

Your word is a lamp to guide my feet and a light for my path. I've promised it once, and I'll promise it again: I will obey your righteous regulations. I have suffered much, O Lord; restore my life again as you promised. Lord, accept my offering of praise, and teach me your regulations.

My life constantly hangs in the balance, but I will not stop obeying your instructions. The wicked have set their traps for me, but I will not turn from your commandments. Your laws are my treasure; they are my heart's delight. I am determined to keep your decrees to the very end.

Psalm 119: 105-112 (Hebrew-nun)

The letter 'nun' comes from the image of a fish, tadpole or snake, and means "to propagate, to increase", "offspring", and "prosperity".

A fish represents life and activity.

It also includes the idea of faithfulness and rewards for faithfulness. To walk safely in the woods at night, or over the Clee Hills, we need a light so that we don't trip over tree roots, fall into rabbit holes or stumble over sheep.

In life, it could be said that we walk through a forest of temptation and sin, as well as kindness and compassion.

Our Lord, Jesus, shines the light of compassion and example through our reading of scripture, attendance at worship and the study of scripture. He also lights our way when spotting and dealing with temptation and sin. The psalmist did not have the example of Jesus, but he did have God's words in Scripture, and it is through his reading of God's word, scripture, and God's guidance that God's light shines.

Scripture, the Bible, is therefore, like a lamp to our feet, showing us the way ahead; revealing the tangled roots of false values, right and wrong, what is bad and what is good, so we won't stumble as we walk through life's journey.

Denise