

For the morning

Psalm 139:1-18

¹You have searched me, Lord,
and you know me.
²You know when I sit and when I rise;
you perceive my thoughts from afar.
³You discern my going out and my lying
down;
you are familiar with all my ways.
⁴Before a word is on my tongue
you, Lord, know it completely.
⁵You hem me in behind and before,
and you lay your hand upon me.
⁶Such knowledge is too wonderful for me,
too lofty for me to attain.
⁷Where can I go from your Spirit?
Where can I flee from your presence?
⁸If I go up to the heavens, you are there;
if I make my bed in the depths, you are there.
⁹If I rise on the wings of the dawn,
if I settle on the far side of the sea,
¹⁰even there your hand will guide me,
your right hand will hold me fast.
¹¹If I say, "Surely the darkness will hide me
and the light become night around me,"
¹²even the darkness will not be dark to you;
the night will shine like the day,
for darkness is as light to you.
¹³For you created my inmost being;
you knit me together in my mother's womb.
¹⁴I praise you because I am fearfully and
wonderfully made;
your works are wonderful,
I know that full well.
¹⁵My frame was not hidden from you
when I was made in the secret place,
when I was woven together in the depths of
the earth.
¹⁶Your eyes saw my unformed body;
all the days ordained for me were written in
your book
before one of them came to be.
¹⁷How precious to me are your
thoughts,^[a] God!
How vast is the sum of them!
¹⁸Were I to count them,
they would outnumber the grains of sand—
when I awake, I am still with you.

For the evening

Psalm 121:1-8

A song of ascents.

¹I lift up my eyes to the mountains—
where does my help come from?
²My help comes from the Lord,
the Maker of heaven and earth.
³He will not let your foot slip—
he who watches over you will not slumber;
⁴indeed, he who watches over Israel
will neither slumber nor sleep.
⁵The Lord watches over you—
the Lord is your shade at your right hand;
⁶the sun will not harm you by day,
nor the moon by night.
⁷The Lord will keep you from all harm—
he will watch over your life;
⁸the Lord will watch over your coming and
going
both now and forevermore.