



- 3 As soon as I pray, you answer me;
you encourage me by giving me strength.
- 4 Every king in all the earth will thank you, LORD,
for all of them will hear your words.
- 5 Yes, they will sing about the LORD's ways,
for the glory of the LORD is very great.
- 6 Though the LORD is great, he cares for the humble,
but he keeps his distance from the proud.
- 7 Though I am surrounded by troubles,
you will protect me from the anger of my enemies.
You reach out your hand,
and the power of your right hand saves me.
- 8 The LORD will work out his plans for my life—
for your faithful love, O LORD, endures forever.
Don't abandon me, for you made me.

139 *For the choir director: A psalm of David.*

- 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 thoughts even when I'm far away.
- 3 You see me when I travel
and when I rest at home.
You know everything I do.
- 4 You know what I am going to say
even before I say it, LORD.
- 5 You go before me 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 understand!
- 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 grave,* 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 the same 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—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.

139:8 Hebrew to Sheol.



