

**August 31–September 6: Psalms 102–103; 110; 116–119; 127–128; 135–139; 146–150, “Let Every Thing That Hath Breath Praise the Lord”**

Promised Blessings From the Lord

The Lord will remember the covenant He made with Israel.

Pss 102:13-18

13 Thou shalt arise, and have mercy upon Zion: for the time to favour her, yea, the set time, is come.

14 For thy servants take pleasure in her stones, and favour the dust thereof.

15 So the heathen shall fear the name of the LORD, and all the kings of the earth thy glory.

16 When the LORD shall build up Zion, he shall appear in his glory.

17 He will regard the prayer of the destitute, and not despise their prayer.

18 This shall be written for the generation to come: and the people which shall be created shall praise the LORD.

What promises concerning Zion does the Lord give to "the generation to come"?

Bruce R. McConkie

“The holy man of old who spake as he was moved upon by the Holy Ghost said these words: ‘This shall be written for the generation to come’; it is sent to ‘the people which shall be created,’ to a people who ‘shall praise the Lord.’

*“We are that people, a people who once again receive revelation, a people to whom God has given anew the fulness of his everlasting gospel, in consequence of which we praise his holy name forever.*

“The message which has come to us is that the Lord will ‘have mercy upon Zion: for the time to favour her, yea, the set time, is come.’ The message is that ‘when the Lord shall build up Zion, he shall appear in his glory.’” (CR, April 1977)

The psalmist exhorts the Saints to praise the Lord for His mercy.

Pss 103:17-22

17 But the mercy of the LORD is from everlasting to everlasting upon them that fear him, and his righteousness unto children’s children;

18 To such as keep his covenant, and to those that remember his commandments to do them.

19 The LORD hath prepared his throne in the heavens; and his kingdom ruleth over all.

20 Bless the LORD, ye his angels, that excel in strength, that do his commandments, hearkening unto the voice of his word.

21 Bless ye the LORD, all ye his hosts; ye ministers of his, that do his pleasure.

22 Bless the LORD, all his works in all places of his dominion: bless the LORD, O my soul.

Who does the psalmist say qualifies to receive the Lord's mercy and righteousness?

James E. Faust

“May you have an eternal perspective as you go about your angelic cause of doing good so that it will not only lead you to become great women but ultimately to become queens in the eternities.

“I ask the Lord to bless each of you precious young sisters that you will, as the Psalmist said, be ‘his angels, that excel in strength, that do his commandments, hearkening unto the voice of his word.’ I pray that you may enjoy the righteous desires of your heart.” (CR, April 1998)

The Lord has sworn with an oath to bless those who keep their covenants.

Pss 110:2-4

2 The LORD shall send the rod of thy strength out of Zion: rule thou in the midst of thine enemies.

3 Thy people shall be willing in the day of thy power, in the beauties of holiness from the womb of the morning: thou hast the dew of thy youth.

4 The LORD hath sworn, and will not repent, Thou art a priest for ever after the order of Melchizedek.

What blessing is promised to those who keep their covenants?

Dale G. Renlund

“This oath pertains only to the Melchizedek Priesthood, and it is God who swears the oath, not the priesthood holder. It is God who swears an oath as He makes the covenant with the recipient. Elder Bruce R. McConkie said: ‘The Lord swears with an oath in his own name... that everyone who keeps the covenant made in connection with the Melchizedek Priesthood shall inherit, receive, and possess all things in his everlasting kingdom.... God swore with an oath that Christ would be exalted, and he swears anew, at the time each of us receives the Melchizedek Priesthood, that we will have a like exaltation if we are true and faithful in all things’ (The Doctrine of the Priesthood, pg. 33).” (CR, Oct. 2017)

We are taught to remember that death is an essential part of the great plan of happiness.

Pss 116:7-15

7 Return unto thy rest, O my soul; for the LORD hath dealt bountifully with thee.

8 For thou hast delivered my soul from death, mine eyes from tears, and my feet from falling.

9 I will walk before the LORD in the land of the living.  
10 I believed, therefore have I spoken: I was greatly afflicted:  
11 I said in my haste, All men are liars.  
12 What shall I render unto the LORD for all his benefits toward me?  
13 I will take the cup of salvation, and call upon the name of the LORD.  
14 I will pay my vows unto the LORD now in the presence of all his people.  
15 Precious in the sight of the LORD is the death of his saints.

What can we look forward to, because of the atonement, if we keep the commandments?

Russell M. Nelson

“The aging process is also a gift from God, as is death. The eventual death of your mortal body is essential to God’s great plan of happiness. Why? Because death will allow your spirit to return home to Him. The Psalmist wrote, ‘Precious in the sight of the Lord is the death of his saints.’ Death is precious because it is a ‘homecoming’ for the Saint with the Lord. From an eternal perspective, death is only premature for those who are not prepared to meet God.” (CR, Oct. 2013)

We are admonished to put our trust in God rather than in man.

Pss 118:5-9

5 I called upon the LORD in distress: the LORD answered me, and set me in a large place.  
6 The LORD is on my side; I will not fear: what can man do unto me?  
7 The LORD taketh my part with them that help me: therefore shall I see my desire upon them that hate me.  
8 It is better to trust in the LORD than to put confidence in man.  
9 It is better to trust in the LORD than to put confidence in princes.

How much confidence should we place in the wisdom of man, even those who hold positions of great authority?

Thomas S. Monson

“We must have faith in ourselves, faith in the ability of our Heavenly Father to bless us and to guide us in our endeavors. Many years ago the writer of a psalm wrote a beautiful truth: ‘It is better to trust in the Lord than to put confidence in man. It is better to trust in the Lord than to put confidence in princes.’ In other words, let us put our confidence in the ability of the Lord to guide us. Friendships, we know, may alter and change, but the Lord is constant.” (CR, Oct. 2007)

The psalmist makes it clear that the Lord is our salvation

Pss 118:21-26

21 I will praise thee: for thou hast heard me, and art become my salvation.

22 The stone which the builders refused is become the head stone of the corner.  
23 This is the LORD's doing; it is marvellous in our eyes.  
24 This is the day which the LORD hath made; we will rejoice and be glad in it.  
25 Save now, I beseech thee, O LORD: O LORD, I beseech thee, send now prosperity.  
26 Blessed be he that cometh in the name of the LORD: we have blessed you out of the house of the LORD.

What do these verses teach us about Jesus Christ and why He is central to our salvation?

The Lord quoted verse 22 to the Pharisees to teach them that they had rejected their Savior

Matt 21:42-45

42) Jesus saith unto them, Did ye never read in the scriptures, The stone which the builders rejected, the same is become the head of the corner: this is the Lord's doing, and it is marvellous in our eyes?  
43) Therefore say I unto you, The kingdom of God shall be taken from you, and given to a nation bringing forth the fruits thereof.  
44) And whosoever shall fall on this stone shall be broken: but on whomsoever it shall fall, it will grind him to powder.  
45) And when the chief priests and Pharisees had heard his parables, they perceived that he spake of them.

The Lord promises to heal us both physically and spiritually.

Pss 147:1-3

1 Praise ye the LORD: for it is good to sing praises unto our God; for it is pleasant; and praise is comely.  
2 The LORD doth build up Jerusalem: he gathereth together the outcasts of Israel.  
3 He healeth the broken in heart, and bindeth up their wounds.

What do these verses teach us about the Savior's Atonement and His power to heal us?

Dieter F. Uchtdorf

"My dear friends, the Savior heals the broken heart and binds up your wounds. Whatever your challenges may be, wherever you live on this earth, your faithful membership in The Church of Jesus Christ of Latter-day Saints and the divine powers of the gospel of Jesus Christ will bless you to endure joyfully to the end." (CR, Oct. 2007)

The psalmist teaches about the blessings and responsibilities of having children.

Ps 127:3-5

3 Lo, children are an heritage of the LORD: and the fruit of the womb is his reward.

4 As arrows are in the hand of a mighty man; so are children of the youth.  
5 Happy is the man that hath his quiver full of them: they shall not be ashamed, but they shall speak with the enemies in the gate.

What does it mean that "children are an heritage of the Lord," and how should that influence the way we raise them?

“Husband and wife have a solemn responsibility to love and care for each other and for their children. ‘*Children are an heritage of the Lord.*’ Parents have a sacred duty to rear their children in love and righteousness, to provide for their physical and spiritual needs, and to teach them to love and serve one another, observe the commandments of God, and be law-abiding citizens wherever they live.” (“The Family: A Proclamation to the World”, 2010)

### Seeking, Knowing, and Living the Gospel

Psalm 119 teaches us about the great blessings that come from seeking, knowing, and living the gospel.

Seek to learn the gospel.

Pss 119:7-12, 33-35, 71-73

7 I will praise thee with uprightness of heart, when I shall have learned thy righteous judgments.

8 I will keep thy statutes: O forsake me not utterly.

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

10 With my whole heart have I sought thee: O let me not wander from thy commandments.

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

12 Blessed art thou, O LORD: teach me thy statutes.

33 Teach me, O LORD, the way of thy statutes; and I shall keep it unto the end.

34 Give me understanding, and I shall keep thy law; yea, I shall observe it with my whole heart.

35 Make me to go in the path of thy commandments; for therein do I delight.

71 It is good for me that I have been afflicted; that I might learn thy statutes.

72 The law of thy mouth is better unto me than thousands of gold and silver.

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

The psalmist repeatedly asks the Lord to teach him and give him understanding. What does this teach us about how we should seek to learn the gospel?

You can use the gospel to guide your life

Pss 119:28-32, 58-60, 105, 143-146

28 My soul melteth for heaviness: strengthen thou me according unto thy word.

29 Remove from me the way of lying: and grant me thy law graciously.

30 I have chosen the way of truth: thy judgments have I laid before me.

31 I have stuck unto thy testimonies: O LORD, put me not to shame.

32 I will run the way of thy commandments, when thou shalt enlarge my heart.

58 I entreated thy favour with my whole heart: be merciful unto me according to thy word.

59 I thought on my ways, and turned my feet unto thy testimonies.

60 I made haste, and delayed not to keep thy commandments.

105 Thy word is a lamp unto my feet, and a light unto my path.

143 Trouble and anguish have taken hold on me: yet thy commandments are my delights.

144 The righteousness of thy testimonies is everlasting: give me understanding, and I shall live.

145 I cried with my whole heart; hear me, O LORD: I will keep thy statutes.

146 I cried unto thee; save me, and I shall keep thy testimonies.

In what ways has the gospel provided the light and direction you need to stay on the strait and narrow path?

Joseph B. Wirthlin

“We have scriptures that reveal the word of God to mankind through the ages. When we feast upon the word of God, we open our minds to eternal truths and our hearts to the gentle whisperings of the Holy Ghost. Truly God’s word, through scriptures and modern-day prophets, is a ‘lamp unto [our] feet, and a light unto [our] path’ (Ps. 119:105).” (CR, Oct 2001)

Carlos E. Asay

“An assessment of one’s current position, in relationship to the ultimate goal of eternal life, can and must be obtained by looking toward the light which comes from God through personal revelation, the scriptures, and the words of living prophets.

“The Psalmist said, ‘I thought on my ways, and turned my feet.’ Of the prodigal son, it is written, ‘He came to himself’ (Luke 15:17). We too must think on our ways, come to ourselves, and turn our feet toward God, who is our goal.” (CR, April 1996)

The gospel gives us protection from evil influences.

Pss 119:51-53, 84-87, 110-119

51 The proud have had me greatly in derision: yet have I not declined from thy law.  
52 I remembered thy judgments of old, O LORD; and have comforted myself.  
53 Horror hath taken hold upon me because of the wicked that forsake thy law.

84 How many are the days of thy servant? when wilt thou execute judgment on them that persecute me?

85 The proud have digged pits for me, which are not after thy law.

86 All thy commandments are faithful: they persecute me wrongfully; help thou me.

87 They had almost consumed me upon earth; but I forsook not thy precepts.

110 The wicked have laid a snare for me: yet I erred not from thy precepts.

111 Thy testimonies have I taken as an heritage for ever: for they are the rejoicing of my heart.

112 I have inclined mine heart to perform thy statutes alway, even unto the end.

113 I hate vain thoughts: but thy law do I love.

114 Thou art my hiding place and my shield: I hope in thy word.

115 Depart from me, ye evildoers: for I will keep the commandments of my God.

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

117 Hold thou me up, and I shall be safe: and I will have respect unto thy statutes continually.

118 Thou hast trodden down all them that err from thy statutes: for their deceit is falsehood.

119 Thou puttest away all the wicked of the earth like dross: therefore I love thy testimonies.

How does living the gospel help us withstand the ridicule, persecution, deception, and influences of “the wicked”?

The gospel helps us overcoming evil.

Pss 119:92-104

92 Unless thy law had been my delights, I should then have perished in mine affliction.

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

94 I am thine, save me; for I have sought thy precepts.

95 The wicked have waited for me to destroy me: but I will consider thy testimonies.

96 I have seen an end of all perfection: but thy commandment is exceeding broad.

97 O how love I thy law! it is my meditation all the day.

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

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

100 I understand more than the ancients, because I keep thy precepts.

101 I have refrained my feet from every evil way, that I might keep thy word.

102 I have not departed from thy judgments: for thou hast taught me.

103 How sweet are thy words unto my taste! yea, sweeter than honey to my mouth!

104 Through thy precepts I get understanding: therefore I hate every false way.

How does loving and understanding God's word help us recognize and choose the right while avoiding evil?

Marion G. Romney

“The Psalmist thus recounts the rewards which follow knowing and meditating upon the word of God: 'O how love I thy law! it is my meditation all the day.... Through thy precepts I get understanding: therefore I hate every [evil] way' (Ps. 119:97,104)

“I am persuaded, my brothers and sisters, that it is irrational to hope to escape the lusts of the world without substituting for them as the subjects of our thoughts the things of the Spirit, and I know that the things of the Spirit are taught with mighty power in the Book of Mormon. I believe with all my heart, for example, that if our young people could come out of our homes thoroughly acquainted with the life of Nephi, imbued with the spirit of his courage and love of truth, they would choose the right when the choice is placed before them.” (CR, April 1980)

We receive strength through our testimony of the gospel

Pss 119:2-3, 22-24, 46

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

3 They also do no iniquity: they walk in his ways.

22 Remove from me reproach and contempt; for I have kept thy testimonies.

23 Princes also did sit and speak against me: but thy servant did meditate in thy statutes.

24 Thy testimonies also are my delight and my counsellors.

46 I will speak of thy testimonies also before kings, and will not be ashamed.

How does a strong testimony help us face criticism, opposition, or difficult circumstances?

John Longden

“I have heard testimonies of those newly converted to the Church, and I have heard testimonies of those who have been stalwarts through the years. It is recorded by the Psalmist David: ‘Blessed are they that keep his testimonies, and that seek him with the whole heart’ (Ps. 119:2).

“Yes, I am also mindful that there is great strength in the evidence we have from people paying their tithes and offerings that this work of the Lord may grow and progress. I believe that the strength of this Church lies in the individual testimony which people may possess if they will but conform their teachings of the restored gospel of Jesus Christ.” (CR, Oct. 1954)

As we live the gospel will quicken us by the Holy Ghost.

Pss 119:36-40, 153-159

36 Incline my heart unto thy testimonies, and not to covetousness.  
37 Turn away mine eyes from beholding vanity; and quicken thou me in thy way.  
38 Stablish thy word unto thy servant, who is devoted to thy fear.  
39 Turn away my reproach which I fear: for thy judgments are good.  
40 Behold, I have longed after thy precepts: quicken me in thy righteousness.

153 Consider mine affliction, and deliver me: for I do not forget thy law.  
154 Plead my cause, and deliver me: quicken me according to thy word.  
155 Salvation is far from the wicked: for they seek not thy statutes.  
156 Great are thy tender mercies, O LORD: quicken me according to thy judgments.  
157 Many are my persecutors and mine enemies; yet do I not decline from thy testimonies.  
158 I beheld the transgressors, and was grieved; because they kept not thy word.  
159 Consider how I love thy precepts: quicken me, O LORD, according to thy lovingkindness.

How does being quickened help us overcome the pull of the world, such as covetousness, vanity, fear, and discouragement?

The gospel will bring us peace

Pss 119:13-16, 45, 160-165

13 With my lips have I declared all the judgments of thy mouth.  
14 I have rejoiced in the way of thy testimonies, as much as in all riches.  
15 I will meditate in thy precepts, and have respect unto thy ways.  
16 I will delight myself in thy statutes: I will not forget thy word.

45 And I will walk at liberty: for I seek thy precepts.

160 Thy word is true from the beginning: and every one of thy righteous judgments endureth for ever.  
161 Princes have persecuted me without a cause: but my heart standeth in awe of thy word.  
162 I rejoice at thy word, as one that findeth great spoil.  
163 I hate and abhor lying: but thy law do I love.  
164 Seven times a day do I praise thee because of thy righteous judgments.  
165 Great peace have they which love thy law: and nothing shall offend them.

How does trusting in the truth of God's word help us find peace when we face challenges, uncertainty, or opposition?

David A. Bednar

“To believe that someone or something can make us feel offended, angry,

hurt, or bitter diminishes our moral agency and transforms us into objects to be acted upon. As agents, however, you and I have the power to act and to choose how we will respond to an offensive or hurtful situation....

“Through the strengthening power of the Atonement of Jesus Christ, you and I can be blessed to avoid and triumph over offense. ‘Great peace have they which love thy law: and nothing shall offend them.’” (CR, Oct. 2006)