

Psalms 139:1-18, 23-24 ESV

O LORD, you have searched me and known me!
You know when I sit down and when I rise up;
you discern my thoughts from afar.
You search out my path and my lying down
and are acquainted with all my ways.

Even before a word is on my tongue, behold, O LORD, you know it altogether.
You hem me in, behind and before, and lay your hand upon me.
Such knowledge is too wonderful for me; it is high; I cannot attain it.

Where shall I go from your Spirit? Or where shall I flee from your presence?
If I ascend to heaven, you are there! If I make my bed in Sheol, you are there!
If I take the wings of the morning and dwell in the uttermost parts of the sea,
even there your hand shall lead me, and your right hand shall hold me.

If I say, "Surely the darkness shall cover me, and the light about me be night,"
even the darkness is not dark to you;
the night is bright as the day, for darkness is as light with you.

For you formed my inward parts;
you knitted me together in my mother's womb.
I praise you, for I am fearfully and wonderfully made.
Wonderful are your works; my soul knows it very well.

My frame was not hidden from you, when I was being made in secret,
intricately woven in the depths of the earth.
Your eyes saw my unformed substance; in your book were written,
every one of them, the days that were formed for me,
when as yet there was none of them.

How precious to me are your thoughts, O God! How vast is the sum of them!
If I would count them, they are more than the sand. I awake, and I am still with you.

Search me, O God, and know my heart! Try me and know my thoughts!
And see if there be any grievous way in me, and lead me in the way everlasting!

Psalms 139:1–18, 23–24 NLT

O LORD, you have examined my heart and know everything about me.
You know when I sit down or stand up. You know my thoughts even when I'm far away.
You see me when I travel and when I rest at home. You know everything I do.

You know what I am going to say even before I say it, LORD.
You go before me and follow me. You place your hand of blessing on my head.
Such knowledge is too wonderful for me, too great for me to understand!

I can never escape from your Spirit! I can never get away from your presence!
If I go up to heaven, you are there; if I go down to the grave, you are there.
If I ride the wings of the morning, if I dwell by the farthest oceans,
even there your hand will guide me, and your strength will support me.

I could ask the darkness to hide me and the light around me to become night—
but even in darkness I cannot hide from you. To you the night shines as bright as day.
Darkness and light are the same to you.

You made all the delicate, inner parts of my body and knit me together in my mother's
womb. Thank you for making me so wonderfully complex!
Your workmanship is marvelous—how well I know it.

You watched me as I was being formed in utter seclusion,
as I was woven together in the dark of the womb.
You saw me before I was born. Every day of my life was recorded in your book.
Every moment was laid out before a single day had passed.

How precious are your thoughts about me, O God. They cannot be numbered!
I can't even count them; they outnumber the grains of sand!
And when I wake up, you are still with me!

Search me, O God, and know my heart; test me and know my anxious thoughts.
Point out anything in me that offends you, and lead me along the path of everlasting life.