

Psalm 139

O Great Mystery, you examine me and you know me,
You know when I sit, when I rise,
You understand my thoughts from afar.
You watch when I walk or lie down, sit in meetings or feel
trapped at my desk,
You know every detail of my conduct but not as an
overpowering God, but only as Shepherd who longs to walk
ahead of me- calling me, calling me by name.

A word is not yet on my tongue before you, God beyond name,
know all about it. You fence me in, you wrap your arms around
me - behind and in front of me, you walk - calling me to follow.
Your amazing knowledge of me is truly wonderful,
Your total acceptance of me is gift.

Where shall I go to escape your Spirit?
Where shall I flee from your presence?
If I scale the heavens you are there,
If I lie flat in the depths of misery - you are there beside me.
You call me, gently, freely ... "allow me to 'be' with you; be with
you in all your wonder, I am in awe of you - my creation."

If I speed away on the wings of the dawn,
If I dwell beyond the ocean,
Even there your hand will be guiding me,
Your right hand - gently laid upon me, giving me courage,
reassuring, "It will be OK."

You, God of life, created my inmost self,

You knit me together in my mother's womb,
You smiled as my mother first held me.
For so many marvels I thank you;
For the wonder of myself I give you praise.

You knew me through and through,
My being held no secrets from you,
When I was being formed in secret,
Textured in the depths of the earth
Textured in your image – in the image of Love.

Your eyes looked upon me from my earliest moments
Your breath entered me and filled my lungs
You have gifted me with my days – each one of them numbered
and to be lived in love and beyond fear.

Love energy, all enveloping, how hard for me to grasp your
thoughts,
How many – God of love there are.
Your thoughts like your love, your mercy and your care are like
the grains of sand on the sea-shore.
Creator God, for the wonder of myself I now thank you.
For your presence on my journey I now thank you.
For the gift that is life I now thank you.
For the beauty all around me and within me – I now thank you.
Glory to You, source of all being,
Eternal Word,
Holy Spirit
Forever
For ages unending
Amen, Amen, Amen.