

## Benefits of God's Word According to Psalm 119

The Word of God has benefits to it. In Psalm 119, I list all the benefits. If we will take heed to it, meditate, delight, walk and seek after the word of God it will release certain benefits and results in our lives. Although this is a long list, there are more benefits to the word of God than I can list here. As you study the word, you will find more and more benefits to the word of God.

1. **Undefined in the way**

Blessed are the undefiled in the way, who walk in the law of the LORD.

2. **Blessings**

<sup>2</sup>Blessed are they that keep his testimonies, and that seek him with the whole heart.

3. **Keeps us from shamed**

<sup>6</sup>Then shall I not be ashamed, when I have respect unto all thy commandments.

4. **Keeps us from Sin (Cleansing of our way. Not to sin against thee)**

<sup>9</sup>Wherewithal shall a young man cleanse his way? by taking heed thereto according to thy word.

<sup>11</sup>Thy word have I hid in mine heart, that I might not sin against thee.

5. **Teaches us respect unto the ways of God**

<sup>15</sup>I will meditate in thy precepts, and have respect unto thy ways.

6. **Removes reproach and contempt**

<sup>22</sup>Remove from me reproach and contempt; for I have kept thy testimonies.

**7. It is our counselor**

<sup>24</sup> Thy testimonies also are my delight and my counselors.

**8. Quickens us**

<sup>25</sup> My soul cleaveth unto the dust: quicken thou me according to thy word.

<sup>50</sup> This is my comfort in my affliction: for thy word hath quickened me.

<sup>88</sup> Quicken me after thy lovingkindness; so shall I keep the testimony of thy mouth.

<sup>93</sup> I will never forget thy precepts: for with them thou hast quickened me.

<sup>107</sup> I am afflicted very much: quicken me, O LORD, according unto thy word.

<sup>149</sup> Hear my voice according unto thy lovingkindness: O LORD, quicken me according to thy judgment.

<sup>154</sup> Plead my cause, and deliver me: quicken me according to thy word.

<sup>156</sup> Great are thy tender mercies, O LORD: quicken me according to thy judgments.

**9. Walk in the wondrous works of God**

<sup>27</sup> Make me to understand the way of thy precepts: so shall I talk of thy wondrous works.

**10. Gives us Strength**

<sup>28</sup> My soul melteth for heaviness: strengthen thou me according unto thy word.

i) Proverbs 24:5

**11. Teaches us not be covetous**

<sup>36</sup> Incline my heart unto thy testimonies, and not to covetousness.

**12. Quickens us in righteousness**

<sup>40</sup> Behold, I have longed after thy precepts: quicken me in thy righteousness.

**13. Mercies and Salvation**

<sup>41</sup> Let thy mercies come also unto me, O LORD, even thy salvation, according to thy word.

<sup>58</sup> I intreated thy favour with my whole heart: be merciful unto me according to thy word.

<sup>77</sup> Let thy tender mercies come unto me, that I may live: for thy law is my delight.

<sup>155</sup> Salvation is far from the wicked: for they seek not thy statutes.

#### 14. Answers

<sup>42</sup>So shall I have wherewith to answer him that reproacheth me: for I trust in thy word.

<sup>43</sup>And take not the word of truth utterly out of my mouth; for I have hoped in thy judgments.

#### 15. Brings us Liberty

<sup>45</sup>And I will walk at liberty: for I seek thy precepts.

#### 16. Gives and brings us Hope

<sup>49</sup>Remember the word unto thy servant, upon which thou hast caused me to hope.

i) Jeremiah 15:16

#### 17. Comfort in affliction

<sup>50</sup>This is my comfort in my affliction: for thy word hath quickened me.

<sup>52</sup>I remembered thy judgments of old, O LORD; and have comforted myself.

<sup>76</sup>Let, I pray thee, thy merciful kindness be for my comfort, according to thy word unto thy servant.

#### 18. Good judgment and knowledge

<sup>66</sup>Teach me good judgment and knowledge: for I have believed thy commandments.

#### 19. Revelation and knowledge of God and His goodness

The word of God is the primary way we can know God and have a revelation of His goodness. We cannot know God outside His word. It is His word that reveals Him to us. He is one with His word (John 1:1).

<sup>68</sup>Thou art good, and doest good; teach me thy statutes.

i) John 5:39 "Search the scriptures; for in them ye think ye have eternal life: and they are they which testify of me."

#### 20. Gives us Understanding

<sup>73</sup>Thy hands have made me and fashioned me: give me understanding, that I may learn thy commandments.

<sup>99</sup> I have more understanding than all my teachers: for thy testimonies are my meditation.

<sup>100</sup> I understand more than the ancients, because I keep thy precepts.

<sup>104</sup> Through thy precepts I get understanding; therefore I hate every false way.

<sup>169</sup> Let my cry come near before thee, O LORD: give me understanding according to thy word.

## 21. Brings us Soundness of Heart

<sup>80</sup> Let my heart be sound in thy statutes; that I be not ashamed.

## 22. Source of our Help

<sup>86</sup> All thy commandments are faithful: they persecute me wrongfully; help thou me.

<sup>173</sup> Let thine hand help me; for I have chosen thy precepts.

<sup>175</sup> Let my soul live, and it shall praise thee; and let thy judgments help me.

## 23. Makes us wiser than our enemies

<sup>98</sup> Thou through thy commandments hast made me wiser than mine enemies: for they are ever with me.

## 24. Direction (Lamp unto our feet and light unto our path)

<sup>105</sup> Thy word is a lamp unto my feet, and a light unto my path.

i) Proverbs 6:23 "For the commandment is a lamp; and the law is light; and reproofs of instruction are the way of life."

ii) Psalm 119:130 "The entrance of thy words giveth light; it giveth understanding unto the simple."

## 25. Brings rejoicing to the heart

<sup>111</sup> Thy testimonies have I taken as an heritage forever: for they are the rejoicing of my heart.

<sup>162</sup> I rejoice at thy word, as one that findeth great spoil.

## 26. Upholds us and gives us stability

<sup>116</sup> Uphold me according unto thy word, that I may live: and let me not be ashamed of my hope.

- i) Hebrews 1:3 “Who being the brightness of his glory, and the express image of his person, and upholding all things by the word of his power, when he had by himself purged our sins, sat down on the right hand of the Majesty on high:”

## 27. Gives us light, understanding, and wisdom

<sup>130</sup> The entrance of thy words giveth light; it giveth understanding unto the simple.

- i) Psalm 19:7 “The law of the LORD is perfect, converting the soul: the testimony of the LORD is sure, making wise the simple.”

## 28. Orders our steps

<sup>133</sup> Order my steps in thy word: and let not any iniquity have dominion over me.

## 29. Stop the dominion of Iniquity

<sup>133</sup> Order my steps in thy word: and let not any iniquity have dominion over me.

## 30. Teaches us a hatred for lying

<sup>163</sup> I hate and abhor lying: but thy law do I love.

- i) These six things doth the LORD hate: yea, seven are an abomination unto him: A proud look, a lying tongue, and hands that shed innocent blood, An heart that deviseth wicked imaginations, feet that be swift in running to mischief, A false witness that speaketh lies, and he that soweth discord among brethren.

## 31. Great peace

<sup>165</sup> Great peace have they which love thy law: and nothing shall offend them.

- i) 2 Peter 1:2 “Grace and peace be multiplied unto you through the knowledge of God, and of Jesus our Lord,”

## 32. Keeps us from not getting offended

<sup>165</sup> Great peace have they which love thy law: and **nothing shall offend them.**

## 33. Produces Deliverance

<sup>170</sup> Let my supplication come before thee: deliver me according to thy word.

## 34. Produces Healing

- i) Psalm 107:20 “He sent his word, and healed them, and delivered them from their destructions.”
- ii) Proverbs 4:20-22 “My son, attend to my words; incline thine ear unto my sayings. Let them not depart from thine eyes; keep them in the midst of thine heart. For they are life unto those that find them, and health to all their flesh.

### 35. Brings Growth

- i) 1 Peter 2:2 “As newborn babes, desire the sincere milk of the word, that ye may grow thereby.”

### 36. We are born again through the word

- i) 1 Peter 1:23

### 37. Produces Faith

- i) Romans 10:17

### 38. Brings us Patience and Comfort

- i) Romans 15:4 “For whatsoever things were written aforetime were written for our learning, that we through **patience and comfort of the scriptures** might have hope.”

### 39. Help us to recognize and know God's love.

- i) Romans 10:17

### 40. Transform us

- i) Romans 12:2

### 41. Long life, peace, riches, and honor.

- i) Proverbs 3:1-2
- ii) Proverbs 3:16 “Length of days is in her right hand; and in her left hand riches and honour.”

### 42. Teaches us not to be deceived

- i) Ephesians 4:14 “That we henceforth be no more children, tossed to and fro, and carried about with every wind of doctrine, by the sleight of men, and cunning craftiness, whereby they lie in wait to deceive;”

Conclusion:

Proverbs 6:22-24 “When thou goest, it shall **lead thee**; when thou sleepest, it shall **keep thee**; and when thou awakest, it shall **talk with thee**. For **the commandment is a lamp**; and **the law is light**; and reproofs of instruction are the way of life: To keep thee from the evil woman, from the flattery of the tongue of a strange woman.”

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