

Psalms 119:148

Authorized King James Version (KJV)

Mine eyes prevent the night watches, that I might meditate in thy word.

Analysis

Mine eyes prevent the night watches (קִדְדֵּמוּ עֵינַי אֲשֶׁמְרוֹת, qiddemu einai ashmurot)—Not only morning but night: the psalmist's eyes anticipated the watches (three-hour shifts of temple guards). **That I might meditate in thy word** (la-siach, to muse, rehearse, contemplate)—The purpose clause reveals motivation: sleepless hours were devoted to meditation on Scripture.

Psalm 1:2 blesses the one who meditates on Torah "day and night." This is not anxious insomnia but intentional, worshipful contemplation. Isaac meditated in the field at evening (Genesis 24:63). Mary "pondered these things in her heart" (Luke 2:19). Meditation transforms Scripture from information to formation, allowing God's Word to reshape thought patterns and affections.

Historical Context

Night watches divided the night into segments for guard duty (Lamentations 2:19). Devout Israelites used these divisions as prompts for prayer and meditation, sanctifying the entire 24-hour cycle.

Related Passages

Colossians 1:16 — All things created through Christ

Genesis 1:1 — Creation of heavens and earth

Study Questions

1. What would it look like to 'meditate' on God's Word rather than merely read it during devotional time?
2. How might viewing sleepless hours as opportunities for Scripture meditation transform your experience of restlessness?

Interlinear Text

קִדְמָה וְ	עַיִן יְיָ	אֲשֶׁמֶר וְ	לִשְׁיִי	בְּאִמְרֹתֶיךָ:
prevent	Mine eyes	the night watches	that I might meditate	in thy word
H6923	H5869	H821	H7878	H565

Additional Cross-References

Psalms 63:6 (Parallel theme): When I remember thee upon my bed, and meditate on thee in the night watches.

Lamentations 2:19 (Parallel theme): Arise, cry out in the night: in the beginning of the watches pour out thine heart like water before the face of the Lord: lift up thy hands toward him for the life of thy young children, that faint for hunger in the top of every street.

Luke 6:12 (Parallel theme): And it came to pass in those days, that he went out into a mountain to pray, and continued all night in prayer to God.

Psalms 63:1 (Parallel theme): O God, thou art my God; early will I seek thee: my soul thirsteth for thee, my flesh longeth for thee in a dry and thirsty land, where no water is;