

Psalm 139

¹ You have looked deep into my heart, Lord,
and you know all about me.

² You know when I am resting or when I am
working,
and from heaven you discover my thoughts.

³ You notice everything I do and everywhere I go.

⁴ Before I even speak a word,
you know what I will say,

⁵ and with your powerful arm
you protect me from every side.

⁶ I can't understand all this!
Such wonderful knowledge is far above me.

⁷ Where could I go to escape
from your Spirit or from your sight?

⁸ If I were to climb up to the highest heavens,
you would be there.

If I were to dig down to the world of the dead
you would also be there.

⁹ Suppose I had wings like the dawning day
and flew across the ocean.

¹⁰ Even then your powerful arm
would guide and protect me.

¹¹ Or suppose I said, "I'll hide in the dark
until night comes to cover me over."

¹² But you see in the dark
because daylight and dark are all the same to you.

¹³ You are the one who put me together
inside my mother's body,

¹⁴ and I praise you
because of the wonderful way you created me.
Everything you do is marvellous!
Of this I have no doubt.

¹⁵ Nothing about me is hidden from you!
I was secretly woven together
deep in the earth below,

¹⁶ but with your own eyes
you saw my body being formed.
Even before I was born, you had written in your
book everything I would do.

¹⁷ Your thoughts are far beyond my understanding,
much more than I could ever imagine.

¹⁸ I try to count your thoughts,
but they outnumber the grains of sand on
the beach.

And when I awake, I will find you nearby.

¹⁹ How I wish that you would kill
all cruel and heartless people and protect me
from them!

²⁰ They are always rebelling and speaking evil
of you.

²¹ You know I hate anyone who hates you, Lord,
and refuses to obey.

²² They are my enemies too, and I truly hate them.

²³ Look deep into my heart, God,
and find out everything I am thinking.

²⁴ Don't let me follow evil ways,
but lead me in the way that time has proved true.

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