### Psalms

## Chapter 139

To the [music] director:  
  
A Psalm.   
  
  
  
  
1O Jehovah, You’ve known me and tried me.  
 2You knew me when I got up or sat down…  
 From far away, You’ve known all my thoughts.  
  
3You’ve traced out my path through bent grass,  
 And looked ahead to the ways that I’ll go;  
 4So, You know that there’s no deceit on my tongue.  
  
O Jehovah,  
  
There’s nothing that You don’t know…  
 5Both the things that have past and the things that will be.  
  
It was You who shaped me and made me…  
 You laid me out in [the palm] of Your hand.  
 6So the knowledge of You brings me wonder and strength,  
 And no way can I fully comprehend it.  
  
7Where could I go [to hide] from Your Breath,  
 And where could I flee from Your presence?  
 8If I flew to the sky, You’d be there;  
 And I’ll still be in Your hand  
 When I must go to the place of the dead.  
  
9If I could grow wings [and fly towards] the dawn,  
 Or if I could camp at the ends of the seas,  
 10Your hand would be there to guide me,  
 And in Your right hand, You’d hold me.  
  
11I said:  
  
 ‘I’ll surely be trampled by darkness,  
 And around me, the light will turn into night.’  
  
12But the dark isn’t darkness to You…  
 Night is as day and darkness as light.  
  
13For, You [have examined] my kidneys,  
 And it’s You who took me from my mother’s womb;  
 14So, I’ll offer You praise.  
  
The wonders of Your works, I’ve thought of in fear…  
 And the man within me knows this is true.  
  
15Even my bones weren’t hidden from You  
 When You made me in secret.  
 When I was conceived on the earth,  
 16You saw me before I was finished;  
 For, You write the lives of all men in Your scroll  
 On the day they’re formed and alone.  
  
17How precious are Your thoughts, O my God;  
 They’ve been mighty ever since the beginning.  
 18And if I were able to count them,  
 They’d be more than the sands [of the seas]…  
 Yet, when I wake up You’re still with me.  
  
19Please destroy the sinners, O God…  
 Turn [Your face] from all men of blood!  
 20For, concerning their thoughts, You’ve said:  
  
 ‘They’ve acted like fools in My [land].’  
  
21O Lord,  
  
I hate all who hate You,  
 And against Your enemies, I’ve shown zeal.  
 22In perfect hatred, I’ve learned to detest them,  
 And they’re my enemies too!  
  
23So, try me, O God, and examine my heart…  
 Search me through and know all my paths.  
 24See if any lawless ways are within me,  
 Then guide me towards the paths of the ages.