

**For the morning**

**Psalm 139:1-18**

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

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