

## Psalm 139:1-18 International Children's Bible

Lord, you have examined me.

You know all about me.

You know when I sit down and when I get up.

You know my thoughts before I think them.

You know where I go and where I lie down.

You know well everything I do.

Lord, even before I say a word,

you already know what I am going to say.

You are all around me—in front and in back.

You have put your hand on me.

Your knowledge is amazing to me.

It is more than I can understand.

Where can I go to get away from your Spirit?

Where can I run from you?

If I go up to the skies, you are there.

If I lie down where the dead are, you are there.

If I rise with the sun in the east,

and settle in the west beyond the sea,

even there you would guide me.

With your right hand you would hold me.

I could say, "The darkness will hide me.

The light around me will turn into night."

But even the darkness is not dark to you.

The night is as light as the day.

Darkness and light are the same to you.

You made my whole being.

You formed me in my mother's body.

I praise you because you made me in an amazing and wonderful way.

What you have done is wonderful.

I know this very well.

You saw my bones being formed

as I took shape in my mother's body.

When I was put together there,

you saw my body as it was formed.

All the days planned for me

were written in your book

before I was one day old.

God, your thoughts are precious to me.

They are so many!

If I could count them,

they would be more than all the grains of sand.

When I wake up,

I am still with you.