

## Who You Really Are

- O Lord, you have examined my heart  
and know everything about me.
- <sup>2</sup> You know when I sit down or stand up.  
You know my thoughts even when I'm far away.
- <sup>3</sup> You see me when I travel  
and when I rest at home.  
You know everything I do.
- <sup>4</sup> You know what I am going to say  
even before I say it, Lord.
- <sup>5</sup> You go before me and follow me.  
You place your hand of blessing on my head.
- <sup>6</sup> Such knowledge is too wonderful for me,  
too great for me to understand!

### 1. You are fully known.

- <sup>7</sup> I can never escape from your Spirit!  
I can never get away from your presence!
- <sup>8</sup> If I go up to heaven, you are there;  
if I go down to the grave, you are there.
- <sup>9</sup> If I ride the wings of the morning,  
if I dwell by the farthest oceans,
- <sup>10</sup> even there your hand will guide me,  
and your strength will support me.
- <sup>11</sup> I could ask the darkness to hide me  
and the light around me to become night—
- <sup>12</sup> but even in darkness I cannot hide from you.  
To you the night shines as bright as day.  
Darkness and light are the same to you.

### 2. You are never alone.

- <sup>13</sup> You made all the delicate, inner parts of my body  
and knit me together in my mother's womb.

- <sup>14</sup> Thank you for making me so wonderfully complex!  
Your workmanship is marvelous—how well I know it.
- <sup>15</sup> You watched me as I was being formed in utter seclusion,  
as I was woven together in the dark of the womb.
- <sup>16</sup> You saw me before I was born.  
Every day of my life was recorded in your book.  
Every moment was laid out  
before a single day had passed.

### 3. You are lovingly made.

- <sup>17</sup> How precious are your thoughts about me, O God.  
They cannot be numbered!
- <sup>18</sup> I can't even count them;  
they outnumber the grains of sand!  
And when I wake up,  
you are still with me!

**Reminds us - fully known, never alone, lovingly made.**

- <sup>19</sup> O God, if only you would destroy the wicked!  
Get out of my life, you murderers!
- <sup>20</sup> They blaspheme you;  
your enemies misuse your name.
- <sup>21</sup> O Lord, shouldn't I hate those who hate you?  
Shouldn't I despise those who oppose you?
- <sup>22</sup> Yes, I hate them with total hatred,  
for your enemies are my enemies.

### 4. You are united with God.

- <sup>23</sup> Search me, O God, and know my heart;  
test me and know my anxious thoughts.
- <sup>24</sup> Point out anything in me that offends you,  
and lead me along the path of everlasting life.

*Psalm 139*

**Conclusion, you are: Beloved of God**

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