse, the Psalmist is asking God to turn away the reproach that he feels he is likely to face as a result of living in God’s laws, and being a worshipper of the Almighty. The Psalmist did not necessarily fear the reproach, but was inclined to believe that it was a possibility based on his decision to live for the Lord. We too, should ask God to remove our reproach, but we should also understand that many times it goes hand in hand with a godly testimony. Whether reproach is removed or not, we still must purpose to live God’s way. The Psalmist winds up the verse with the phrase – “for thy judgments are good”. The idea is that he would not have to suffer reproach for that which is good – the laws of God.
4. **Longing after the precepts of God –** **vs. 40 -.** The word “Behold” means to “fasten your eyes upon”. The Psalmist is telling God that he has a longing for His precepts. This longing is something that God can see manifested in the life of this saint. This longing was a deep rooted desire to live in the laws of God. Today many Christians drag the laws around like weight around their neck. Some only live right because it is expected of them. The laws of God in our lives only become the blessing that they are intended to be, when we love and long after God’s laws as a lifestyle. We must understand that God’s laws are a benefit for us in every way. Not only do they keep us healthier, but they also keep us in fellowship with God, make us pleasing in His sight, secure His blessings, and serves as a testimony to others of the changing power of salvation in our lives. With all of that, how can we not love and long after the laws of God to be manifested in our lives?