

You Know All About Me: Psalm 139

139 *For the Pure and Shining One*
King David's poetic song

¹ Lord, you know everything there is to know about me.
² You perceive every movement of my heart and soul,
and you understand my every thought before it even enters my mind.
³⁻⁴ You are so intimately aware of me, Lord.
You read my heart like an open book
and you know all the words I'm about to speak
before I even start a sentence!
You know every step I will take before my journey even begins.
⁵ You've gone into my future to prepare the way,
and in kindness you follow behind me
to spare me from the harm of my past.^[a]
With your hand of love upon my life,
you impart a blessing to me.
⁶ This is just too wonderful, deep, and incomprehensible!
Your understanding of me brings me wonder and strength.^[a]
⁷ Where could I go from your Spirit?
Where could I run and hide from your face?
⁸ If I go up to heaven, you're there!
If I go down to the realm of the dead, you're there too!
⁹ If I fly with wings into the shining dawn, you're there!
If I fly into the radiant sunset, you're there waiting!^[a]
¹⁰ Wherever I go, your hand will guide me;
your strength will empower me.
¹¹ It's impossible to disappear from you
or to ask the darkness to hide me,
for your presence is everywhere, bringing light into my night.
¹² There is no such thing as darkness with you.
The night, to you, is as bright as the day;
there's no difference between the two.
¹³ You formed my innermost being, shaping my delicate inside
and my intricate outside,
and wove them all together in my mother's womb.^[a]
¹⁴ I thank you, God, for making me so mysteriously complex!
Everything you do is marvelously breathtaking.
It simply amazes me to think about it!
How thoroughly you know me, Lord!
¹⁵ You even formed every bone in my body
when you created me in the secret place,^[a]
carefully, skillfully shaping me^[a] from nothing to something.
¹⁶ You saw who you created me to be before I became me!^[a]

Before I'd ever seen the light of day,
the number of days you planned for me
were already recorded in your book.¹⁷
¹⁷⁻¹⁸ Every single moment you are thinking of me!
How precious and wonderful to consider
that you cherish me constantly in your every thought!
O God, your desires toward me are more
than the grains of sand on every shore!
When I awake each morning, you're still with me.
¹⁹ O God, come and slay these bloodthirsty, murderous men!
For I cry out, "Depart from me, you wicked ones!"
²⁰ See how they blaspheme your sacred name
and lift up themselves against you, but all in vain!
²¹ Lord, can't you see how I despise those who despise you?
For I grieve when I see them rise up against you.
²² I have nothing but complete hatred and disgust for them.
Your enemies shall be my enemies!
²³ God, I invite your searching gaze into my heart.
Examine me through and through;
find out everything that may be hidden within me.
Put me to the test and sift through all my anxious cares.
²⁴ See if there is any path of pain I'm walking on,
and lead me back to your glorious, everlasting ways—
the path that brings me back to you.

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