

Psalm 139 (New Revised Standard Version)

¹O Lord, you have searched me and known me.
²You know when I sit down and when I rise up;
you discern my thoughts from far away.
³You search out my path and my lying down,
and are acquainted with all my ways.
⁴Even before a word is on my tongue, O Lord,
you know it completely.
⁵You hem me in, behind and before,
and lay your hand upon me.
⁶Such knowledge is too wonderful for me;
it is so high that I cannot attain it.
⁷Where can I go from your spirit?
Or where can I flee from your presence?
⁸If I ascend to heaven, you are there; if I make my
bed in Sheol, you are there.
⁹If I take the wings of the morning
and settle at the farthest limits of the sea,
¹⁰even there your hand shall lead me,
and your right hand shall hold me fast.
¹¹If I say, "Surely the darkness shall cover me,
and the light around me become night,"
¹²even the darkness is not dark to you;
the night is as bright as the day,
for darkness is as light to you.
¹³For it was you who formed my inward parts;
you knit me together in my mother's womb.
¹⁴I praise you, for I am fearfully and wonderfully
made. Wonderful are your works;
that I know very well.
¹⁵My frame was not hidden from you,
when I was being made in secret,
intricately woven in the depths of the earth.
¹⁶Your eyes beheld my unformed substance.
In your book were written all the days that were
formed for me, when none of them as yet existed.
¹⁷How weighty to me are your thoughts, O God!
How vast is the sum of them!
¹⁸I try to count them—they are more than the sand;
I come to the end—I am still with you.
¹⁹O that you would kill the wicked, O God,
and that the bloodthirsty would depart from me—
²⁰those who speak of you maliciously,
and lift themselves up against you for evil!
²¹Do I not hate those who hate you, O Lord?
And do I not loathe those who rise up against you?
²²I hate them with perfect hatred;
I count them my enemies.
²³Search me, O God, and know my heart;
test me and know my thoughts.
²⁴See if there is any wicked way in me, and lead me
in the way everlasting.

Psalm 139 (Good News Translation)

LORD, you have examined me and you know me.
²You know everything I do;
from far away you understand all my thoughts.
³You see me, whether I am working or resting;
you know all my actions.
⁴Even before I speak,
you already know what I will say.
⁵You are all around me on every side;
you protect me with your power.
⁶Your knowledge of me is too deep;
it is beyond my understanding.
⁷Where could I go to escape from you?
Where could I get away from your presence?
⁸If I went up to heaven, you would be there; if I lay
down in the world of the dead, you would be there.
⁹If I flew away beyond the east
or lived in the farthest place in the west,
¹⁰you would be there to lead me,
you would be there to help me.
¹¹I could ask the darkness to hide me
or the light around me to turn into night,
¹²but even darkness is not dark for you,
and the night is as bright as the day.
Darkness and light are the same to you.
¹³You created every part of me;
you put me together in my mother's womb.
¹⁴I praise you because you are to be feared;
all you do is strange and wonderful.
I know it with all my heart.
¹⁵When 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—
¹⁶you saw me before I was born.
The days allotted to me had all been recorded in
your book, before any of them ever began.
¹⁷O God, how difficult I find your thoughts;
how many of them there are!
¹⁸If I counted them, they would be more than the
grains of sand. When I awake, I am still with you.
¹⁹O God, how I wish you would kill the wicked!
How I wish violent people would leave me alone!
²⁰They say wicked things about you;
they speak evil things against your name.
²¹O LORD, how I hate those who hate you!
How I despise those who rebel against you!
²²I hate them with a total hatred;
I regard them as my enemies.
²³Examine me, O God, and know my mind;
test me, and discover my thoughts.
²⁴Find out if there is any evil in me and guide me in
the everlasting way.