

Dear Heavenly Father,

Praise

I praise you today for your law. The psalmist said, “Oh how I love your law! It is my meditation all the day. Seven times a day I praise you for your righteous rules. Great peace have those who love your law; nothing can make them stumble” (Ps 119:97, 164–165). You are a God of love, and you want me to know how to love you with all my heart and how to love my neighbor as myself. I magnify your name (your character) which is reflected in every word of your covenant.

Today in Your Word

Today I read the first part of “the Book of the Covenant” (cf. Exod 24:4–8) which contained the laws and commands you spoke to Moses on Mount Sinai. These laws were intended to govern the behavior of your people, showing them how to properly worship and love you and how to love each other. It began with a reminder of the first two commandments and instructions about altar construction. Both were indications of the priority of worship in your covenant. You then gave them rules which protected those who were most often mistreated or exploited: slaves (Exod 21:1–11). You also emphasized the value of human life (Exod 21:12–32), sanctioned the death penalty for certain crimes (Exod 21:15–17), endorsed the right of private property (Exod 22:1), protected property owners by requiring restitution for theft and accidental property damage (Exod 21:33–22:17), and required perversion to be punished by death (Exod 22:18–20).

Reflection

Your covenant with Israel makes it clear that you require me to take personal responsibility for my actions (Exod 21:29–36; 22:5–6). Do I remember to love my neighbor by considering how my decisions might affect them?

Request

Father, I ask that you would “Give me understanding, that I may keep your law and observe it with my whole heart” (Ps 119:34). Enable me to live a life that is “fully pleasing to you” (Col 1:10).

Thanksgiving

Thank you for the wonderful gift of your law! Your word will keep me from sin, for it is “a lamp to my feet and a light to my path (Ps 119:11, 105). Indeed, “this blessing has fallen to me, that I have kept your precepts” (Ps 119:56).

In Jesus’ name, Amen.

Suggested Hymn: “[The Law of God is Good and Wise](#)” – Matthias Loy.

Meditation Verse: Exodus 20:22–23.