

## Psalm 139:1-18

**For the director of music. Of David. A psalm.**

- <sup>1</sup> You have searched me, LORD,  
and you know me.
- <sup>2</sup> You know when I sit and when I rise;  
you perceive my thoughts from afar.
- <sup>3</sup> You discern my going out and my lying down;  
you are familiar with all my ways.
- <sup>4</sup> Before a word is on my tongue  
you, LORD, know it completely.
- <sup>5</sup> You hem me in behind and before,  
and you lay your hand upon me.
- <sup>6</sup> Such knowledge is too wonderful for me,  
too lofty for me to attain.
- <sup>7</sup> Where can I go from your Spirit?  
Where can I flee from your presence?
- <sup>8</sup> If I go up to the heavens, you are there;  
if I make my bed in the depths, you are there.
- <sup>9</sup> If I rise on the wings of the dawn,  
if I settle on the far side of the sea,
- <sup>10</sup> even there your hand will guide me,  
your right hand will hold me fast.
- <sup>11</sup> If I say, "Surely the darkness will hide me  
and the light become night around me,"
- <sup>12</sup> even the darkness will not be dark to you;  
the night will shine like the day,  
for darkness is as light to you.
- <sup>13</sup> For you created my inmost being;  
you knit me together in my mother's womb.
- <sup>14</sup> I praise you because I am fearfully and wonderfully made;  
your works are wonderful,  
I know that full well.
- <sup>15</sup> My frame was not hidden from you  
when I was made in the secret place,  
when I was woven together in the depths of the earth.
- <sup>16</sup> Your eyes saw my unformed body;  
all the days ordained for me were written in your book  
before one of them came to be.
- <sup>17</sup> How precious to me are your thoughts, God!  
How vast is the sum of them!
- <sup>18</sup> Were I to count them,  
they would outnumber the grains of sand—  
when I awake, I am still with you.