

## **Psalm 139:1-5, 12-17<sup>iii</sup>**

<sup>1</sup>LORD, you have searched me out and known me; \*  
you know my sitting down and my rising up; you discern my thoughts from afar.

<sup>2</sup>You trace my journeys and my resting-places \*  
and are acquainted with all my ways.

<sup>3</sup>Indeed, there is not a word on my lips, \*  
but you, O LORD, know it altogether.

<sup>4</sup>You press upon me behind and before \*  
and lay your hand upon me.

<sup>5</sup>Such knowledge is too wonderful for me; \*  
it is so high that I cannot attain to it.

<sup>12</sup>For you yourself created my inmost parts; \*  
you knit me together in my mother's womb.

<sup>13</sup>I will thank you because I am marvelously made; \*  
your works are wonderful, and I know it well.

<sup>14</sup>My body was not hidden from you, \*  
while I was being made in secret and woven in the depths of the earth.

<sup>15</sup>Your eyes beheld my limbs, yet unfinished in the womb; all of them were written  
in your book; \*

they were fashioned day by day, when as yet there was none of them.

<sup>16</sup>How deep I find your thoughts, O God! \*  
how great is the sum of them!

<sup>17</sup>If I were to count them, they would be more in number than the sand; \*  
to count them all, my life span would need to be like yours.

---

### **<sup>iii</sup> About the Psalm 139:1-5,12-17**

This is a prayer for deliverance. The psalmist puts his trust in the all-knowing and ever-present God who has known him thoroughly and intimately since his conception. The psalmist invites further examination and cleansing.