

August 22–28: Psalms 102–103; 110; 116–119; 127–128; 135–139; 146–150,
“Let Every Thing That Hath Breath Praise the Lord”

The Mercy of the Lord

The Lord will remember the promise that He made with Israel

Ps 102:13,16-18

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

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 is the Lord promising “the generation to come” regarding Zion?

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. The Lord is merciful unto those who keep His commandments.

Ps 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.

To whom is the Psalmist promising the Lord's mercy and blessings?

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)

To those who keep their covenants, the Lord swears with an oath that they will become priests and priestess

Ps 110:1-4

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 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 keep in mind that death is an essential part of the great plan of happiness

Ps 116:7-10,13-15

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:

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

“Scriptures teach that death is essential to happiness: ‘Now behold, it was not expedient that man should be reclaimed from this temporal death, for that would destroy the great plan of happiness’ (Alma 42:8).

“Our limited perspective would be enlarged if we could witness the reunion on the other side of the veil, when doors of death open to those returning home. Such was the vision of the psalmist who wrote, ‘Precious in the sight of the Lord is the death of his saints.’” (CR, April 1992)

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 and not in man

Ps 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 put in the precepts of man, even if they are men 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

Ps 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.

The Lord quoted verse 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.

We are promised that the Lord will heal us, both physically and spiritually

Ps 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.

James E. Faust

"The Lord has provided many avenues by which we may receive this healing influence. I am grateful that the Lord has restored temple work to the earth. It is an important part of the work of salvation for both the living and the dead. Our temples provide a sanctuary where we may go to lay aside many of the anxieties of the world. Our temples are places of peace and tranquillity. In these hallowed sanctuaries God 'healeth the broken in heart, and bindeth up their wounds.'" (CR, April 1992)

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)

Gain a Testimony and Live By It

Psalms 119 stresses the blessing from seeking, knowing, and following the commandments.

We are admonished to seek understanding with all of our hearts

Ps 119:2,10-12

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

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.

What do you think it means to seek the Lord with all your heart?

Ulisses Soares

“Being aware of all that is necessary for us in this life, the Savior invites us to seek Him in every thought and to follow Him with all our heart. This gives us the promise that we can walk in His light and that His guidance prevents the influence of darkness in our life.

“Seeking Christ in every thought and following Him with all our heart requires that we align our mind and desires with His. The scriptures refer to this alignment as ‘stand[ing] fast in the Lord.’” (CR, Oct. 2020)

With the understanding of the commandments, and by keeping them, we can overcome the world

Ps 119:15-18,92-93

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.

17 Deal bountifully with thy servant, that I may live, and keep thy word.

18 Open thou mine eyes, that I may behold wondrous things out of thy law.

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.

What can we expect if we love gospel and the commandments?

Marion G. Romney

“The Psalmist thus recounts the rewards which follow knowing and meditating upon the word of God...

“I am persuaded, my brethren 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.” (CR, April 1960)

The word of God helps us stay on the gospel path

Ps 119:32-35,59-60

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

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.

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

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

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)

Ps 119:97,103-105

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

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.

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

Joseph B. Wirthlin

“Nephi taught that by clinging to the word of God, as though it be a handrail, we would be able to avoid temptations and not lose our way in darkness. Thus, we would remain on the narrow path.

“Using another apt symbol, the Psalmist wrote: ‘Thy word is a lamp unto my feet, and a light unto my path.’

“God’s word, then, is the light for our path, the iron rod or railing to which we can cling. It provides the limiting lines that we must not cross if we are to reach our destination.” (CR, Oct. 1990)

Russell M. Nelson

“If our journey through life is to be successful, we need to follow divine direction. The Lord said, ‘Look unto me in every thought; doubt not, fear not’ (D&C 6:36). And the Psalmist wrote, ‘Thy word is a lamp unto my feet, and a light unto my path.’...

“In your journey through life, you meet many obstacles and make some mistakes. Scriptural guidance helps you to recognize error and make the necessary correction. You stop going in the wrong direction. You carefully study the scriptural road map. Then you proceed with repentance and restitution required to get on the ‘strait and narrow path which leads to eternal life’ (2 Nephi 31:18).” (CR, Oct. 2000)

As we follow the path our testimonies will continue to grow and we will be able avoid being deceived

Ps 119:24,46-50

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.

47 And I will delight myself in thy commandments, which I have loved.

48 My hands also will I lift up unto thy commandments, which I have loved; and I will meditate in thy statutes.

49 Remember the word unto thy servant, upon which thou hast caused me to hope.

50 This is my comfort in my affliction: for thy word hath quickened me.

Why is it important that bear our testimonies about the Lord and His gospel?

John Longden

“I have a witness and testify to you also that I know this thing called Mormonism is true, for it embodies the full gospel of Jesus Christ. When individuals have that testimony, though there may be periods of confusion—periods of deliberation—they are always able to come through, provided the roots of their testimony are deep within their hearts.

“The Psalmist declared, ‘Blessed are they that keep his testimonies.’” (CR, April 1957)

Ps 119:140,162-165

140 Thy word is very pure: therefore thy servant loveth it.

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.

What blessings can we expect as we develop and grow a testimony of the Lord?

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)

By keeping the commandments we find true happiness and comfort

Ps 119:71-72,127-130

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.

127 Therefore I love thy commandments above gold; yea, above fine gold.

128 Therefore I esteem all thy precepts concerning all things to be right; and I hate every false way.

129 Thy testimonies are wonderful: therefore doth my soul keep them.

130 The entrance of thy words giveth light; it giveth understanding unto the simple.

Raising Children

The Psalmist talks about the blessing and responsibility of having children

Ps 127:1-5

1 Except the LORD build the house, they labour in vain that build it: except the LORD keep the city, the watchman waketh but in vain.

2 It is vain for you to rise up early, to sit up late, to eat the bread of sorrows: for so he giveth his beloved sleep.

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 should we consider when starting and raising a family?

“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)

Howard W. Hunter

"In the ordinances of the temple, the foundations of the eternal family are sealed in place. The Church has the responsibility—and the authority—to preserve and protect the family as the foundation of society. The pattern for family life, instituted from before the foundation of the world, provides for children to be born to and nurtured by a father and mother who are husband and wife, lawfully married. Parenthood is a sacred obligation and privilege, with children welcomed as a 'heritage of the Lord.'

"A worried society now begins to see that the disintegration of the family brings upon the world the calamities foretold by the prophets. The world's councils and deliberations will succeed only when they define the family as the Lord has revealed it to be. 'Except the Lord build the house, they labour in vain that build it.'" (CR, Oct. 1994)

Ps 128:1-6

1 Blessed is every one that feareth the LORD; that walketh in his ways.

2 For thou shalt eat the labour of thine hands: happy shalt thou be, and it shall be well with thee.

3 Thy wife shall be as a fruitful vine by the sides of thine house: thy children like olive plants round about thy table.

4 Behold, that thus shall the man be blessed that feareth the LORD.

5 The LORD shall bless thee out of Zion: and thou shalt see the good of Jerusalem all the days of thy life.

6 Yea, thou shalt see thy children's children, and peace upon Israel.