

Lesson 12 / Psalm 139

New International Version

1 Psalms 139:1 O LORD, you have searched me and you know me.

2 You know when I sit and when I rise; you perceive my thoughts from afar.

3 You discern my going out and my lying down; you are familiar with all my ways.

4 Before a word is on my tongue you know it completely, O LORD.

5 You hem me in—behind and before; you have laid your hand upon me.

6 Such knowledge is too wonderful for me, too lofty for me to attain.

7 Where can I go from your Spirit? Where can I flee from your presence?

8 If I go up to the heavens, you are there; if I make my bed in the depths, you are there.

9 If I ride on the wings of the dawn, if I settle on the far side of the sea,

10 even there your hand will guide me, your right hand will hold me fast.

11 If I say, "Surely the darkness will hide me and the light become night around me,"

12 even the darkness will not be dark to you; the night will shine like the day, for darkness is as light to you.

13 For you created my inmost being; you knit me together in my mother's womb.

14 I praise you because I am fearfully and wonderfully made; your works are wonderful, I know that full well.

15 My frame was not hidden from you when I was made in the secret place. When I was woven together in the depths of the earth,

16 your eyes saw my unformed body. All the days ordained for me were written in your book before one of them came to be.

17 How precious to me are your thoughts, O God! How vast is the sum of them!

18 Were I to count them, they would outnumber the grains of sand. When I awake, I am still with you.

19 If only you would slay the wicked, O God! Away from me, you bloodthirsty men!

20 They speak of you with evil intent; your adversaries misuse your name.

21 Do I not hate those who hate you, O LORD, and abhor those who rise up against you?

22 I have nothing but hatred for them; I count them my enemies.

23 Search me, O God, and know my heart; test me and know my anxious thoughts.

24 See if there is any offensive way in me, and lead me in the way everlasting.

New Living Translation

1 O LORD, you have examined my heart and know everything about me.

2 You know when I sit down or stand up. You know my every thought when far away.

3 You chart the path ahead of me and tell me where to stop and rest. Every moment you know where I am.

4 You know what I am going to say even before I say it, LORD.

5 You both precede and follow me. You place your hand of blessing on my head.

6 Such knowledge is too wonderful for me, too great for me to know!

7 I can never escape from your spirit! I can never get away from your presence!

8 If I go up to heaven, you are there; if I go down to the place of the dead, you are there.

9 If I ride the wings of the morning, if I dwell by the farthest oceans,

10 even there your hand will guide me, and your strength will support me.

11 I could ask the darkness to hide me and the light around me to become night—

12 but even in darkness I cannot hide from you. To you the night shines as bright as day. Darkness and light are both alike to you.

13 You made all the delicate, inner parts of my body and knit me together in my mother's womb.

14 Thank you for making me so wonderfully complex! Your workmanship is marvelous—and how well I know it.

15 You watched me as I was being formed in utter seclusion, as I was woven together in the dark of the womb.

16 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.

17 How precious are your thoughts about me, O God! They are innumerable!

18 I can't even count them; they outnumber the grains of sand! And when I wake up in the morning, you are still with me!

19 O God, if only you would destroy the wicked! Get out of my life, you murderers!

20 They blaspheme you; your enemies take your name in vain.

21 O LORD, shouldn't I hate those who hate you? Shouldn't I despise those who resist you?

22 Yes, I hate them with complete hatred, for your enemies are my enemies.

23 Search me, O God, and know my heart; test me and know my thoughts.

24 Point out anything in me that offends you, and lead me along the path of everlasting life.

Amplified Bible

1 O LORD, you have searched me [thoroughly] and have known me. 2 You know my down-sitting and my uprising; You understand my thought afar off. 3 You sift *and* search out my path and my lying down, and You are acquainted with all my ways. 4 For there is not a word in my tongue [still unuttered], but, behold, O Lord, You know it altogether. 5 You have beset me *and* shut me in—behind and before, and You have laid Your hand upon me. 6 Your [infinite] knowledge is too wonderful for me; it is high above me, I cannot reach it. 7 Where could I go from Your Spirit? Or where could I flee from Your presence? 8 If I ascend up into heaven, You are there; if I make my bed in Sheol (the place of the dead), behold, You are there. 9 If I take the wings of the morning or dwell in the uttermost parts of the sea, 10 Even there shall Your hand lead me, and Your right hand shall hold me. 11 If I say, Surely the darkness shall cover me and the night shall be [the only] light about me, 12 Even the darkness hides nothing from You, but the night shines as the day; the darkness and the light are both alike to You. 13 For You did form my inward parts; You did knit me together in my mother's womb. 14 I will confess *and* praise You *for You are fearful and wonderful and* for the awful wonder of my birth! Wonderful are Your works, and that my inner self knows right well. 15 My frame was not hidden from You when I was being formed in secret [and] intricately *and* curiously wrought [as if embroidered with various colors] in the depths of the earth [a region of darkness and mystery]. 16 Your eyes saw my unformed substance, and in Your book all the days [of my life] were written before ever they took shape, when as yet there was none of them. 17 How precious *and* weighty also are Your thoughts to me, O God! How vast is the sum of them! 18 If I could count them, they would be more in number than the sand. When I awoke, [could I count to the end] I would still be with You. 19 If You would [only] slay the wicked, O God, and the men of blood depart from me—20 Who speak against You wickedly, Your enemies who take Your name in vain! 21 Do I not hate them, O Lord, who hate You? And am I not grieved *and* do I not loathe those who rise up against You? 22 I hate them with perfect hatred; they have become my enemies. 23 Search me [thoroughly], O God, and know my heart! Try me and know my thoughts! 24 And see if there is any wicked *or* hurtful way in me, and lead me in the way everlasting.

The Message

1 GOD, investigate my life; get all the facts firsthand.
2 I'm an open book to you; even from a distance, you know what I'm thinking.
3 You know when I leave and when I get back; I'm never out of your sight.
4 You know everything I'm going to say before I start the first sentence.
5 I look behind me and you're there, then up ahead and you're there, too— your reassuring presence, coming and going.
6 This is too much, too wonderful—I can't take it all in! 7 Is there anyplace I can go to avoid your Spirit? to be out of your sight?
8 If I climb to the sky, you're there! If I go underground, you're there!
9 If I flew on morning's wings to the far western horizon, 10 You'd find me in a minute— you're already there waiting!
11 Then I said to myself, "Oh, he even sees me in the dark! At night I'm immersed in the light!"
12 It's a fact: darkness isn't dark to you; night and day, darkness and light, they're all the same to you.
13 Oh yes, you shaped me first inside, then out; you formed me in my mother's womb.
14 I thank you, High God—you're breathtaking! Body and soul, I am marvelously made! I worship in adoration—what a creation!
15 You know me inside and out, you know every bone in my body; You know exactly how I was made, bit by bit, how I was sculpted from nothing into something.
16 Like an open book, you watched me grow from conception to birth; all the stages of my life were spread out before you, The days of my life all prepared before I'd even lived one day.
17 Your thoughts—how rare, how beautiful! God, I'll never comprehend them!
18 I couldn't even begin to count them— any more than I could count the sand of the sea. Oh, let me rise in the morning and live always with you!
19 And please, God, do away with wickedness for good! And you murderers—out of here!—
20 all the men and women who belittle you, God, infatuated with cheap god-imitations.
21 See how I hate those who hate you, GOD, see how I loathe all this godless arrogance;
22 I hate it with pure, unadulterated hatred. Your enemies are my enemies!
23 Investigate my life, O God, find out everything about me; Cross-examine and est me, get a clear picture of what I'm about;
24 See for yourself whether I've done anything wrong— then guide me on the road to eternal life.