

Oh, That We Might Know The Lord!

Prayer Journal Inspired by Psalm 119





Hosea 6:3

“Oh, that we might know the Lord!

Let us press on to know him.

*He will respond to us as surely as the arrival of
dawn or the coming of rains in early spring.”*

Day One

- 1 Joyful are people of integrity,
who follow the instructions of the Lord.*
- 2 Joyful are those who obey his laws
and search for him with all their hearts.*
- 3 They do not compromise with evil,
and they walk only in his paths.*
- 4 You have charged us
to keep your commandments carefully.*
- 5 Oh, that my actions would consistently
reflect your decrees!*
- 6 Then I will not be ashamed
when I compare my life with your commands.*
- 7 As I learn your righteous regulations,
I will thank you by living as I should!*
- 8 I will obey your decrees.
Please don't give up on me!*

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Reflection

How do you approach God's Word in your daily life - as a cherished love letter, a casual read, or an obligation? Consider how your daily actions demonstrate your reverence for Scripture.

Prayer

Heavenly Father, I praise You for blessing us with Your sacred Word that shows Your perfect character. I am grateful that Your Word reveals my deep need for Christ Jesus, for only through Him can I be in relationship with You. I thank You that even in my shortcomings to live by Your Word, Your steadfast love remains unchanging. In Jesus' name. Amen.

Day Two

9 How can a young person stay pure?

By obeying your word.

*10 I have tried hard to find you—
don't let me wander from your commands.*

*11 I have hidden your word in my heart,
that I might not sin against you.*

*12 I praise you, O Lord;
teach me your decrees.*

*13 I have recited aloud
all the regulations you have given us.*

*14 I have rejoiced in your laws
as much as in riches.*

*15 I will study your commandments
and reflect on your ways.*

*16 I will delight in your decrees
and not forget your word.*

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Reflection

*What parts of your life tend to pull you away from regularly engaging with Scripture?
How much importance do you place on committing God's Word to memory, and how is this
reflected in your daily habits?*

Prayer

*Father God, help me remove anything that doesn't honor You. Help me learn and remember
Your Word so I can follow Your path. When I lose my way, bring me back to You. Let me
remember that Your Word keeps me close to You. In Jesus' name. Amen.*

Day Three

*17 Be good to your servant,
that I may live and obey your word.*

*18 Open my eyes to see
the wonderful truths in your instructions.*

*19 I am only a foreigner in the land.
Don't hide your commands from me!*

*20 I am always overwhelmed
with a desire for your regulations.*

*21 You rebuke the arrogant;
those who wander from your commands are cursed.*

*22 Don't let them scorn and insult me,
for I have obeyed your laws.*

*23 Even princes sit and speak against me,
but I will meditate on your decrees.*

*24 Your laws please me;
they give me wise advice.*

Reflection

What do you value most in your life? How important is God and reading the Bible to you?

Prayer

Father God, I give You everything I have today - use it as You see fit. Thank You for Your gifts of salvation, forgiveness, love, prayer, faith, and eternal life that matter more than anything on earth. Help me focus on Your Word and Your priorities. Guide me to love what You love and value what You value. In Jesus' name. Amen.

Day Four

25 I lie in the dust;
revive me by your word.
26 I told you my plans, and you answered.
Now teach me your decrees.
27 Help me understand the meaning of your
commandments,
and I will meditate on your wonderful deeds.
28 I weep with sorrow;
encourage me by your word.
29 Keep me from lying to myself;
give me the privilege of knowing your instructions.
30 I have chosen to be faithful;
I have determined to live by your regulations.
31 I cling to your laws.
Lord, don't let me be put to shame!
32 I will pursue your commands,
for you expand my understanding.

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Reflection

What holds you back from boldly sharing God's Word with others? Identify the specific fears or doubts that create hesitation in your heart. Remember and meditate on God's promises of strength, wisdom, and peace as you face these challenges.

Prayer

Father God, let Your love drive out my fears. Give me strength when I face those who stand against You. Fill me with passion for Your Word so I can stand firm in my faith. Help me remember that You are greater than any earthly challenge. In Jesus' name. Amen.

Day Five

**33 Teach me your decrees, O Lord;
I will keep them to the end.**

**34 Give me understanding and I will obey your instructions;
I will put them into practice with all my heart.**

**35 Make me walk along the path of your commands,
for that is where my happiness is found.**

**36 Give me an eagerness for your laws
rather than a love for money!**

**37 Turn my eyes from worthless things,
and give me life through your word.**

**38 Reassure me of your promise,
made to those who fear you.**

**39 Help me abandon my shameful ways;
for your regulations are good.**

**40 I long to obey your commandments!
Renew my life with your goodness.**

Reflection

Are you actively living out what you learn from Scripture, or is your knowledge remaining theoretical? Reflect on how your actions align with your biblical understanding. How are you growing in your relationship with God and sharing that growth with others? Examine your spiritual journey and its impact on those around you.

Prayer

Lord, grant me wisdom to truly know You deeper. Guide me beyond mere knowledge to genuine understanding and devotion. Ignite an unquenchable passion for Your Word within my heart. Let this passion overflow and inspire others in their walk with You. Fill me with an endless desire to learn and live Your ways. Shape my dreams and plans to perfectly align with Your divine purpose. In Jesus' name. Amen.

Day Six

41 Lord, give me your unfailing love,
the salvation that you promised me.

42 Then I can answer those who taunt me,
for I trust in your word.

43 Do not snatch your word of truth from me,
for your regulations are my only hope.

44 I will keep on obeying your instructions
forever and ever.

45 I will walk in freedom,
for I have devoted myself to your commandments.

46 I will speak to kings about your laws,
and I will not be ashamed.

47 How I delight in your commands!
How I love them!

48 I honor and love your commands.
I meditate on your decrees.

Reflection

In what or whom have you been placing your trust? What will it take for you to place your trust in God and His Word?

Prayer

Almighty Father, I praise You as the sovereign God whose perfect plans unfold without fail. Thank You for being my unchangeable rock, whose purposes and promises remain steadfast. Plant deep within me the understanding that Your divine plan surpasses all I could dream, and Your faithful presence never wavers. Remove all traces of fear that try to take root in my heart. Let no person, circumstance, or doubt occupy more space in my heart than You. In Jesus' precious name. Amen.

Day Seven

**49 Remember your promise to me;
it is my only hope.**

**50 Your promise revives me;
it comforts me in all my troubles.**

**51 The proud hold me in utter contempt,
but I do not turn away from your instructions.**

**52 I meditate on your age-old regulations;
O Lord, they comfort me.**

**53 I become furious with the wicked,
because they reject your instructions.**

**54 Your decrees have been the theme of my songs
wherever I have lived.**

**55 I reflect at night on who you are, O Lord;
therefore, I obey your instructions.**

**56 This is how I spend my life:
obeying your commandments.**

Reflection

When facing difficulties, where do you first turn for comfort and peace? What keeps you from immediately seeking God's presence as your refuge? Consider what earthly sources of comfort you might be prioritizing over the Lord's perfect peace.

Prayer

Father God, You are my Creator and know me intimately. When hope fades and I need comfort, help me lift my gaze to You above all else. Bring Your Word to my mind - those passages that offer solace and renewed hope. Embed these Scriptures deep in my heart, that I may draw upon them in times of trouble. In Jesus' name. Amen.

Day Eight

*57 Lord, you are mine!
I promise to obey your words!
58 With all my heart I want your blessings.
Be merciful as you promised.
59 I pondered the direction of my life,
and I turned to follow your laws.
60 I will hurry, without delay,
to obey your commands.
61 Evil people try to drag me into sin,
but I am firmly anchored to your instructions.
62 I rise at midnight to thank you
for your just regulations.
63 I am a friend to anyone who fears you—
anyone who obeys your commandments.
64 O Lord, your unfailing love fills the earth;
teach me your decrees.*

Reflection

What drives your obedience to God? In moments of hardship and doubt, examine your response to God's sovereignty. Do you press forward with trust, actively seeking His presence and purpose even in life's lowest valleys? Reflect on how your relationship with God shapes your response to His will.

Prayer

Father God, thank You for being all I need. I know You don't need my obedience but You desire it because You love me. Help me remember Your great sacrifice and trust You completely. When I'm not fully devoted, remind me that You give me all good things. Only You see the whole picture and know my future. You are completely trustworthy. Thank You for always being with me. When I'm hurting, help me focus on You and remind me of how You've helped me before. Let me praise You even in dark times and thank You for never leaving me. In Jesus' name. Amen.

Day Nine

*65 You have done many good things for me,
Lord, just as you promised.*

*66 I believe in your commands;
now teach me good judgment and knowledge.
67 I used to wander off until you disciplined me;
but now I closely follow your word.*

*68 You are good and do only good;
teach me your decrees.*

*69 Arrogant people smear me with lies,
but in truth I obey your commandments
with all my heart.*

*70 Their hearts are dull and stupid,
but I delight in your instructions.*

*71 My suffering was good for me,
for it taught me to pay attention to your decrees.*

*72 Your instructions are more valuable to me
than millions in gold and silver.*

Reflection

What valuable lessons have you learned from your past choices and decisions? Think about times when God's testing and discipline turned out to be transformative blessings in your life. How have these experiences deepened your faith and understanding of His ways?

Prayer

Father God, forgive me for doubting You, second-guessing Your wisdom, and failing to seek Your guidance. I am grateful for those difficult experiences, for they have transformed Your Word and Your Ways into precious treasures in my life. Keep me humble, Lord, that I may stay close to You, never wandering from Your path and Your Word. In Jesus' name. Amen.

Day Ten

73 You made me; you created me.

Now give me the sense to follow your commands.

**74 May all who fear you find in me a cause for joy,
for I have put my hope in your word.**

**75 I know, O Lord, that your regulations are fair;
you disciplined me because I needed it.**

**76 Now let your unfailing love comfort me,
just as you promised me, your servant.**

**77 Surround me with your tender mercies so I may live,
for your instructions are my delight.**

**78 Bring disgrace upon the arrogant people who lied about me;
meanwhile, I will concentrate on your commandments.**

**79 Let me be united with all who fear you,
with those who know your laws.**

**80 May I be blameless in keeping your decrees;
then I will never be ashamed.**

Reflection

Does your daily life demonstrate God's power at work? Consider how others experience God's love, mercy, and truth through their interactions with you. Reflect on whether your words and actions authentically reveal Christ's presence in your life.

Prayer

Father God, I am deeply grateful for the sacred privilege of walking with You, learning from Your wisdom, and experiencing growth through Your grace. When the weight of being an example to others feels overwhelming, remind me that my true calling is simply to reflect Your glory - in both triumph and tribulation. Lord, diminish my self-focus and earthly concerns so that others may see more of You and less of me. Let Your divine light shine brightly through my life, touching those around me. Help me embrace both the joys and challenges of this journey, knowing that each moment is an opportunity to magnify Your name. In Jesus' name. Amen.

Day Eleven

*81 I am worn out waiting for your rescue,
but I have put my hope in your word.*

*82 My eyes are straining to see your promises come true.
When will you comfort me?*

*83 I am shriveled like a wineskin in the smoke,
but I have not forgotten to obey your decrees.*

*84 How long must I wait?
When will you punish those who persecute me?
85 These arrogant people who hate your instructions
have dug deep pits to trap me.*

*86 All your commands are trustworthy.
Protect me from those who hunt me down without cause.*

*87 They almost finished me off,
but I refused to abandon your commandments.*

*88 In your unfailing love, spare my life;
then I can continue to obey your laws.*

Reflection

In what areas of your life are you experiencing doubt or uncertainty? How do these challenges affect your trust in God's faithfulness? Reflect on past experiences where God has proven His protection and provision. What truths about God's character are you struggling to remember in your current situation?

Prayer

Lord, Your Truth stands above all my struggles and trials. Your loving comfort and the people You send sustain me through difficult times. Thank You for Your endless patience when doubt and fear cloud my faith. You are the God who rebuilds broken dreams and brings joy from sorrow. Thank You that through Jesus, I never face any pain alone. Remind me of Who You are...my Loving Father. In Jesus' name. Amen.

Day Twelve

89 Your eternal word, O Lord,
stands firm in heaven.

90 Your faithfulness extends to every generation,
as enduring as the earth you created.

91 Your regulations remain true to this day,
for everything serves your plans.

92 If your instructions hadn't sustained me with joy,
I would have died in my misery.

93 I will never forget your commandments,
for by them you give me life.

94 I am yours; rescue me!

For I have worked hard at obeying your commandments.

95 Though the wicked hide along the way to kill me,
I will quietly keep my mind on your laws.

96 Even perfection has its limits,
but your commands have no limit.

Reflection

Where are you placing your hope and your reliance? Will you seek to entrust your life to God? Consider the areas of life where you might be relying on your own strength rather than God's.

Prayer

Father God, I thank You for being my unchanging Rock and my Foundation. Thank You that Your promises, Your purposes, and Your plans for me are sure. Thank You that when I fail, You will never fail me. Thank You for remaining the God who changes not – who was and is and is to come. In Jesus' name. Amen.

Day Thirteen

97 Oh, how I love your instructions!

I think about them all day long.

98 Your commands make me wiser than my enemies,
for they are my constant guide.

99 Yes, I have more insight than my teachers,
for I am always thinking of your laws.

100 I am even wiser than my elders,
for I have kept your commandments.

101 I have refused to walk on any evil path,
so that I may remain obedient to your word.

102 I haven't turned away from your regulations,
for you have taught me well.

103 How sweet your words taste to me;
they are sweeter than honey.

104 Your commandments give me understanding;
no wonder I hate every false way of life.

Reflection

Do you treat Scripture as essential nourishment for your soul? Do you truly believe in Scripture's power to transform lives and heal hearts? If you believe in its power, what prevents you from treating Bible reading as vital to your daily life?

Prayer

Father God, You are our Heavenly Father who breathed life into Your Word so that we may know You intimately. Thank You for the honor and privilege of being born in a country with religious freedom, free accessible Bibles, a church on every corner, Christian television shows and radio, thousands of free Bible studies available by internet and mobile apps. Never let me take access to You and Your Word for granted. Make me a good steward of Your Word using it to encourage, uplift, and gently correct others with love. Remove any distractions or obstacles that hinder me from daily Bible reading. In Jesus' name. Amen.

Day Fourteen

*105 Your word is a lamp to guide my feet
and a light for my path.*

*106 I've promised it once, and I'll promise it again:
I will obey your righteous regulations.*

*107 I have suffered much, O Lord;
restore my life again as you promised.*

*108 Lord, accept my offering of praise,
and teach me your regulations.*

*109 My life constantly hangs in the balance,
but I will not stop obeying your instructions.*

*110 The wicked have set their traps for me,
but I will not turn from your commandments.*

*111 Your laws are my treasure;
they are my heart's delight.*

*112 I am determined to keep your decrees
to the very end.*

Reflection

What's driving your daily decisions? How can you align your life's activities and schedule to honor God? Consider where your time and energy are currently invested, and reflect on ways to dedicate more of yourself to God's purposes.

Prayer

Father God, thank You for Your Word. Guide me when I'm lost and keep me on Your path. Help me shine Your light to others. Thank You for giving my life purpose and hope. When times are hard, help me remember Your goodness. Build in me a daily habit of quiet time with You. Remind me I am always safe in Your hands. In Jesus' name. Amen.

Day Fifteen

113 I hate those with divided loyalties,
but I love your instructions.

114 You are my refuge and my shield;
your word is my source of hope.

115 Get out of my life, you evil-minded people,
for I intend to obey the commands of my God.

116 Lord, sustain me as you promised, that I may live!
Do not let my hope be crushed.

117 Sustain me, and I will be rescued;
then I will meditate continually on your decrees.

118 But you have rejected all who stray from your decrees.
They are only fooling themselves.

119 You skim off the wicked of the earth like scum;
no wonder I love to obey your laws!

120 I tremble in fear of you;
I stand in awe of your regulations.

Reflection

How aligned are your thoughts and actions with your faith? Consider whether your daily choices reflect worldly values or God's truth. Examine if your decision-making process differs from those who don't know Christ. Ask yourself if your life demonstrates the transformative power of walking with God.

Prayer

Father God, You go before me in every situation I will face. I thank You that the battles I face are not mine but Yours. I thank You, Lord, that I always fight from a posture of victory knowing that in the end, You will win. When the battle gets difficult, Lord, keep me from settling and compromising all that You have taught me. Renew me, refresh me, and strengthen me each day, Lord, so that I am able to stand fast, fight hard, and rely fully on You. In Jesus' name. Amen.

Day Sixteen

121 Don't leave me to the mercy of my enemies,
for I have done what is just and right.

122 Please guarantee a blessing for me.

Don't let the arrogant oppress me!

123 My eyes strain to see your rescue,
to see the truth of your promise fulfilled.

124 I am your servant; deal with me in unfailing love,
and teach me your decrees.

125 Give discernment to me, your servant;
then I will understand your laws.

126 Lord, it is time for you to act,
for these evil people have violated your instructions.

127 Truly, I love your commands
more than gold, even the finest gold.

128 Each of your commandments is right.
That is why I hate every false way.

Reflection

How is God inviting you to participate in His kingdom work? What anxieties or reservations do you need to release to Him in order to fully embrace and follow His calling? Consider the specific ways He may be asking you to step out in faith and serve. Reflect on how your current choices either advance or hinder your response to His divine purpose.

Prayer

Father God, You are our immanent God. You are totally self-sufficient, yet You choose Your imperfect children to carry out Your perfect plans. Lord, give us the boldness to take our rightful place in the body of Christ. Help us to unite and work together with understanding and compassion in our hearts. Remove any spirit of division, opposition, and chaos in Your Church. May we decrease individually so that You are magnified and glorified through us collectively. In Jesus' name. Amen.

Day Seventeen

129 Your laws are wonderful.

No wonder I obey them!

*130 The teaching of your word gives light,
so even the simple can understand.*

*131 I pant with expectation,
longing for your commands.*

*132 Come and show me your mercy,
as you do for all who love your name.*

*133 Guide my steps by your word,
so I will not be overcome by evil.*

*134 Ransom me from the oppression of evil people;
then I can obey your commandments.*

*135 Look upon me with love;
teach me your decrees.*

*136 Rivers of tears gush from my eyes
because people disobey your instructions.*

Reflection

Do you appreciate having easy access to God's Word? How does your daily Bible reading reflect your gratitude for this gift? Have you lost sight of Jesus' sacrifice for you? Are you remembering God's promises of deliverance and freedom from sin?

Prayer

Father God, I thank You for the gift of Your Word which reflects for me Your holiness and righteousness. I thank You that Your law demonstrates my utter need for You and Your Son, Jesus Christ because without Jesus, I could never be united with You. I thank You that even when I fail to keep Your Word faithfully, Your love never fails and never gives up on me. In Jesus' name. Amen.

Day Eighteen

*137 O Lord, you are righteous,
and your regulations are fair.*

*138 Your laws are perfect
and completely trustworthy.*

*139 I am overwhelmed with indignation,
for my enemies have disregarded your words.
140 Your promises have been thoroughly tested;
that is why I love them so much.*

*141 I am insignificant and despised,
but I don't forget your commandments.*

*142 Your justice is eternal,
and your instructions are perfectly true.
143 As pressure and stress bear down on me,
I find joy in your commands.*

*144 Your laws are always right;
help me to understand them so I may live.*

Reflection

How have I been underestimating and minimizing God's power within me?

Prayer

Father God, I thank You for choosing me to love, to honor, and to cherish me for eternity. Lord, forgive me for underestimating and minimizing Your power in my life. Lord, give me strength, boldness, and confidence to share Your Word with all those in my sphere of influence. Let not their rejection or ridicule stop me from pressing forward, reflecting Your righteousness, and delighting in Your presence and Your Word. In Jesus' name. Amen.

Day Nineteen

145 I pray with all my heart; answer me, Lord!

I will obey your decrees.

**146 I cry out to you; rescue me,
that I may obey your laws.**

**147 I rise early, before the sun is up;
I cry out for help and put my hope in your words.**

**148 I stay awake through the night,
thinking about your promise.**

**149 In your faithful love, O Lord, hear my cry;
let me be revived by following your regulations.**

**150 Lawless people are coming to attack me;
they live far from your instructions.**

**151 But you are near, O Lord,
and all your commands are true.**

**152 I have known from my earliest days
that your laws will last forever.**

Reflection

What has been your pattern when facing desperate times? Do you turn to distractions and worldly comforts first, or do you immediately seek God's presence? Think about times when focusing on God's faithfulness helped you through difficulties.

Prayer

Father God, thank You for being my protector and defender. When I face desperate times, help me trust in You completely. Let my first response be surrender, not worry. Remind me that You are always faithful and working in my life, even when I can't see it. Thank You that nothing can separate me from Your love. Help me rest secure in Your care. When doubt creeps in, strengthen my faith in Your presence. Thank You that I am forever safe in Your hands. In Jesus' name. Amen.

Day Twenty

153 Look upon my suffering and rescue me,
for I have not forgotten your instructions.
154 Argue my case; take my side!
Protect my life as you promised.
155 The wicked are far from rescue,
for they do not bother with your decrees.
156 Lord, how great is your mercy;
let me be revived by following your regulations.
157 Many persecute and trouble me,
yet I have not swerved from your laws.
158 Seeing these traitors makes me sick at heart,
because they care nothing for your word.
159 See how I love your commandments, Lord.
Give back my life because of your unfailing love.
160 The very essence of your words is truth;
all your just regulations will stand forever.

Reflection

How do you respond when facing opposition to your faith? Do you trust God's timing for justice, or do you try to defend yourself? Consider how your reactions reflect your faith in God's sovereignty. Are current challenges causing you to doubt, or are you standing firm on God's unchanging truth?

Prayer

Father God, help me stay focused on glorifying You and sharing Your love with others. Give me strength when facing those who doubt, and teach me to pray for my enemies. Help me trust Your perfect timing for justice in all situations. Let me surrender my need to understand everything and simply trust in Your higher wisdom and Your unchanging Word. In Jesus' name. Amen.

Day Twenty-One

161 Powerful people harass me without cause,
but my heart trembles only at your word.

162 I rejoice in your word
like one who discovers a great treasure.

163 I hate and abhor all falsehood,
but I love your instructions.

164 I will praise you seven times a day
because all your regulations are just.

165 Those who love your instructions
have great peace and do not stumble.

166 I long for your rescue, Lord,
so I have obeyed your commands.

167 I have obeyed your laws,
for I love them very much.

168 Yes, I obey your commandments and
laws because you know everything I do.

169 O Lord, listen to my cry; give me

the discerning mind you promised

170 Listen to my prayer;
rescue me as you promised.

171 Let praise flow from my lips,
for you have taught me your decrees.

172 Let my tongue sing about your word,
for all your commands are right.

173 Give me a helping hand,
for I have chosen to follow your
commandments.

174 O Lord, I have longed for your rescue,
and your instructions are my delight.

175 Let me live so I can praise you,
and may your regulations help me.

176 I have wandered away like a lost sheep;
come and find me, for I have not
forgotten your commands.

Reflection

What is your attitude about studying the Word of God? Do you see it as a burden or a chore? Do you see the Word of God as a condemning list of commands or as your personal love letter full of hope and joy? Do you recognize that God's Word connects you intimately to the One who divinely inspired it?

Prayer

Father God, I thank You that You bend Your ear down to hear and speak to us. You bend down to even our lowest and most hidden places, where obedience to Your Word seems impossible. You bend down and align with the Holy Spirit within me and whisper crisply and loudly; "You have the power that raised Christ from the dead alive within you. You have the power to obey. You aren't alone. You don't have to do this alone. Pick up my book. See in writing how much I love You. Forget what you have been told about who you aren't, what you'll never be, and what you can't do. Forget all of that. Read my Word and remember you are loved." Thank You, Father for not leaving me abandoned. Thank You, Father for Your love letter to me. Give me the hunger and thirst for Your Word that moves me to read it, study it, but most importantly...to obey it. In Jesus' name. Amen.



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