

1 O Lord, you have searched me out and known me; □

you know my sitting down and my rising up;

you discern my thoughts from afar.

2 You mark out my journeys and my resting place □

and are acquainted with all my ways.

3 For there is not a word on my tongue, □

but you, O Lord, know it altogether.

4 You encompass me behind and before □

and lay your hand upon me.

5 Such knowledge is too wonderful for me, □

so high that I cannot attain it.

6 Where can I go then from your spirit? □

Or where can I flee from your presence?

7 If I climb up to heaven, you are there; □

if I make the grave my bed, you are there also.

8 If I take the wings of the morning □

and dwell in the uttermost parts of the sea,

9 Even there your hand shall lead me, □

your right hand hold me fast.

10 If I say, 'Surely the darkness will cover me □

and the light around me turn to night,'

11 Even darkness is no darkness with you;

the night is as clear as the day; □

darkness and light to you are both alike.

12 For you yourself created my inmost parts; □

you knit me together in my mother's womb.

13 I thank you, for I am fearfully and wonderfully made; □

marvellous are your works, my soul knows well.

14 My frame was not hidden from you, □

when I was made in secret

and woven in the depths of the earth.

15 Your eyes beheld my form, as yet unfinished; □

already in your book were all my members written,

16 As day by day they were fashioned □

when as yet there was none of them.

17 How deep are your counsels to me, O God! □

How great is the sum of them!

18 If I count them, they are more in number than the sand, □

and at the end, I am still in your presence.

19 O that you would slay the wicked, O God, □

that the bloodthirsty might depart from me!

20 They speak against you with wicked intent; □

your enemies take up your name for evil.

21 Do I not oppose those, O Lord, who oppose you? □

Do I not abhor those who rise up against you?

22 I hate them with a perfect hatred; □

they have become my own enemies also.

23 Search me out, O God, and know my heart; □

try me and examine my thoughts.

24 See if there is any way of wickedness in me □

and lead me in the way everlasting.

Common Worship: Services and Prayers for the Church of England, material from which is included here,

is copyright © The Archbishops' Council 2000 and published by Church House Publishing.

[Copy to clipboard](#)



[Related Resources](#)



[Buy the Book](#)

[Common Worship: Main Volume is available from Church House Publishing](#)

Download the Reflections on the Psalms app



Source URL: <https://www.churchofengland.org/prayer-and-worship/worship-texts-and-resources/common-worship/common-material/psalter/psalm-139>