

# How Blessed Are Those Upright in the Way

Based on Psalm 119:1-16

1. How bless - ed are those up - right in their way, Who keep the LORD's de -  
 2. How blest are they who shun in - iq - ui - ties, Thy ho - ly law with  
 3. *I know that I shall not be put to shame* If I but with at -  
 4. *How can a youth pre - serve his way, O LORD,* And keep it free of  
 5. Thy words I have laid up with - in my heart; I keep Thy faith - ful  
 6. In Thy com - mand - ments I take great de - light; They are the sub - ject

crees with ded - i - ca - tion And in their walk of life His law o - bey.  
 di - li - gence ob - serv - ing. Thou hast laid down Thy stat - utes and de - crees,  
*ten - tion un - di - vid - ed* Heed the com - mands which Thou, LORD, didst pro - claim.  
*e - vil and trans - gres - sion?* By guard - ing it ac - cord - ing to Thy word:  
 pro - mise as my trea - sure, Lest I should ev - er from Thy ways de - part.  
 of my med - i - ta - tion. The path marked by Thy law I'll keep in sight

How blest are those who with de - ter - mi - na - tion, Whole - heart - ed - ly, seek  
 To be o - beyed in faith - ful - ness un - swerv - ing. Oh, may I but sub -  
*I thank Thee for the law Thou hast pro - vid - ed;* I wor - ship Thee and  
*Oh, let my heart be whol - ly Thy pos - ses - sion,* That by Thy ser - vant  
 O LORD, how blest Thou art be - yond all mea - sure. Thy stat - utes and de -  
 And guard my - self a - gainst all de - vi - a - tion. Thy ho - ly word I'll

Him by night and day And look to Him for guid - ance and sal - va - tion.  
 mit my - self to these And so go forth, a stead - y course pre - serv - ing.  
*praise Thy ho - ly name.* For - sake me not; by Thee let me be guid - ed.  
*sin may be ab - horred.* Let me not stray, de - ny - ing my con - fes - sion.  
 crees to me im - part, For in Thy law I find my great - est plea - sure.  
 not neg - lect or slight; Thy stat - utes are the cause of my e - la - tion.

Music: *Genevan Psalter*, 1551;  
 harm. Claude Goudimel, 1564  
 Text: William Helder, 1972 ©

BIENHEUREUSE EST LA PERSONNE [GENEVAN 119]  
 10 11. 10 11. 10 11.

# How Blessed Are Those Upright in the Way

Cont'd, Psalm 119:17-32

7. Grant the de-sire that in my heart a - rose, That I may keep Thy  
8. By night and day for Thy de - crees I long; My soul con-sumes it -  
9. *Though princ-es may to - geth - er scheme and plot,* A - gainst me their con -  
10. *Be - hold, my soul is cleav-ing to the dust;* Re - vive me as Thou  
11. LORD, com-fort me as I in sor - row weep; Ac - cord-ing to Thy  
12. See how I to Thy test - i - mon - ies cling; Do not sub - ject me

pre-cepts while sur - viv - ing. Re - move my blind-ness and to me ex - pose  
self in con-stant yearn-ing. Thou dost re - buke the proud for all their wrongs -  
*spir - a - cies de - vis - ing,* I'll con - tem-plate the pre-cepts Thou hast taught;  
*in Thy word hast stat - ed.* All I have done I have to Thee con-fessed,  
faith-ful word, re - store me. Thy ser - vant far from ways of false-hood keep;  
to hu - mil - i - a - tion. Thy pre-cepts are my guide in ev - 'ry - thing;

The mar-vels from Thy or - d'nan - ces de - riv - ing. To me, a stran-ger  
Those who, ac - cursed, from Thy com - mands are turn - ing. LORD, set me free from  
*I'll stud - y them, Thy test - i - mo - nies priz - ing.* In Thy in - struc - tion  
*And Thou to me Thy ans - wer hast re - lat - ed.* Teach me Thy stat - utes,  
Grant me by grace Thy law and test - i - mon - y. With vi - gor on the  
I'll run the course marked out by Thy dic - ta - tion, For from Thy ho - ly

here, Thy law dis - close, Thy ser - vant not of Thy com - mands de - priv - ing.  
their in - sult - ing tongues; I've kept Thy law, Thy ho - ly will dis - cern - ing.  
*my de - light I've sought,* And in the coun - sel from Thy law a - ris - ing.  
*ex - cel - lent and just;* Then may Thy won - drous works be con - tem - plat - ed.  
way of truth I'll leap; Thy sac - red or - d'nan - ces I've set be - fore me.  
law true joy does spring; It is the source of all my ex - ul - ta - tion.

# How Blessed Are Those Upright in the Way

Cont'd, Psalm 119:33-48

13. Teach me, O LORD, the way set out by Thee, And I will keep Thy  
14. Un - to Thy word of law in - cline my heart, That all Thy pre - cepts  
15. *Keep me from sin and give me life in - stead.* Ful - fil the pro - mise  
16. *May Thy un - fail - ing mer - cy come to me;* As Thou hast pro - mised,  
17. Oh, let Thy ser - vant speak the truth - ful word; Let noth - ing me from  
18. Un - daunt - ed I will kings and princ - es face; I will be - fore them

stat - utes to the fin - ish. Bless me with in - sight so that con - stant - ly  
I may search and pon - der. From Thy com - mand - ments let me not de - part;  
*made to those who fear Thee. Turn Thou a - way the cen - sure which I dread,*  
*show me Thy sal - va - tion. Then if I meet with scorn and mock - er - y,*  
Thy com - mand - ments sev - er. Thy or - di - nan - ces hope to me af - ford;  
speak of Thy sal - va - tion And not be put to shame or be dis - graced.

I may with all my heart Thy pre - cepts cher - ish. Re - veal the path of  
To thoughts of gain let not my spir - it wan - der. Re - strain me lest I  
*For Thy de - crees are good. How I sin - cere - ly* Long for Thy law, by  
*I'll give my ans - wer with - out hes - i - ta - tion,* For I have put my  
I vow to keep them al - ways and for - ev - er. Then shall I walk in  
Thy law I love and hold in ven - er - a - tion. Thy pre - cepts I re -

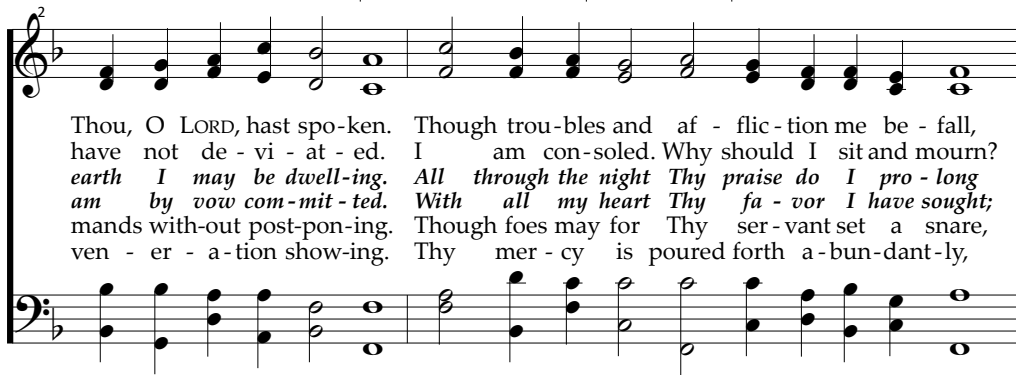
Thy de - crees to me, For Thy com - mand - ments joy and plea - sure furn - ish.  
wist - ful glan - ces dart At van - i - ties. O LORD, let me not floun - der.  
*which I may be led!* O *right - eous LORD, grant life, for I re - vere Thee.*  
*con - fi - dence in Thee;* LORD, Thou hast sworn to grant me lib - er - a - tion.  
lib - er - ty, O LORD; I've sought Thy law as guide in all en - deav - or.  
vere; their path I'll trace. I will at - tend to them in med - i - ta - tion.

# How Blessed Are Those Upright in the Way

Cont'd, Psalm 119:49-64



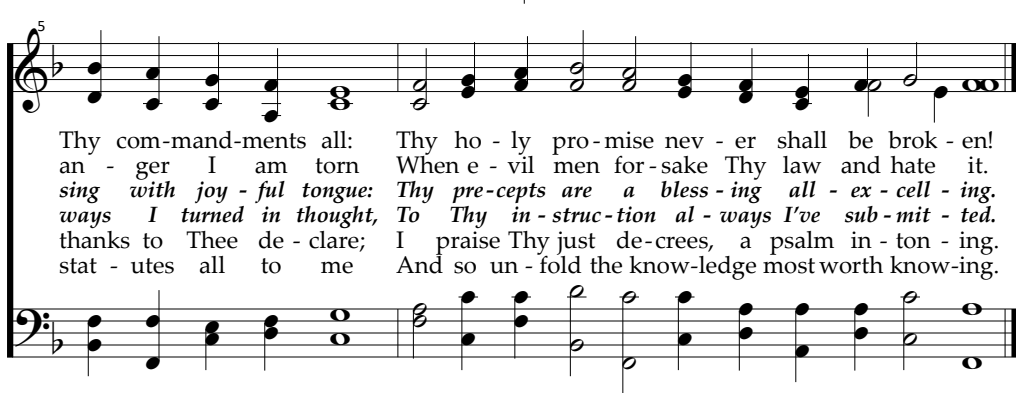
19. Be mind-ful of Thy ser-vant and re-call The stead-fast word which  
20. The proud have treat-ed me with ut-ter scorn, Yet from Thy law I  
21. Thy stat-utes are the theme of all my songs Wher-ev-er here on  
22. O LORD, Thou art my por-tion and my lot, And to Thy words I  
23. With haste I act and ev-er am pre-pared To ho-nor Thy com-  
24. With all who fear Thee I keep com-pa-ny: Those for Thy pre-cepts



Thou, O LORD, hast spo-ken. Though trou-bles and af-flic-tion me be-fall,  
have not de-vi-at-ed. I am con-soled. Why should I sit and mourn?  
*earth I may be dwell-ing. All through the night Thy praise do I pro-long*  
*am by vow com-mit-ted. With all my heart Thy fa-vor I have sought;*  
mands with-out post-pon-ing. Though foes may for Thy ser-vant set a snare,  
ven-er-a-tion show-ing. Thy mer-cy is poured forth a-bun-dant-ly,



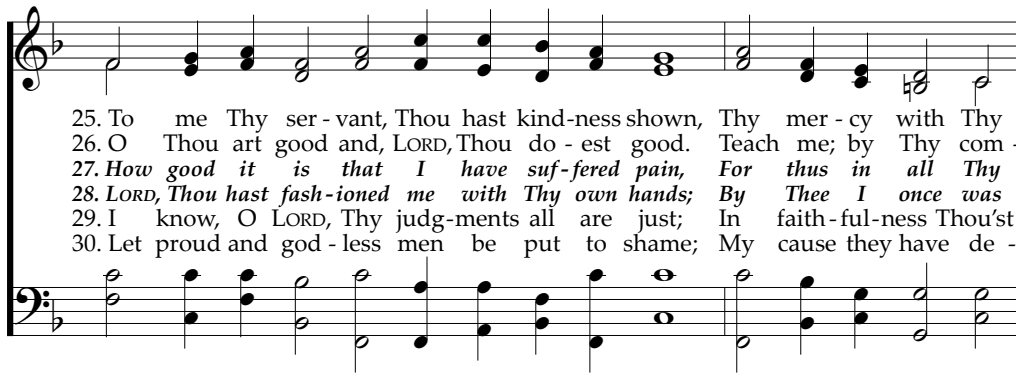
Thy stat-utes do Thy faith-ful-ness be-tok-en; I have gained life through  
I keep in view what Thou of old hast stat-ed. By gusts of flam-ing  
*With-in my heart, as from a foun-tain well-ing. I've kept Thy law, I*  
*Re-call Thy pro-mise, LORD, and grace ex-hib-it. When-ev-er to Thy*  
I've kept Thy law, no neg-li-gence con-don-ing. At mid-night I my  
And with Thy love the earth is o-ver-flow-ing. O LORD, re-veal Thy



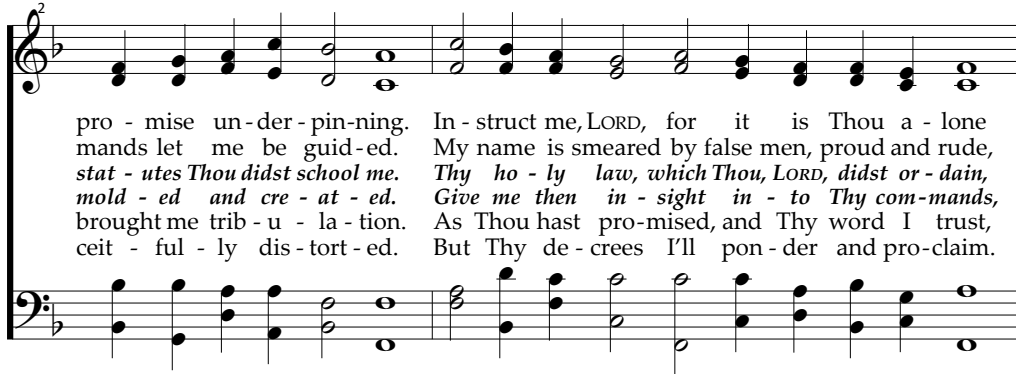
Thy com-mand-ments all: Thy ho-ly pro-mise nev-er shall be brok-en!  
an-ger I am torn When e-vil men for-sake Thy law and hate it.  
*sing with joy-ful tongue; Thy pre-cepts are a bless-ing all-ex-cell-ing.*  
*ways I turned in thought, To Thy in-struc-tion al-ways I've sub-mit-ted.*  
thanks to Thee de-clare; I praise Thy just de-crees, a psalm in-ton-ing.  
stat-utes all to me And so un-fold the know-ledge most worth know-ing.

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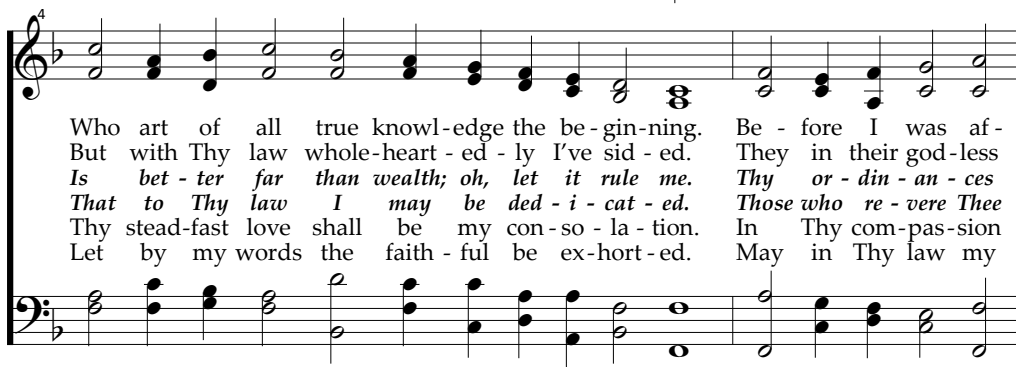
Cont'd, Psalm 119:65-80



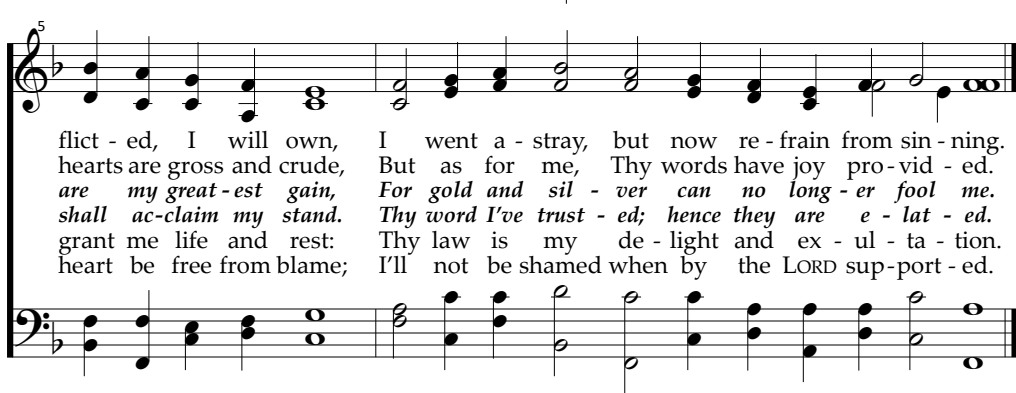
25. To me Thy ser-vant, Thou hast kind-ness shown, Thy mer-cy with Thy  
26. O Thou art good and, LORD, Thou do-est good. Teach me; by Thy com-  
27. *How good it is that I have suf-fered pain, For thus in all Thy*  
28. *LORD, Thou hast fash-ioned me with Thy own hands; By Thee I once was*  
29. I know, O LORD, Thy judg-ments all are just; In faith-ful-ness Thou'st  
30. Let proud and god-less men be put to shame; My cause they have de-



pro-mise un-der-pin-ning. In-struct me, LORD, for it is Thou a-lone  
mands let me be guid-ed. My name is smeared by false men, proud and rude,  
*stat-utes Thou didst school me. Thy ho-ly law, which Thou, LORD, didst or-dain,*  
*mold-ed and cre-at-ed. Give me then in-sight in-to Thy com-mands,*  
brought me trib-u-la-tion. As Thou hast pro-mised, and Thy word I trust,  
ceit-ful-ly dis-tort-ed. But Thy de-crees I'll pon-der and pro-claim.



Who art of all true knowl-edge the be-gin-ning. Be-fore I was af-  
But with Thy law whole-heart-ed-ly I've sid-ed. They in their god-less  
*Is bet-ter far than wealth; oh, let it rule me. Thy or-din-an-ces*  
*That to Thy law I may be ded-i-cat-ed. Those who re-vere Thee*  
Thy stead-fast love shall be my con-so-la-tion. In Thy com-pas-sion  
Let by my words the faith-ful be ex-hort-ed. May in Thy law my



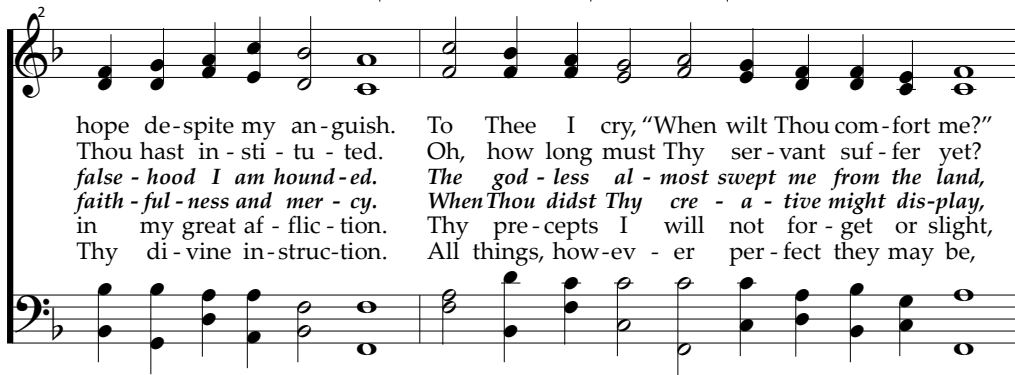
flict-ed, I will own, I went a-stray, but now re-frain from sin-ning.  
hearts are gross and crude, But as for me, Thy words have joy pro-vid-ed.  
*are my great-est gain, For gold and sil-ver can no long-er fool me.*  
*shall ac-claim my stand. Thy word I've trust-ed; hence they are e-lat-ed.*  
grant me life and rest: Thy law is my de-light and ex-ul-ta-tion.  
heart be free from blame; I'll not be shamed when by the LORD sup-port-ed.

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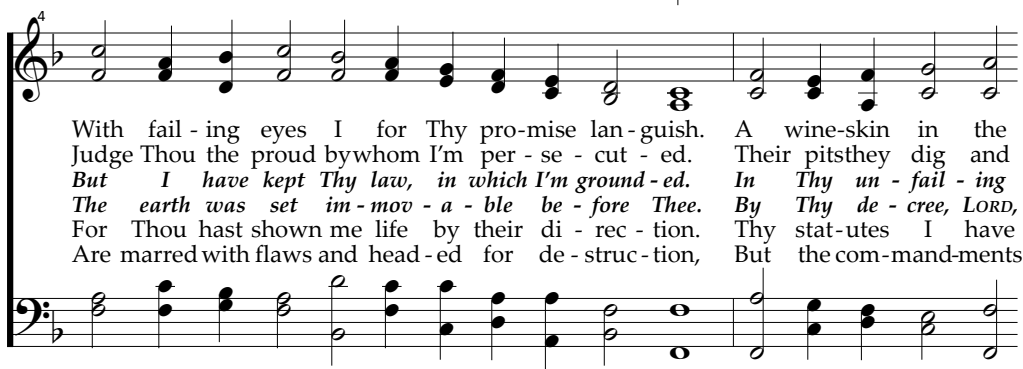
Cont'd, Psalm 119:81-96



31. LORD, how I long for Thee to set me free, But in Thy word I  
32. Thy test - i - mo - ny I do not for - get, The ho - ly law which  
33. *All Thy com - mand - ments shall for - ev - er stand; Help Thou me, for by*  
34. *Thy word is in the heav - ens fixed for aye; E - ter - nal are Thy*  
35. If Thy com - mands had not been my de - light, I should have per - ished  
36. Though e - vil men may lie in wait for me, I will give thought to



hope de - spite my an - guish. To Thee I cry, "When wilt Thou com - fort me?"  
Thou hast in - sti - tu - ted. Oh, how long must Thy ser - vant suf - fer yet?  
*false - hood I am hound - ed. The god - less al - most swept me from the land,*  
*faith - ful - ness and mer - cy. When Thou didst Thy cre - a - tive might dis - play,*  
in my great af - flic - tion. Thy pre - cepts I will not for - get or slight,  
Thy di - vine in - struc - tion. All things, how - ev - er per - fect they may be,



With fail - ing eyes I for Thy pro - mise lan - guish. A wine - skin in the  
Judge Thou the proud by whom I'm per - se - cut - ed. Their pits they dig and  
*But I have kept Thy law, in which I'm ground - ed. In Thy un - fail - ing*  
*The earth was set im - mov - a - ble be - fore Thee. By Thy de - cree, LORD,*  
For Thou hast shown me life by their di - rec - tion. Thy stat - utes I have  
Are marred with flaws and head - ed for de - struc - tion, But the com - mand - ments



5  
smoke I seem to be; Yet Thy com - mand - ments I will not re - lin - quish.  
me with snares be - set; They flout Thy word and wic - ked - ly re - fute it.  
*love my life de - fend, That I may heed what Thou, LORD, hast ex - pound - ed.*  
*they stand firm to - day, For all things are Thy serv - ants and a - dore Thee.*  
pon - dered day and night. Since I am Thine, LORD, grant me Thy pro - tec - tion.  
once pro - claimed by Thee Are un - sur - passed, un - e - qualled in per - fect - ion.

# How Blessed Are Those Upright in the Way

Cont'd, Psalm 119:97-112

37. Oh, how I love the pre-cepts of Thy law! I pore for - ev - er  
38. In un - der - stand - ing I sur - pass the old; I heed Thy law, Thee,  
39. *How pleas - ing are Thy pro - mis - es, O LORD; Far sweet - er than is*  
40. *Thy word is as a lamp un - to my feet, A lan - tern shin - ing*  
41. Ac - cept, O LORD, my of - fer - ings of praise; Teach me the words that  
42. Thy tes - ti - mon - ies are for - ev - er mine: My her - i - tage and

o'er its hal - lowed pag - es. Since all the day I pon - der it with awe,  
LORD, with fer - vor serv - ing. From e - vil cours - es, I my feet with - hold,  
*hon - ey to my pal - ate. Thy test - i - mon - ies true de - light af - ford;*  
*on the path be - fore me. I've sworn an oath and here my vow re - peat:*  
of Thy grace are to - ken. Though I may live in dan - ger all my days,  
per - ma - nent pos - ses - sion, My joy, which I shall in my heart en - shrine:

I'm wis - er than my foes and all their sag - es. The in - sight which from  
In faith - ful - ness Thy ho - ly word ob - serv - ing. Thou didst in - struct me  
*Through them I gain the wis - dom ev - er val - id. Thus ev - 'ry path of*  
*I'll keep Thy just de - crees, LORD, and a - dore Thee. I suf - fer in af -*  
Thy law shall by Thy ser - vant not be brok - en; And though my foe his  
And to their praise I ev - er give ex - pres - sion. My heart to Thy com -

Thy de - crees I draw Ex - cels that of my teach - ers and the a - ged.  
and Thy law un - fold; Thus I have kept Thy pre - cepts with - out swerv - ing.  
*false - hood I've ab - horred; I shun de - ceit and from my ways re - pel it.*  
*flic - tion and de - feat; Re - call Thy stead - fast pro - mise and re - store me.*  
snares and pit - falls lays, I do not stray from all that Thou hast spo - ken.  
mand - ments I in - cline, Un - to the end re - frain - ing from trans - gres - sion.

# How Blessed Are Those Upright in the Way

Cont'd, Psalm 119:113-128

43. I hate the fickle and divided heart; I love Thy law. On  
44. Uphold me, LORD, lest I should hope in vain, For on Thy word I  
45. *All those who from Thy precepts go astray Thou dost reject; in*  
46. *I've kept Thy law; I've done what's just and right.* O LORD, to my op-  
47. Be mindful of Thy steadfast love, and deal With me in grace and  
48. 'Tis time for Thee to act, O LORD. Behold, By evil men Thy

Thee I am dependent; O LORD, my hiding-place and shield Thou art.  
base my expectation. Fulfill Thy promise and my life sustain;  
*vain do they disseminate. The wicked Thou as dross wilt cast away;*  
*pressors do not leave me. Be surety for my welfare, God of might;*  
mercy, I beseech Thee. O LORD, Thy statutes and decrees reveal,  
law is violated. I prize it more than all the finest gold;

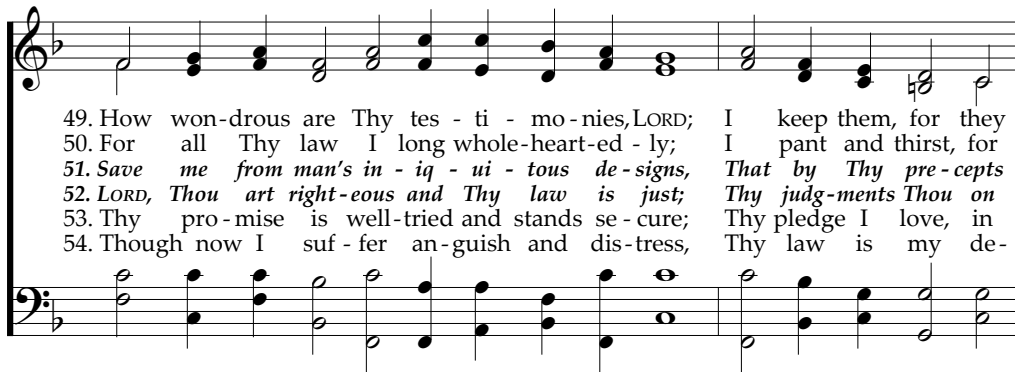
I trust Thy word and hope in its fulfillment. You evil-doers,  
I look to Thee for refuge and salvation. O LORD, enable  
*I therefore love Thy law. Let me not stumble. I quake when Thou Thy*  
*Let not my haughty foes oppress and grieve me. My eyes grow dim with*  
And all Thy wondrous testimonies teach me. Give me discernment  
My love for Thy commands is unabated. My steps from ways of

all from me depart, That I may ever keep my God's commandments.  
Thou me to maintain Thy statutes; let them be my meditation.  
*judgments dost display; In awe of Thee, O LORD, I fear and tremble.*  
*watching day and night For Thee to keep Thy promise and relieve me.*  
and my blindness heal; Let all my pleas for understanding reach Thee.  
falsehood I withhold, For by Thy law my course is regulated.

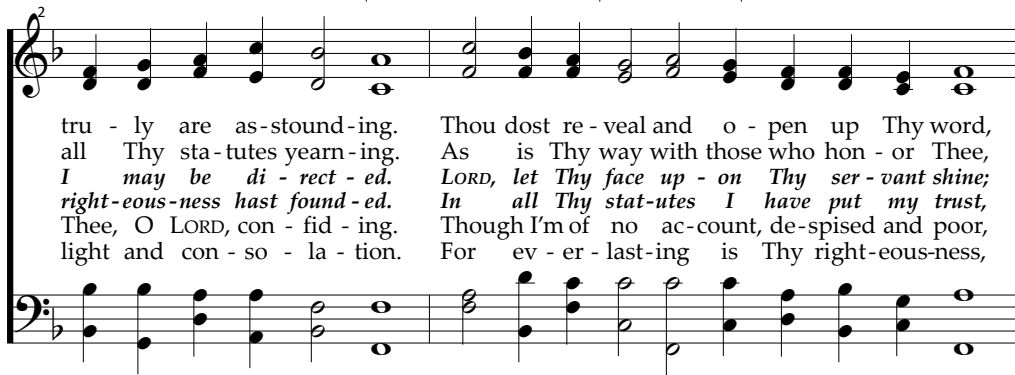


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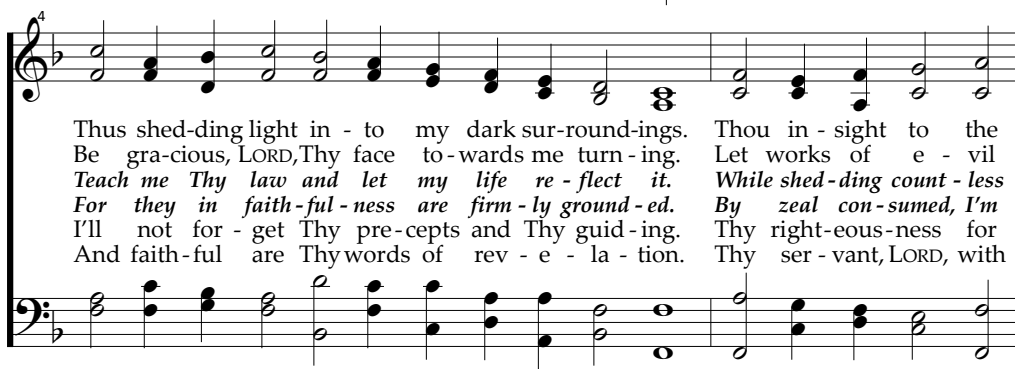
Cont'd, Psalm 119:129-144



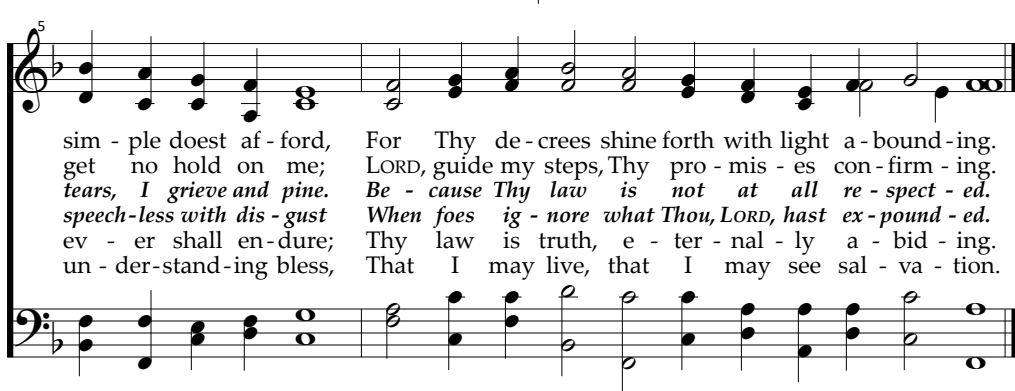
49. How won-drous are Thy tes - ti - mo - nies, LORD; I keep them, for they  
50. For all Thy law I long whole-heart-ed - ly; I pant and thirst, for  
51. *Save me from man's in - iq - ui - tous de - signs, That by Thy pre - cepts*  
52. *LORD, Thou art right - eous and Thy law is just; Thy judg - ments Thou on*  
53. Thy pro - mise is well - tried and stands se - cure; Thy pledge I love, in  
54. Though now I suf - fer an - guish and dis - tress, Thy law is my de -



tru - ly are as - stound - ing. Thou dost re - veal and o - pen up Thy word,  
all Thy sta - tutes yearn - ing. As is Thy way with those who hon - or Thee,  
*I may be di - rect - ed. LORD, let Thy face up - on Thy ser - vant shine;*  
*right - eous - ness hast found - ed. In all Thy stat - utes I have put my trust,*  
Thee, O LORD, con - fid - ing. Though I'm of no ac - count, de - spised and poor,  
light and con - so - la - tion. For ev - er - last - ing is Thy right - eous - ness,



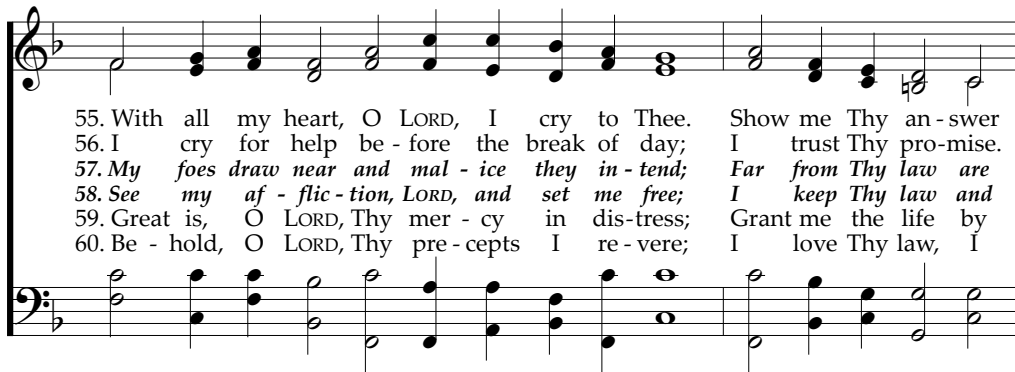
Thus shed - ding light in - to my dark sur - round - ings. Thou in - sight to the  
Be gra - cious, LORD, Thy face to - wards me turn - ing. Let works of e - vil  
*Teach me Thy law and let my life re - flect it. While shed - ding count - less*  
*For they in faith - ful - ness are firm - ly ground - ed. By zeal con - sumed, I'm*  
I'll not for - get Thy pre - cepts and Thy guid - ing. Thy right - eous - ness for  
And faith - ful are Thy words of rev - e - la - tion. Thy ser - vant, LORD, with



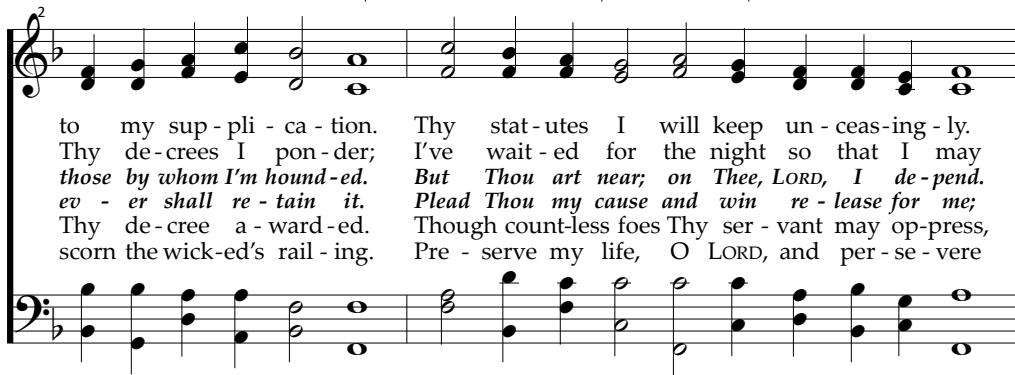
sim - ple doest af - ford, For Thy de - crees shine forth with light a - bound - ing.  
get no hold on me; LORD, guide my steps, Thy pro - mis - es con - firm - ing.  
*tears, I grieve and pine. Be - cause Thy law is not at all re - spect - ed.*  
*speech - less with dis - gust. When foes ig - nore what Thou, LORD, hast ex - pound - ed.*  
ev - er shall en - dure; Thy law is truth, e - ter - nal - ly a - bid - ing.  
un - der - stand - ing bless, That I may live, that I may see sal - va - tion.

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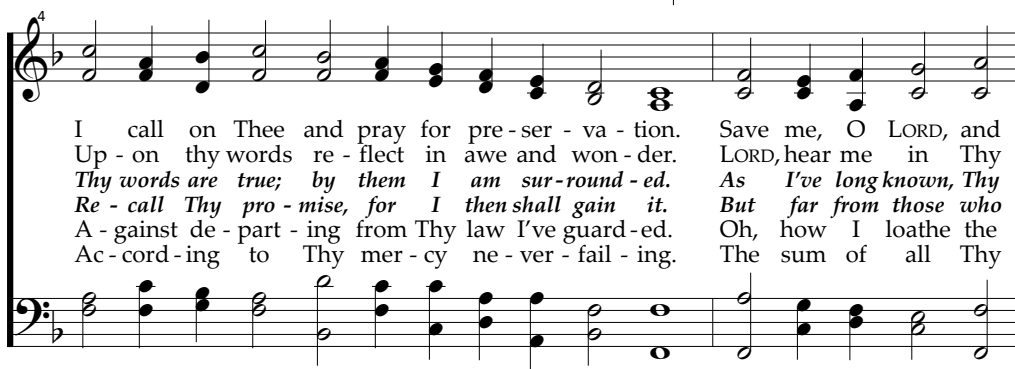
Cont'd, Psalm 119:145-160



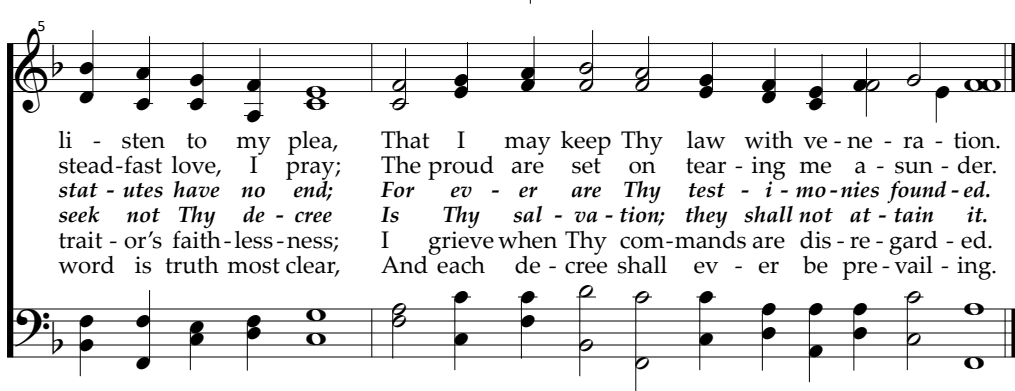
55. With all my heart, O LORD, I cry to Thee. Show me Thy answer  
56. I cry for help before the break of day; I trust Thy promise.  
57. *My foes draw near and malice they intend; Far from Thy law are*  
58. *See my affliction, LORD, and set me free; I keep Thy law and*  
59. Great is, O LORD, Thy mercy in distress; Grant me the life by  
60. Be - hold, O LORD, Thy pre - cepts I re - vere; I love Thy law, I



to my sup - pli - ca - tion. Thy stat - utes I will keep un - ceas - ing - ly.  
Thy de - crees I pon - der; I've wait - ed for the night so that I may  
*those by whom I'm hound - ed. But Thou art near; on Thee, LORD, I de - pend.*  
*ev - er shall re - tain it. Plead Thou my cause and win re - lease for me;*  
Thy de - cree a - ward - ed. Though count - less foes Thy ser - vant may op - press,  
scorn the wick - ed's rail - ing. Pre - serve my life, O LORD, and per - se - vere



I call on Thee and pray for pre - ser - va - tion. Save me, O LORD, and  
Up - on thy words re - flect in awe and won - der. LORD, hear me in Thy  
*Thy words are true; by them I am sur - round - ed. As I've long known, Thy*  
*Re - call Thy pro - mise, for I then shall gain it. But far from those who*  
A - gainst de - part - ing from Thy law I've guard - ed. Oh, how I loathe the  
Ac - cord - ing to Thy mer - cy ne - ver - fail - ing. The sum of all Thy



li - sten to my plea, That I may keep Thy law with ve - ne - ra - tion.  
stead - fast love, I pray; The proud are set on tear - ing me a - sun - der.  
*stat - utes have no end; For ev - er are Thy test - i - mo - nies found - ed.*  
*seek not Thy de - cree Is Thy sal - va - tion; they shall not at - tain it.*  
trait - or's faith - less - ness; I grieve when Thy com - mands are dis - re - gard - ed.  
word is truth most clear, And each de - cree shall ev - er be pre - vail - ing.

# How Blessed Are Those Upright in the Way

Cont'd, Psalm 119:161-176

61. Princ-es have hound-ed me with-out a cause, Yet I am awe-struck  
 62. O LORD, I praise Thee sev-en times a day, For right-eous is the  
 63. I hope in Thee, for me Thou wilt pre-serve; I do Thy will and  
 64. In-cline Thy ear and list-en to my cry; Ac-cord-ing to Thy  
 65. Oh, let my lips run o-ver with Thy praise, For Thy de-crees Thou  
 66. I long for Thy sal-va-tion night and day, And Thy com-mand-ments

by Thy rev-e-la-tion. And I re-joice at Thy com-mands and laws;  
 law Thou hast pro-vid-ed. Great peace is theirs who hon-or and o-bey  
 keep Thy law be-fore me. I heed Thy word and Thy com-mands ob-serve,  
 word hear Thou my sigh-ing. And give me un-der-stand-ing in re-ply,  
 hast in me im-plant-ed. My tongue will sing, a joy-ful an-them raise,  
 my de-light a-wak-en. Oh, let me live to praise Thy name for aye;

They, like great spoil, rouse me to ju-bi-la-tion. I loathe all vain de-  
 Thy pre-cepts and who by Thy word are guid-ed. No snares or pit-falls  
 For peace and con-so-la-tion they af-ford me. I do not from Thy  
 To me Thy test-i-mo-nies not de-ny-ing. On Thee I for de-  
 For in Thy stat-utes jus-tice is pre-sent-ed. Let Thy hand help me  
 Let Thy de-crees lend me sup-port un-shak-en. I wan-der like a

ceit that ev-er was; I love Thy law but spurn a-bom-i-na-tion.  
 shall be-set the way Of those who in Thy just-ice have con-fid-ed.  
 test-i-mo-nies swerve, For all my ways are plain, O LORD, be-fore Thee.  
 liv-er-ance re-ly; LORD, res-cue me, Thy pro-mised aid sup-ply-ing.  
 when Thy ser-vant strays: I've cho-sen, LORD, the pre-cepts Thou hast grant-ed.  
 sheep that's gone a-stray: Oh, seek me, LORD; Thy law I've not for-sak-en.