### The Lord Is Always Near : Psalm 139

You have looked deep into my heart, Lord, and you know all about me.  
**2**  You know when I am resting or when I am working, and from heaven you discover my thoughts.

You notice everything I do and everywhere I go.  
**4**Before I even speak a word, you know what I will say,  
**5**and with your powerful arm you protect me from every side.  
**6**I can’t understand all of this!  
    Such wonderful knowledge is far above me.

**7**Where could I go to escape from your Spirit or from your sight?  
**8**If I were to climb up to the highest heavens, you would be there.  
If I were to dig down to the world of the dead you would also be there.

**9**Suppose I had wings like the dawning day and flew across the ocean.  
**10**Even then your powerful arm would guide and protect me.  
**11**Or suppose I said, “I’ll hide in the dark until night comes to cover me over.”  
**12**But you see in the dark because daylight and dark are all the same to you.

**13**You are the one who put me together inside my mother’s body,  
**14**and I praise you because of the wonderful way you created me.  
Everything you do is marvellous! Of this I have no doubt.

**15**Nothing about me is hidden from you!  
I was secretly woven together deep in the earth below,  
**16**but with your own eyes you saw my body being formed.  
Even before I was born, you had written in your book  
    everything I would do.

**17**Your thoughts are far beyond my understanding, much more than I could ever imagine.  
**18**I try to count your thoughts, but they outnumber the grains of sand on the beach.  
And when I awake, I will find you nearby.

**19**How I wish that you would kill all cruel and heartless people  
    and protect me from them!  
**20**They are always rebelling and speaking evil of you.[[a](https://www.biblegateway.com/passage/?search=psalm+139&version=CEV#fen-CEV-14453a)]  
**21**You know I hate anyone who hates you, Lord, and refuses to obey.  
**22**They are my enemies too, and I truly hate them.

**23**Look deep into my heart, God, and find out everything I am thinking.  
**24**Don’t let me follow evil ways,  but lead me in the way that time has proven true.