

A reading from the book of Psalms

Lord, you have examined me and you know me. You know everything I do; from far away you understand all my thoughts.

You see me, whether I am working or resting; you know all my actions. Even before I speak, you already know what I will say. You are all round me on every side; you protect me with your power.

Your knowledge of me is too deep; it is beyond my understanding. Where could I go to escape from you? Where could I get away from your presence? If I went up to heaven, you would be there; if I lay down in the world of the dead, you would be there. If I flew away beyond the east or lived in the farthest place in the west, you would be there to lead me, you would be there to help me.

I could ask the darkness to hide me or the light round me to turn into night, but even darkness is not dark for you, and the night is as bright as the day. Darkness and light are the same to you.

You created every part of me; you put me together in my mother's womb, I praise you because you are to be feared; all you do is strange and wonderful. I know it with my heart. When my bones were being formed, carefully put together in my mother's womb, when I was growing there in secret, you knew that I was there - you saw me before I was born.

The days allotted to me had all been recorded in your book, before any of them ever began. O God, how difficult I find your thoughts; how many of them there are! If I counted them, there would be more than the grains of sand. When I awake, I am still with you.

The word of the Lord