



**O Lord, you have searched me and known me.**

**You know when I sit down and when I rise up;  
you discern my thoughts from far away.**

**You search out my path and my lying down,  
and are acquainted with all my ways.**

**Even before a word is on my tongue,**

**O Lord, you know it completely.**

**You hem me in, behind and before,  
and lay your hand upon me.**

**Such knowledge is too wonderful for me;**

**it is so high that I cannot attain it.**

*Psalm*  
**139:1-6**