

## Worship: Worship God Who Knows You Inside and Out! (10 min)

### **Psalm 139:1-24**

O LORD, you have searched me and known me! <sup>2</sup> You know when I sit down and when I rise up; you discern my thoughts from afar. <sup>3</sup> You search out my path and my lying down and are acquainted with all my ways. <sup>4</sup> Even before a word is on my tongue, behold, O LORD, you know it altogether. <sup>5</sup> You hem me in, behind and before, and lay your hand upon me. <sup>6</sup> Such knowledge is too wonderful for me; it is high; I cannot attain it.

<sup>7</sup> Where shall I go from your Spirit? Or where shall I flee from your presence? <sup>8</sup> If I ascend to heaven, you are there! If I make my bed in Sheol, you are there! <sup>9</sup> If I take the wings of the morning and dwell in the uttermost parts of the sea, <sup>10</sup> even there your hand shall lead me, and your right hand shall hold me. <sup>11</sup> If I say, "Surely the darkness shall cover me, and the light about me be night," <sup>12</sup> even the darkness is not dark to you; the night is bright as the day, for darkness is as light with you.

<sup>13</sup> For you formed my inward parts; you knitted me together in my mother's womb. <sup>14</sup> I praise you, for I am fearfully and wonderfully made. Wonderful are your works; my soul knows it very well. <sup>15</sup> My frame was not hidden from you, when I was being made in secret, intricately woven in the depths of the earth. <sup>16</sup> Your eyes saw my unformed substance; in your book were written, every one of them, the days that were formed for me, when as yet there was none of them.

<sup>17</sup> How precious to me are your thoughts, O God! How vast is the sum of them! <sup>18</sup> If I would count them, they are more than the sand. I awake, and I am still with you. <sup>19</sup> Oh that you would slay the wicked, O God! O men of blood, depart from me! <sup>20</sup> They speak against you with malicious intent; your enemies take your name in vain. <sup>21</sup> Do I not hate those who hate you, O LORD? And do I not loathe those who rise up against you? <sup>22</sup> I hate them with complete hatred; I count them my enemies.

<sup>23</sup> Search me, O God, and know my heart! Try me and know my thoughts! <sup>24</sup> And see if there be any grievous way in me, and lead me in the way everlasting!