

# Psalm 119:48

Authorized King James Version (KJV)

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

## Analysis

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**My hands also will I lift up unto thy commandments, which I have loved**—(וְאֶשְׁאַלְמַצְוֹתֶיךָ אֲלֵיכֶם אֲשֶׁר אֶחֱבָתִי) Nasa (to lift, carry, bear) with kaph (palms, hands) pictures the ancient gesture of worship, oath-taking, or receiving gift. Lifting hands to God's mitzvot demonstrates reverent reception and wholehearted embrace. This physical gesture embodies spiritual reality: welcoming commandments with the posture of worship, not reluctant submission. **And I will meditate in thy statutes**—(וְאַשְׁׁיַתְהָ בְּחֻקֶּיךָ) Siach (to meditate, muse, speak) describes contemplative reflection on God's chukim (statutes). This closes the Vav stanza with the essential discipline: meditation transforms commandments from external rules to internal delight.

Lifting hands to commandments with love summarizes the psalmist's radical heart-transformation: what humanity naturally rebels against (divine commands restricting autonomy) becomes the object of worship and meditation. This is only possible through regeneration—the new heart that loves God's law (Ezekiel 36:26). The commitment to meditate ensures continued transformation: dwelling on statutes deepens delight, which produces bolder testimony, creating upward sanctification spiral. This is the biblical pattern for progressive holiness.

## Historical Context

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Ancient worship included physical gestures: lifting hands in prayer (Psalm 141:2, 1 Timothy 2:8), bowing, prostration. The psalmist adopts worship posture toward

God's commandments, treating Torah-obedience as liturgical act. Meditation on Torah was central to Jewish piety—recitation, memorization, contemplation of God's words day and night (Joshua 1:8, Psalm 1:2).

## Related Passages

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**1 Corinthians 13:4** — Characteristics of love

**1 John 4:8** — God is love

**Colossians 1:16** — All things created through Christ

**Psalm 19:1** — Heavens declare God's glory

## Study Questions

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1. What does it mean to 'lift your hands' to God's commandments—how do you physically/practically demonstrate wholehearted embrace of divine commands?
2. How does regular meditation on God's statutes deepen love and delight that might otherwise grow cold or dutiful?
3. What specific practices help you move from viewing commandments as restrictive rules to embracing them as objects worthy of worship and meditation?

## Interlinear Text

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אָשָׁר מִצְוֹתִיךְ אֶל כַּפֵּר וְאֶשְׁאָר  
also will I lift up My hands unto thy commandments H413 H4687 H834

אֲשֶׁר יִתְהַלֵּךְ בְּתֹרְבָּתְךָ  
which I have loved and I will meditate in thy statutes H157 H7878 H2706

## Additional Cross-References

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**Psalms 1:2** (Word): But his delight is in the law of the LORD; and in his law doth he meditate day and night.

**Psalms 119:15** (Parallel theme): I will meditate in thy precepts, and have respect unto thy ways.

**Matthew 7:21** (Parallel theme): Not every one that saith unto me, Lord, Lord, shall enter into the kingdom of heaven; but he that doeth the will of my Father which is in heaven.

**John 13:17** (Parallel theme): If ye know these things, happy are ye if ye do them.

**John 15:14** (Parallel theme): Ye are my friends, if ye do whatsoever I command you.