

# 12 Types of Spiritual Comfort

## 1) Aleph - Comfort Through Obedience

*Blessed are those whose ways are blameless, who walk according to the law of the Lord. (Ps. 119:1)*

## 2) Daleth - Comfort Through Preservation and Strengthening

*My soul is weary with sorrow; strengthen me according to your word. (Ps. 119:28)*

## 3) Waw and Yodh-Comfort Through God's Unfailing Love and Salvation

*May your unfailing love be my comfort, according to your promise to your servant. (Ps. 119:76)*

## 4) Zayin-Comfort Through Remembering God's Promises

*My comfort in my suffering is this: Your promise preserves my life. (Ps. 119:50)*

## 5) Heth - Comfort Through the Right Relationships

*I am a friend to all who fear you, to all who follow your precepts. (Ps. 119:63)*

## 6) Teth - Comfort from Knowledge and Good Judgment

*Teach me knowledge and good judgment, for I trust your commands. (Ps. 119:66)*

## 7) Lamedh -Comfort Through Delighting in God's Law

*If your law had not been my delight, I would have perished in my affliction. (Ps. 119:92)*

## 8) Samekh - Comfort Through Sustenance and Hope

*Sustain me, my God, according to your promise, and I will live; do not let my hopes be dashed. (Ps. 119:116)*

## 9) Pe - Comfort Through Righteous Life and Protection from Human Oppression

*Direct my footsteps according to your word; let no sin rule over me. Redeem me from human oppression, that I may obey your precepts. (Ps. 119:133-134)*

## 10) Resh - Comfort Through God's Redemption and Deliverance

*Look on my suffering and deliver me, for I have not forgotten your law. (Ps. 119:153)*

## 11) Shin - Comfort Through God's Peace and Guidance

*Great peace have those who love your law, and nothing can make them stumble. (Ps. 119:165)*

## 12) Tav - Comfort Through Finding Satisfaction in God

*I long for your salvation, Lord, and your law gives me delight. (Ps. 119:174)*