

## Psalm of David

**139** LORD, you have examined me and you know me.

<sup>2</sup>You know everything I do;

from far away you understand all my thoughts.

<sup>3</sup>You see me, whether I am working or resting;

you know all my actions.

<sup>4</sup>Even before I speak,

you already know what I will say.

<sup>5</sup>You are all around me on every side;

you protect me with your power.

<sup>6</sup>Your knowledge of me is too deep;

it is beyond my understanding.

<sup>7</sup>Where could I go to escape from you?

Where could I get away from your presence?

<sup>8</sup>If I went up to heaven, you would be there;

if I lay down in the world of the dead, you would be there.

<sup>9</sup>If I flew away beyond the east

or lived in the farthest place in the west,

<sup>10</sup>you would be there to lead me,

you would be there to help me.

<sup>11</sup>I could ask the darkness to hide me

or the light around me to turn into night,

<sup>12</sup>but even darkness is not dark for you,

and the night is as bright as the day.

Darkness and light are the same to you.

<sup>13</sup>You created every part of me;

you put me together in my mother's womb.

<sup>14</sup>I praise you because you are to be feared;

all you do is strange and wonderful.

I know it with all my heart.

<sup>15</sup>When my bones were being formed,

carefully put together in my mother's womb,

when I was growing there in secret,

you knew that I was there—

<sup>16</sup> you saw me before I was born.

The days allotted to me

had all been recorded in your book,

before any of them ever began.

<sup>17</sup>O God, how difficult I find your thoughts; how many of them there are!

