



## Reading the Bible

To deepen your  
relationship with God in  
prayer and meditation.

These verses from Psalm 119 remind us of what prayer and meditation are all about.

Psalm 119:25-32

New International Version

- <sup>25</sup> I am laid low in the dust;  
preserve my life according to your word.
- <sup>26</sup> I gave an account of my ways and you answered me;  
teach me your decrees.
- <sup>27</sup> Cause me to understand the way of your precepts,  
that I may meditate on your wonderful deeds.
- <sup>28</sup> My soul is weary with sorrow;  
strengthen me according to your word.
- <sup>29</sup> Keep me from deceitful ways;  
be gracious to me and teach me your law.
- <sup>30</sup> I have chosen the way of faithfulness;  
I have set my heart on your laws.
- <sup>31</sup> I hold fast to your statutes, LORD;  
do not let me be put to shame.
- <sup>32</sup> I run in the path of your commands,  
for you have broadened my understanding.