

All scripture references are taken from the ESV Bible

DAY 1

Psa 119:1-32 **Aleph.** Blessed are those whose way is blameless, who walk in the law of the LORD! (2) Blessed are those who keep his testimonies, who seek him with their whole heart, (3) who also do no wrong, but walk in his ways! (4) You have commanded your precepts to be kept diligently. (5) Oh that my ways may be steadfast in keeping your statutes! (6) Then I shall not be put to shame, having my eyes fixed on all your commandments. (7) I will praise you with an upright heart, when I learn your righteous rules. (8) I will keep your statutes; do not utterly forsake me! (9) **Beth.** How can a young man keep his way pure? By guarding it according to your word. (10) With my whole heart I seek you; let me not wander from your commandments! (11) I have stored up your word in my heart, that I might not sin against you. (12) Blessed are you, O LORD; teach me your statutes! (13) With my lips I declare all the rules of your mouth. (14) In the way of your testimonies I delight as much as in all riches. (15) I will meditate on your precepts and fix my eyes on your ways. (16) I will delight in your statutes; I will not forget your word. (17) **Gimel.** Deal bountifully with your servant, that I may live and keep your word. (18) Open my eyes, that I may behold wondrous things out of your law. (19) I am a sojourner on the earth; hide not your commandments from me! (20) My soul is consumed with longing for your rules at all times. (21) You rebuke the insolent, accursed ones, who wander from your commandments. (22) Take away from me scorn and contempt, for I have kept your testimonies. (23) Even though princes sit plotting against me, your servant will meditate on your statutes. (24) Your testimonies are my delight; they are my counselors. (25) **Daleth.** My soul clings to the dust; give me life according to your word! (26) When I told of my ways, you answered me; teach me your statutes! (27) Make me understand the way of your precepts, and I will meditate on your wondrous works. (28) My soul melts away for sorrow; strengthen me according to your word! (29) Put false ways far from me and graciously teach me your law! (30) I have chosen the way of faithfulness; I set your rules before me. (31) I cling to your testimonies, O LORD; let me not be put to shame! (32) I will run in the way of your commandments when you enlarge my heart!

DAY 2

Isa 1:10-13 Hear the word of the LORD, you rulers of Sodom! Give ear to the teaching of our God, you people of Gomorrah! (11) "What to me is the multitude of your sacrifices? says the LORD; I have had enough of burnt offerings of rams and the fat of well-fed beasts; I do not delight in the blood of bulls, or of lambs, or of goats. (12) "When you come to appear before me, who has required of you this trampling of my courts? (13) Bring no more vain offerings; incense is an abomination to me. New moon and Sabbath and the calling of convocations— I cannot endure iniquity and solemn assembly.

DAY 3

Jon 4:1-11 But it displeased Jonah exceedingly, and he was angry. (2) And he prayed to the LORD and said, "O LORD, is not this what I said when I was yet in my country? That is why I made haste to flee to Tarshish; for I knew that you are a gracious God and merciful, slow to anger and abounding in steadfast love, and relenting from disaster. (3) Therefore now, O LORD, please take my life from me, for it is better for me to die than to live." (4) And the LORD said, "Do you do well to be angry?" (5) Jonah went out of the city and sat to the east of the city and made a booth for himself there. He sat under it in the shade, till he should see what would become of the city. (6) Now the LORD God appointed a plant and made it come up over Jonah, that it might be a shade over his head, to save him from his discomfort. So Jonah was exceedingly glad because of the plant. (7) But when dawn came up the next day, God appointed a worm that attacked the plant, so that it withered. (8) When the sun rose, God appointed a scorching east wind, and the sun beat down on

the head of Jonah so that he was faint. And he asked that he might die and said, "It is better for me to die than to live." (9) But God said to Jonah, "Do you do well to be angry for the plant?" And he said, "Yes, I do well to be angry, angry enough to die." (10) And the LORD said, "You pity the plant, for which you did not labor, nor did you make it grow, which came into being in a night and perished in a night. (11) And should not I pity Nineveh, that great city, in which there are more than 120,000 persons who do not know their right hand from their left, and also much cattle?"

DAY 4

Lam 3:19-26 Remember my affliction and my wanderings, the wormwood and the gall! (20) My soul continually remembers it and is bowed down within me. (21) But this I call to mind, and therefore I have hope: (22) The steadfast love of the LORD never ceases; his mercies never come to an end; (23) they are new every morning; great is your faithfulness. (24) "The LORD is my portion," says my soul, "therefore I will hope in him." (25) The LORD is good to those who wait for him, to the soul who seeks him. (26) It is good that one should wait quietly for the salvation of the LORD.

DAY 5

Psa 103:1-22 **Of David.** Bless the LORD, O my soul, and all that is within me, bless his holy name! (2) Bless the LORD, O my soul, and forget not all his benefits, (3) who forgives all your iniquity, who heals all your diseases, (4) who redeems your life from the pit, who crowns you with steadfast love and mercy, (5) who satisfies you with good so that your youth is renewed like the eagle's. (6) The LORD works righteousness and justice for all who are oppressed. (7) He made known his ways to Moses, his acts to the people of Israel. (8) The LORD is merciful and gracious, slow to anger and abounding in steadfast love. (9) He will not always chide, nor will he keep his anger forever. (10) He does not deal with us according to our sins, nor repay us according to our iniquities. (11) For as high as the heavens are above the earth, so great is his steadfast love toward those who fear him; (12) as far as the east is from the west, so far does he remove our transgressions from us. (13) As a father shows compassion to his children, so the LORD shows compassion to those who fear him. (14) For he knows our frame; he remembers that we are dust. (15) As for man, his days are like grass; he flourishes like a flower of the field; (16) for the wind passes over it, and it is gone, and its place knows it no more. (17) But the steadfast love of the LORD is from everlasting to everlasting on those who fear him, and his righteousness to children's children, (18) to those who keep his covenant and remember to do his commandments. (19) The LORD has established his throne in the heavens, and his kingdom rules over all. (20) Bless the LORD, O you his angels, you mighty ones who do his word, obeying the voice of his word! (21) Bless the LORD, all his hosts, his ministers, who do his will! (22) Bless the LORD, all his works, in all places of his dominion. Bless the LORD, O my soul!