

PSALM 139

O my Beloved, You have searched me and known me!
You know when I sit down and when I rise up;
You discern my innermost thoughts.

You find me on the journey and guide my steps;
You know my strengths and my weaknesses.
Even before words rise up in prayer,
Lo, You have already heard my heart call.

You encompass me with love where'er I go,
and your strength is my shield.
Such sensitivity is too wonderful for me; it is high;
boundless gratitude is my soul's response.

Where could I go from your Spirit?
Or how could I flee from your Presence?
If I ascend into heaven, You are there!
If I make my bed in darkness, You are there!
If I soar on the wings of the morning or dwell in the deepest
parts of the sea, Even there your Hand will lead me,
and your Love will embrace me.
If I say, "Let only darkness cover me,
and the light about me be night,"
Even the darkness is not dark to You,
the night dazzles as with the sun;
the darkness is as light with You.

For You formed my inward being,
You knit me together in my mother's womb.
I praise You, for You are to be revered and adored.
Your mysteries fill me with wonder!

More than I know myself do You know me;
my essence was not hidden from You,
When I was being formed in secret, intricately fashioned
from the elements of the earth. Your eyes beheld my
unformed substance; in your records were written every
one of them, The days that were numbered for me,
when as yet there was none of them.
How precious to me are your creations, O Blessed One!
How vast is the sum of them! Who could count your
innumerable gifts and blessings?
At all times, You are with me.

O that You would vanquish my fears, Beloved;
O that ignorance and suffering would depart from me--
My ego separates me from true abandonment,
to surrendering myself into your Hands!
Yet are these not the very thorns that focus my thoughts
upon You? Will I always need reminders to turn my face to
You? I yearn to come to You in love,
to learn of your mercy and wisdom!

Search me, O my Beloved, and know my heart!
Try me and discern my thoughts!
Help me to face the darkness within me;
enlighten me, that I might radiate your Love and Light!

Translation by Nan C. Merrill from PSALMS FOR PRAYING
An Invitation to Wholeness