

Psalm 139-2-14

LORD, you have probed me, you know me:
you know when I sit and stand;
you understand my thoughts from afar.

You sift through my travels and my rest;
with all my ways you are familiar.

Even before a word is on my tongue,
LORD, you know it all.

Behind and before you encircle me
and rest your hand upon me.

Such knowledge is too wonderful for me,
far too lofty for me to reach.

Where can I go from your spirit?
From your presence, where can I flee?

If I ascend to the heavens, you are there;
if I lie down in Sheol, there you are.

If I take the wings of dawn
and dwell beyond the sea,

Even there your hand guides me,
your right hand holds me fast.

If I say, "Surely darkness shall hide me,
and night shall be my light"

Darkness is not dark for you,
and night shines as the day.
Darkness and light are but one.

You formed my inmost being;
you knit me in my mother's womb.

I praise you, because I am wonderfully made;
wonderful are your works!
My very self you know.

