

- 1 O Lord you have searched me out and known me;  
you know when I sit or when I stand  
you comprehend my thoughts long before.
- 2 You discern my path and the places where I rest:  
you are acquainted with all my ways.
- 3 For there is not a word on my tongue:  
but you Lord know it altogether.
- 4 You have encompassed me behind and before:  
and have laid your hand upon me.
- 5 Such knowledge is too wonderful for me:  
so high that I cannot endure it.
- 12 For you have created my inward parts;  
you knit me together in my mother's womb.
- 13 I will praise you for you are to be feared:  
fearful are your acts and wonderful your works.
- 14 You knew my soul \* and my bones were not hidden from you:  
when I was formed in secret  
and woven in the depths of the earth.
- 15 Your eyes saw my limbs when they were yet imperfect:  
and in your book were all my members written;
- 16 Day by day they were fashioned:  
and not one was late in growing.
- 17 How deep are your thoughts to me O God:  
and how great is the sum of them!
- 18 Were I to count them  
they are more in number than the sand:  
were I to come to the end I would still be with you.

Glory to the Father, and to the Son: and to the Holy Spirit.

As it was in the beginning, is now and will be for ever. Amen.