

Psalm 139

One simple action you can take this month is to pray Psalm 139 daily as a family: at meals, at bedtime, all at once, or a few verses at a time. This psalm holds a truth we can't hear enough: that we each created unique and unrepeatable by a God who loves us more than we can imagine!

LORD, you have probed me, you know me.
You know when I sit and stand,
You understand my thoughts from afar.
You sift through my travels and my rest;
With all my ways you are familiar.

Even before a word is on my tongue,
LORD, You know it all.
Behind and before you encircle me
And rest your hand upon me.
Such knowledge is too wonderful for me,
Far too lofty for me to reach.

Where can I go from your spirit?
From your presence, where can I flee?
If I ascend to the heavens, you are there;
If I lie down in Sheol, there you are.
If I take the wings of the dawn and
And dwell beyond the sea,
Even there your hand guides me,
Your right hand holds me fast.

If I say, "Surely darkness shall hide me,
And night shall be my light"—
Darkness is not dark for you,
And night shines as the day.

You formed my inmost being;
You knit me together in my mother's
womb.
I praise you, because I am wonderfully
made;
Wonderful are your works!

My very self you know.
My bones are not hidden from you,
When I was being made in secret,
Fashioned in the depths of the earth.

Your eyes saw me unformed;
In your book all are written down;
My days were shaped,
before one came to be.

How precious to me are your designs,
O God;
How vast the sum of them!
Were I to count them, they would
outnumber the sands,
When I complete them,
still you are with me.

Probe me, God, know my heart;
Try me, know my thoughts.
See if there is a wicked path in me; lead
me along an ancient path.



More resources: archkcks.org/unrepeatable