



Lord you have examined me, so you know all about me.
You know when I sit down and when I get up,
You know my thoughts before I think them,
You know where I go and where I lie down,
You know everything I do Lord.
You know what I want to say even before the words leave my mouth
You are all around me, in front of me and behind me.
I feel your hand on my shoulder.
I am amazed at what you know, it's just too much for me to understand.

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

Suppose I wanted to hide from you and said surely the darkness will hide me, the day will
change to night and cover me.
Even the darkness is not dark to you, the night is as bright as the sun.
You created every part of me, you put me together in my mother's womb.
I praise you because you made me in such a wonderful way, I know how amazing that is.

You saw my bones grow as my body took shape hidden in my mother's womb. You saw my
body grow each passing day. You knew that I was there you saw me before I was born.
All the days planned for me were written in your book before any of them even began.
Your thoughts are beyond my understanding, they cannot be measured.
If I could count them, they would be more than all the grains of sand.
When I wake up, I am still with you.