

- ¹ You have searched me, LORD,
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, LORD, know it completely.
- ⁵ You hem me in behind and before,
and you lay 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 rise 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, ^[a] 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, God, would slay the wicked!
Away from me, you who are bloodthirsty!

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

²¹ Do I not hate those who hate you, LORD,
and abhor those who are in rebellion against you?

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

²³ Search me, 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.