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,
Even darkness is no darkness with you;
darkness and light to you are both alike.

For you yourself created my inmost parts;
you knit me together in my mother's womb.

I thank you, for I am fearfully and wonderfully made;
marvellous are your works, my soul knows well.

My frame was not hidden from you,
when I was made in secret
and woven in the depths of the earth.

Your eyes beheld my form, as yet unfinished;
already in your book were all my members written,
when as yet there was none of them.

How deep are your counsels to me, O God!
How great is the sum of them!

If I count them, they are more in number than the sand,
and at the end, I am still in your presence.

O that you would slay the wicked, O God,
that the bloodthirsty might depart from me!

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.

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