

- 3 As soon as I pray, you answer me;  
you encourage me by giving me strength.
- 4 Every king in all the earth will thank you, LORD,  
for all of them will hear your words.
- 5 Yes, they will sing about the LORD's ways,  
for the glory of the LORD is very great.
- 6 Though the LORD is great, he cares for the humble,  
but he keeps his distance from the proud.
- 7 Though I am surrounded by troubles,  
you will protect me from the anger of my enemies.  
You reach out your hand,  
and the power of your right hand saves me.
- 8 The LORD will work out his plans for my life—  
for your faithful love, O LORD, endures forever.  
Don't abandon me, for you made me.

### 139 *For the choir director: A psalm of David.*

- 1 O LORD, you have examined my heart  
and know everything about me.
- 2 You know when I sit down or stand up.  
You know my thoughts even when I'm far away.
- 3 You see me when I travel  
and when I rest at home.  
You know everything I do.
- 4 You know what I am going to say  
even before I say it, LORD.
- 5 You go before me and follow me.  
You place your hand of blessing on my head.
- 6 Such knowledge is too wonderful for me,  
too great for me to understand!
- 7 I can never escape from your Spirit!  
I can never get away from your presence!
- 8 If I go up to heaven, you are there;  
if I go down to the grave,\* you are there.
- 9 If I ride the wings of the morning,  
if I dwell by the farthest oceans,  
10 even there your hand will guide me,  
and your strength will support me.
- 11 I could ask the darkness to hide me  
and the light around me to become night—  
12 but even in darkness I cannot hide from you.  
To you the night shines as bright as day.  
Darkness and light are the same to you.
- 13 You made all the delicate, inner parts of my body  
and knit me together in my mother's womb.
- 14 Thank you for making me so wonderfully complex!  
Your workmanship is marvelous—how well I know it.
- 15 You watched me as I was being formed in utter  
seclusion,  
as I was woven together in the dark of the womb.
- 16 You saw me before I was born.  
Every day of my life was recorded in your book.

139:8 Hebrew to Sheol.

- Every moment was laid out  
before a single day had passed.
- 17 How precious are your thoughts about me,\* O God.  
They cannot be numbered!
- 18 I can't even count them;  
they outnumber the grains of sand!  
And when I wake up,  
you are still with me!
- 19 O God, if only you would destroy the wicked!  
Get out of my life, you murderers!
- 20 They blaspheme you;  
your enemies misuse your name.
- 21 O LORD, shouldn't I hate those who hate you?  
Shouldn't I despise those who oppose you?
- 22 Yes, I hate them with total hatred,  
for your enemies are my enemies.
- 23 Search me, O God, and know my heart;  
test me and know my anxious thoughts.
- 24 Point out anything in me that offends you,  
and lead me along the path of everlasting life.

### 140 *For the choir director: A psalm of David.*

- 1 O LORD, rescue me from evil people.  
Protect me from those who are violent,  
2 those who plot evil in their hearts  
and stir up trouble all day long.
- 3 Their tongues sting like a snake;  
the venom of a viper drips from their lips. *Interlude*
- 4 O LORD, keep me out of the hands of the wicked.  
Protect me from those who are violent,  
for they are plotting against me.
- 5 The proud have set a trap to catch me;  
they have stretched out a net;  
they have placed traps all along the way. *Interlude*
- 6 I said to the LORD, "You are my God!"  
Listen, O LORD, to my cries for mercy!
- 7 O Sovereign LORD, the strong one who rescued me,  
you protected me on the day of battle.
- 8 LORD, do not let evil people have their way.  
Do not let their evil schemes succeed,  
or they will become proud. *Interlude*
- 9 Let my enemies be destroyed  
by the very evil they have planned for me.
- 10 Let burning coals fall down on their heads.  
Let them be thrown into the fire  
or into watery pits from which they can't escape.
- 11 Don't let liars prosper here in our land.  
Cause great disasters to fall on the violent.
- 12 But I know the LORD will help those they persecute;  
he will give justice to the poor.
- 13 Surely righteous people are praising your name;  
the godly will live in your presence.

139:17 Or How precious to me are your thoughts.

