

Psalm 139

Easy-to-Read Version (ERV)

A praise song of David.

- ¹LORD, you have searched me,
so you know all about me.
- ²You know when I sit down and when I get up.
You know my thoughts from far away.
- ³You know where I go and where I lie down.
You know everything I do.
- ⁴LORD, you know what I want to say,
even before the words leave my mouth.
- ⁵You are all around me—in front of me and behind me,
and have laid Your hand on me.
- ⁶I am amazed at what you know;
it is too much for me to understand.

Observation (v 1-6)

- *What did you find significant about this paragraph?*
- *What does this paragraph tell us about God?*
- *What bothers you or what don't you understand about this paragraph? Why?*
- *What other questions do you have about this paragraph?*

- ⁷Your Spirit is everywhere I go.
I cannot escape your presence.
- ⁸If I go up to heaven, you will be there.
If I go down to the place of death, you will be there.
- ⁹If I go east where the sun rises
or go to live in the west beyond the sea,
- ¹⁰even there you will take my hand and lead me.
Your strong right hand will protect me.

11 Suppose I wanted to hide from you and said,
"Surely the darkness will hide me.
The day will change to night and cover me."

12 Even the darkness is not dark to you.
The night is as bright as the day.
Darkness and light are the same.

Observation (v 7-12)

- *What did you find significant about this paragraph?*
- *What does this paragraph tell us about God?*
- *What bothers you or what don't you understand about this paragraph? Why?*
- *What other questions do you have about this paragraph?*

13 You formed the way I think and feel.^[a]

You put me together in my mother's womb.

14 I praise you because you made me in such a wonderful way.
I know how amazing that was!

15 You could see my bones grow as my body took shape,
hidden in my mother's womb.^[b]

16 You could see my body grow each passing day.^[c]
You listed all my parts, and not one of them was missing.

17 Your thoughts are beyond my understanding.^[d]
They cannot be measured!

18 If I could count them, they would be more than all the grains of sand.

But when I finished, I would have just begun.

Observation (v 13-18)

- *What did you find significant about this paragraph?*
- *What does this paragraph tell us about God?*
- *What does this paragraph tell us about us (people)?*
- *What bothers you or what don't you understand about this paragraph? Why?*
- *What other questions do you have about this paragraph?*

²³ God, examine me and know my mind.

Test me and know all my worries.

²⁴ Make sure that I am not going the wrong way. [9]

Lead me on the path that has always been right.

Observation (v 23-24)

- *What did you find significant about this paragraph?*
- *What does this paragraph tell us about David's concern with God?*
- *What bothers you or what don't you understand about this paragraph? Why?*
- *What other questions do you have about this paragraph?*