

# Psalms 25:1

Authorized King James Version (KJV)

Unto thee, O LORD, do I lift up my soul.

## Analysis

**Unto thee, O LORD, do I lift up my soul.** This opening verse establishes the psalm's tone of earnest prayer and complete dependence on God. The Hebrew phrase nafshi essa (נֶפֶשׁ אֲשֶׁר, "my soul I lift up") uses vivid imagery of elevation and offering. The soul—representing one's entire being, will, emotions, and desires—is actively raised toward God in worship and trust.

"Unto thee, O LORD" (eleyka Yahweh, אֶלְךָ יְהוָה) uses the covenant name Yahweh, emphasizing personal relationship with Israel's faithful God. This is not generic prayer to an unknown deity but intimate address to the covenant-keeping God who revealed Himself to Moses and pledged faithful love to His people.

The act of lifting up one's soul suggests several spiritual realities:

1. active choice—the psalmist deliberately directs his inner being toward God
2. vulnerability—lifting up exposes and offers oneself without defense
3. dependence—the upward gesture acknowledges God's transcendence and one's need for divine help
4. worship—raising the soul expresses adoration and reverence.

This opening immediately establishes the psalm's acrostic structure (each verse begins with successive letters of the Hebrew alphabet) as a comprehensive, ordered expression of trust.

David presents his whole self to God methodically and completely. The psalm that begins with lifting up the soul will conclude with prayer for Israel's redemption (v.22), moving from personal petition to corporate intercession.

## Historical Context

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Psalm 25 is attributed to David and follows an acrostic pattern, with each verse beginning with successive letters of the Hebrew alphabet (though with some irregularities). This literary device served as a memory aid and suggested completeness—offering one's whole self from aleph to tav (A to Z).

David likely composed this during a period of distress, facing enemies who sought his shame (v.2) and mocked his trust in God. Whether during Saul's persecution or Absalom's rebellion, David experienced betrayal, danger, and the testing of his faith. The psalm's themes—guidance, forgiveness, deliverance from enemies—reflect situations David faced repeatedly.

The gesture of lifting hands or soul toward God in prayer appears throughout Scripture. Solomon dedicated the temple with hands spread toward heaven (1 Kings 8:22). The Levitical blessing includes lifting hands (Psalm 134:2). Paul commands: "I will therefore that men pray every where, lifting up holy hands" (1 Timothy 2:8).

In ancient Near Eastern culture, physical posture in prayer mattered. Kneeling expressed submission, prostration expressed humility or desperation, and lifting hands or eyes expressed petition and trust. The Israelites understood prayer as embodied practice, not merely mental activity. Raising one's soul combined physical gesture with spiritual intention, engaging the whole person in worship.

## Related Passages

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**James 2:17** — Faith and works

**Romans 1:17** — The righteous shall live by faith

## Study Questions

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1. What does it mean practically to 'lift up your soul' to God, and how is this different from merely thinking about God or reciting prayers?
2. How does using God's covenant name Yahweh (LORD) in prayer change the nature of our relationship with Him compared to generic religious appeals?
3. What areas of your life need to be deliberately 'lifted up' to God rather than kept under your own management?
4. How does the acrostic structure (A-Z completeness) challenge us to bring our whole selves—every aspect, every concern—to God in prayer?
5. In what ways does physical posture in prayer (bowing, kneeling, raising hands) help engage your whole being in worship?

## Interlinear Text

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אֶלְךָ תְּהִלֵּנִי  
H413      Unto thee O LORD      H3068

אֲשֶׁר נֶפֶשׁ  
H5315      my soul      do I lift up  
H5375

## Additional Cross-References

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**Psalms 143:8** (Parallel theme): Cause me to hear thy lovingkindness in the morning; for in thee do I trust: cause me to know the way wherein I should walk; for I lift up my soul unto thee.

**Psalms 86:4** (References Lord): Rejoice the soul of thy servant: for unto thee, O Lord, do I lift up my soul.

**Psalms 24:4** (Parallel theme): He that hath clean hands, and a pure heart; who hath not lifted up his soul unto vanity, nor sworn deceitfully.

**Lamentations 3:41** (Parallel theme): Let us lift up our heart with our hands unto God in the heavens.

**1 Samuel 1:15** (References Lord): And Hannah answered and said, No, my lord, I am a woman of a sorrowful spirit: I have drunk neither wine nor strong drink, but have poured out my soul before the LORD.

