

Psalms 139: 1-11, 22-23 (St. Helena Psalter)

O God, you have searched me out and known me; *
you know my sitting down and my rising up;
you discern my thoughts from afar.

You trace my journeys and my resting-places *
and are acquainted with all my ways.

Indeed, there is not a word on my lips, *
but you, O God, know it altogether.

You press upon me behind and before *
and lay your hand upon me.

Such knowledge is too wonderful for me; *
it is so high that I cannot attain to it.

Where can I go then from your Spirit; *
where can I flee from your presence?

If I climb up to heaven, you are there; *
if I make the grave my bed, you are there also.

If I take the wings of the morning *
and dwell in the uttermost parts of the sea,

Even there your hand will lead me *
and your right hand hold me fast.

If I say, "Surely the darkness will cover me, *
and the light around me turn to night,"

Darkness is not dark to you;
the night is as bright as the day; *
darkness and light to you are both alike.

Search me out, O God, and know my heart; *
try me and know my restless thoughts.

Look well whether there be any wickedness in me *
and lead me in the way that is everlasting.