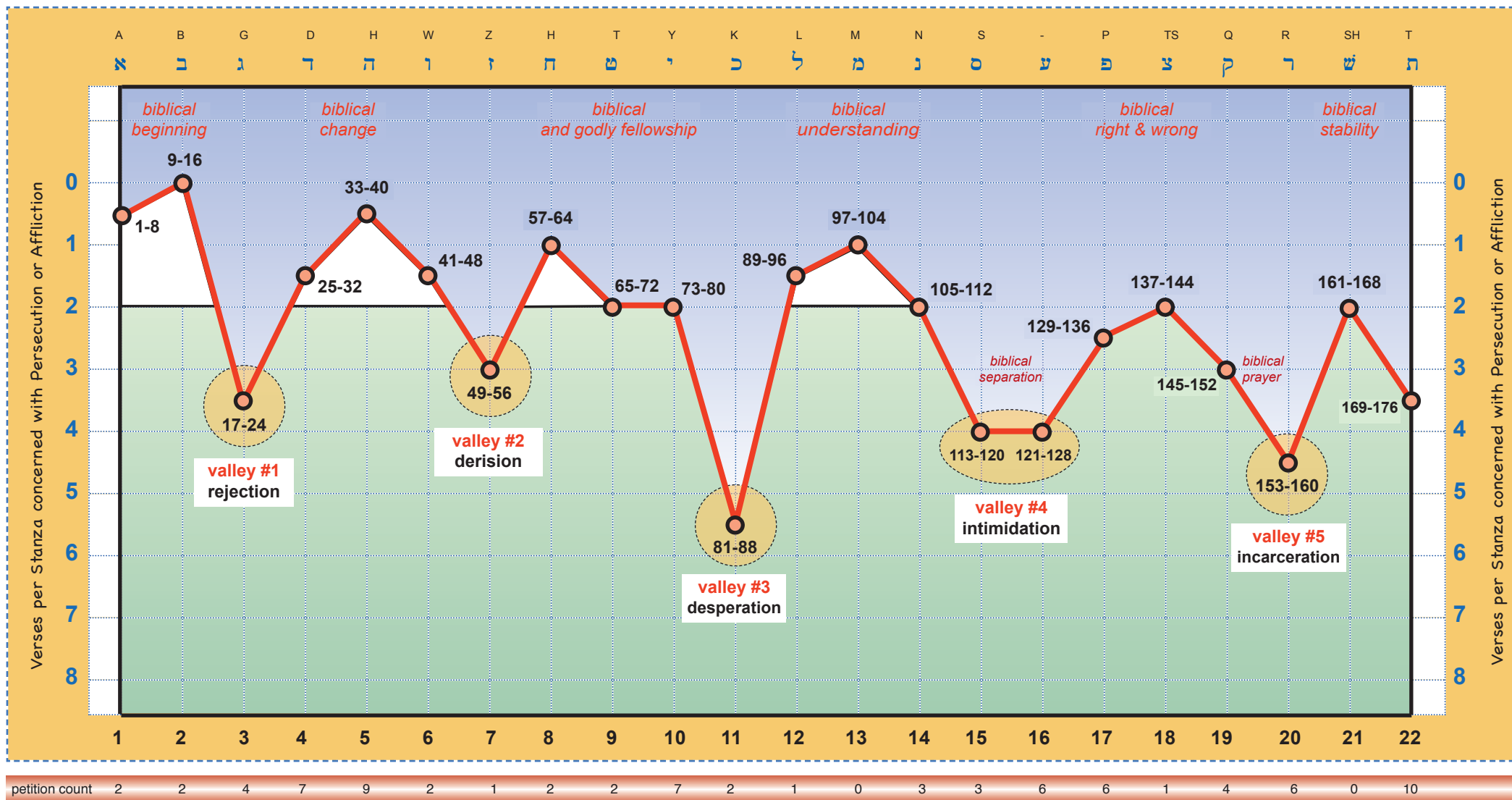


Biblical Survival on the Psalmist's Trail - Psalm 119 as an "A" to "Z" Guidebook for Surviving Life's Ups and Downs

The graph of Psalm 119 below is designed to help appreciate the Psalmist's level of affliction and how he overcame it, step by step, as you read through this greatest of all Psalms.



Psalm 119 as a Graph

The horizontal axis (numbers and Hebrew letters) corresponds to the alphabetically ordered 22 stanzas (of eight verses each) into which Psalm 119 is divided. The vertical axis shows the number of verses per stanza concerned with affliction or persecution. The red and white bar at the bottom shows the number of petitions in each stanza.

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Psalm 119 as a Survival Guide

The five "valleys" above are those stanzas of Psalm 119 in which affliction or persecution are the most prominent. In contrast the "snow-capped" peaks mark sections which emphasize not falling into sin (that is, the inner struggle with temptation). To survive as a "happy hiker" for the Lord we must be careful about both the valleys and the peaks.