



**Alef:** Blessed are the undefiled  
in the way, who walk in the law  
of the Lord. Blessed are they that  
keep his testimonies, and that  
seek him with the whole heart.  
They also do no iniquity:  
they walk in his ways.  
Thou hast commanded us to keep  
thy precepts diligently.  
O that my ways were directed  
to keep thy statutes!  
Then shall I not be ashamed, when  
I have respect unto all thy commandments.  
I will praise thee with uprightness  
of heart, when I shall have learned  
thy righteous judgments.  
I will keep thy statutes:  
O forsake me not utterly.

**Beth:** Wherewithal shall a young man  
cleans his way? by taking heed  
thereto according to thy word.  
With my whole heart have I sought  
thee: O let me not wander from  
thy commandments. Thy word have  
I hid in mine heart, that I might not  
sin against thee. Blessed art thou, O Lord:  
teach me thy statutes. With my lips have  
I declared all the judgments of thy mouth.  
I have rejoiced in the way of thy testimonies,  
as much as in all riches. I will meditate in  
thy precepts, and have respect unto thy ways.  
I will delight myself in thy statutes:  
I will not forget thy word.

**Schin:** Princes have  
persecuted me  
without a cause:  
but my heart standeth  
in awe of thy word.  
I rejoice at thy word,  
as one that findeth  
great spoil.  
I hate and abhor lying:  
but thy law do I love.  
Seven times a day  
do I praise thee because  
of thy righteous judgments.  
Great peace have they  
which love thy law: and  
nothing shall offend them.  
Lord, I have hoped for  
thy salvation, and  
done thy commandments.  
My soul hath kept  
thy testimonies; and  
I love them exceedingly.  
I have kept thy precepts  
and thy testimonies:  
for all my ways are  
before thee.

**Psalm 119: 1-16; 161-168**