This stanza opens with a note of exclamation, an expression of intense feeling, as indicated by the very first word “O” The Psalmist, with a heart that is bubbling over with joy, gratitude, and praise is attempting to express something that he cannot adequately express. The feelings and thinking of the Psalmist are revealed in those words “O how love I thy law” He also expressed his love for the Word of God in verses 47, 72, 82, 140, 163. A proper attitude toward the Word of God is foundational to one’s spirituality.

As the Psalmist thinks upon God’s Word, he considers and reviews some of the benefits that he personally received from God’s Word. He received wisdom [verse 98], which is biblical skill in living. He received understanding [verses 99, 100, 104], which is spiritual insight (discernment, perception, and awareness). In the Word of God he found a “wisdom” and “understanding” that exceeded that of his “enemies” his “teachers” and the “ancients” In this stanza, the characteristics of the one who loves God’s Word are revealed, and those characteristics are also the conditions for gaining the “wisdom” and “understanding” that the Word of God imparts.

1. THE ONE WHO LOVES GOD’S WORD MEDITATES UPON IT:
Immediately following his exclamation of love for the Word of God, he says “it is my meditation all the day” [verse 97], and in verse 99 “thy testimonies are my meditation” It was the habit of the Psalmist to thoughtfully repeat, reflect, and recite within his heart the Word of God [verses 15, 23, 48, 78, 148]. There is a “wisdom” and “understanding” that far exceeds that of the world in meditating upon the Word of God!

2. THE ONE WHO LOVES GOD’S WORD CARRIES IT WITHIN HIS HEART:
“For (because), they are ever with me” [verse 98]. This speaks of the Word of God having a place in the heart [Deuteronomy 6:5-7; 11:18; 30:11-14; Psalm 37:30-31; 119:11; Proverbs 3:3; 4:20-22]. The Word of God’s presence in the heart acts as a personal counsellor, providing “wisdom” and “understanding”

3. THE ONE WHO LOVES GOD’S WORD SEeks TO OBEY IT:
He states in verse 100 “I understand more than the ancients, because I keep thy precepts” Obedience is the imperative duty of man, and includes submissiveness and conformity to a rule or standard. THE RULE OR STANDARD IS THE WORD OF GOD! The foundation for obedience is love to the Lord [John 14:15], which translates into love for the Word of God. It is not only a display of “wisdom” and “understanding” to obey the
Word of God, but there is “wisdom” and “understanding” to be gained through obedience to God’s Word!

4. THE ONE WHO LOVES GOD’S WORD SEPARATES THEMSELVES FROM THAT WHICH IS CONTRARY TO THE WORD OF GOD:
The Psalmist states in verse 101 that he abstained from, avoided, shunned, and renounced that which was in opposition, and conflict with the Word of God, and he did this so that he could be in obedience to God’s Word, “that (in order) I might keep thy word” Again, it is not only a display of “wisdom” and “understanding” to refrain from the evil way, but there is “wisdom” and “understanding” to be gained through doing so!

5. THE ONE WHO LOVES GOD’S WORD CLEAVES TO IT:
He stated in verse 102 “I have not departed from thy judgments: for (because) thou hast taught me” This of course, does not mean that he never strayed from God’s Word on occasion, but that he did not deliberately do so. The one who loves God and His Word does not deliberately drift and stray from it, but finds much sorrow in the slightest departure from God’s Word! It is indicative of “wisdom” and “understanding” to not depart from the teachings and commands of God’s Word, and in so doing there is “wisdom” and “understanding” to be gained!

6. THE ONE WHO LOVES GOD’S WORD FINDS IT APPEALING:
In verse 103 the Psalmist once again is attempting to express the inexpressible! The word “sweet” conveys the idea of that which is pleasant, agreeable, gratifying, and acceptable! THOSE WHO LOVE THE WORD OF GOD FIND IT SO!

7. THE ONE WHO LOVES THE WORD OF GOD HATES THAT WHICH IS CONTRARY TO IT:
The Psalmist closes this stanza with “Through (by way of) thy precepts (general rules of God’s Word that are there to regulate behavior and thought), I get (come to have, attain) understanding: therefore (for that reason, or consequently) I hate every false way” [verse 104]. Love for the Word of God will not permit one to approve of that which is in direct opposition to it [Psalm 101:3; 119:113]. LOVE FOR THE WORD OF GOD WILL NOT ALLOW ONE TO LOVE THAT WHICH IS CONTRARY!

Love for the Word of God is foundational to spiritual maturity and prosperity, and enables one to possess “wisdom” and “understanding” The Word of God is a fountain of spiritual or heavenly “wisdom” and understanding” GOD’S WORD IS NUTRITIOUS BRAIN FOOD! There is closeness to God, comfort, peace and strength in feeding upon the Word of God.