

God knows us - through and through.. when we sit or stand or lie down
he can read our thoughts, says the psalmist - he knows what we're going to say, before we say it...
(I don't know if that's because he's outside of time, or knows us so well..)

And this knowledge - that god knows all about us - should be a comfort, not a thing to frighten to us.
God is all around us - hemming us in, and putting his hand on our head like a hat...

And the psalmist goes on.. because you are everywhere, there's no where I can go that's beyond your love
and reach - if I go up to heaven, if I go down to the grave, if I fly to the farthest parts of the sea, even if I
hide myself in the darkness - or life's darkness surrounds me - its not dark to you God... Ddi you know that
- God can see in the dark?

Did you know - that when life feels overwhelming and you cry out - where are you God? He's right there,
standing next to you in the darkness.

And the psalm goes on - you knit me together in my mothers womb - you were there God - you put me
together. I may not be as tall or as fit or as beautiful or whatever as I want to be, but actually I'm how I'm
meant to be, even if that seems a little odd or painful or difficult. Somehow you can use this for good, for
your good.

And all my days were ordained for me.. no one knows what life will bring us.. how long we've got - but God
says - if you receive it all as a gift, and make the right choices with what is given, and trust me, then,
whether you see it or not, good things will happen all around you.

The psalm ends with the amazing picture of God's thoughts towards us being as many as the grains of the
sand - imagine picking up a handful of sand and God saying - I'm thinking of you ... , I'm still thinking of
you, I'm thinking of you.. on and on..

and then the psalmist wakes up - and says - I'm still with you..

Psalm 139

You have searched me, Lord,
and you know me.

2

You know when I sit and when I rise;
you perceive my thoughts from afar.

3

You discern my going out and my lying down;
you are familiar with all my ways.

4

Before a word is on my tongue
you, Lord, know it completely.

5

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

6

Such knowledge is too wonderful for me,
too lofty for me to attain.

7

Where can I go from your Spirit?
Where can I flee from your presence?

8

If I go up to the heavens, you are there;
if I make my bed in the depths, you are there.

9

If I rise on the wings of the dawn,
if I settle on the far side of the sea,

10

even there your hand will guide me,
your right hand will hold me fast.

11

If I say, "Surely the darkness will hide me
and the light become night around me,"

12

even the darkness will not be dark to you;
the night will shine like the day,
for darkness is as light to you.

13

For you created my inmost being;
you knit me together in my mother's womb.

14

I praise you because I am fearfully and wonderfully made;
your works are wonderful,
I know that full well.

15

My frame was not hidden from you
when I was made in the secret place,
when I was woven together in the depths of the earth.

16

Your eyes saw my unformed body;
all the days ordained for me were written in your book
before one of them came to be.

17

How precious to me are your thoughts, God!
How vast is the sum of them!

18

Were I to count them,
they would outnumber the grains of sand—
when I awake, I am still with you.