

Psalm 139: 1-6, 13-18

¹LORD, you have searched me out;
O LORD, you have known me.

²**You know my sitting down and
my rising up; you discern my
thoughts from afar.**

³You trace my journeys and my
resting places and are acquainted
with all my ways.

⁴**Indeed, there is not a word on
my lips, but you, O LORD, know
it altogether.**

⁵You encompass me, behind and
before, and lay your hand upon me.

⁶**Such knowledge is too
wonderful for me; it is so high that
I cannot attain to it.**

¹³For you yourself created my inmost
parts; you knit me together in
my mother's womb.

¹⁴**I will thank you because I am
marvelously made; your works are
wonderful, and I know it well.**

¹⁵My body was not hidden from you,
while I was being made in secret and
woven in the depths of the earth.

¹⁶**Your eyes beheld my limbs, yet
unfinished in the womb; all of
them were written in your book;
my days were fashioned before
they came to be.**

¹⁷How deep I find your thoughts, O
God! How great is the sum of them!

¹⁸**If I were to count them, they
would be more in number than the
sand; to count them all, my life
span would need to be like yours.**

Read the Psalm completely

Read each verse out loud or silently. Read it
slowly, meditatively, read each verse at least
three times.

Discern which verse is speaking to you today.
Pick a verse that speaks to your soul, heart and
mind.

Either write it down and carry it with you, or
return to this handout frequently and live into
that verse today.

Imagine God or Jesus, speaking the verse to you.

What does the verse tell you about God?

What does it say to you about how God sees
you?

How does the verse make you respond? Does it
inspire? Does it encourage you? Does it convict
you? Do you see a life situation or a person in
your life differently?

Do you sense the presence of Jesus? Do you
sense grace or love from God? Do you have a
sense of gratitude and thankfulness?

How does the verse cause you to see people
around you? Does the verse cause you to see
people around in a different, more positive
light?

Live into the verse and apply it to your life today.

Say a prayer of thanks to God for God's love for
you. Know and trust that absolutely nothing
can separate you from the love of God in Christ
Jesus our Lord.