



Prayer Guide: Psalm 139

By Daniel Henderson (*Praying the Psalms Copyright © 2023*) at strategicrenewal.com

Psalm 139 (ESV)

- 1 O LORD, you have searched me and known me!
- 2 You know when I sit down and when I rise up;
you discern my thoughts from afar.
- 3 You search out my path and my lying down
and are acquainted with all my ways.
- 4 Even before a word is on my tongue,
behold, O LORD, you know it altogether.
- 5 You hem me in, behind and before,
and lay your hand upon me.
- 6 Such knowledge is too wonderful for me;
it is high; I cannot attain it.
- 7 Where shall I go from your Spirit?
Or where shall I flee from your presence?
- 8 If I ascend to heaven, you are there!
If I make my bed in Sheol, you are there!
- 9 If I take the wings of the morning
and dwell in the uttermost parts of the sea,
10 even there your hand shall lead me,
and your right hand shall hold me.
- 11 If I say, "Surely the darkness shall cover me,
and the light about me be night,"
12 even the darkness is not dark to you;
the night is bright as the day,
for darkness is as light with you.
- 13 For you formed my inward parts;
you knitted me together in my mother's womb.
- 14 I praise you, for I am fearfully and wonderfully made.
Wonderful are your works;
my soul knows it very well.
- 15 My frame was not hidden from you,
when I was being made in secret,
intricately woven in the depths of the earth.
- 16 Your eyes saw my unformed substance;
in your book were written, every one of them,
the days that were formed for me,
when as yet there was none of them.
- 17 How precious to me are your thoughts, O God!
How vast is the sum of them!

18 If I would count them, they are more than the sand.
I awake, and I am still with you.
19 Oh that you would slay the wicked, O God!
O men of blood, depart from me!
20 They speak against you with malicious intent;
your enemies take your name in vain.
21 Do I not hate those who hate you, O LORD?
And do I not loathe those who rise up against you?
22 I hate them with complete hatred;
I count them my enemies.
23 Search me, O God, and know my heart!
Try me and know my thoughts!
24 And see if there be any grievous way in me,
and lead me in the way everlasting!

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REVERENCE

God's Praiseworthy Attributes:

God knows everything about us - vv.1-6
He is always with us - vv.7-12
He made us just the way we are - vv.13-16
He loves us more than we can comprehend - vv.17-18

Possible Prayer Prompts:

God, I love that You made me...
Thank You for seeing me when I was...
I praise You for always being with me in my...

RESPONSE

I confess that I have tried to hide from You in my (area of life).
I will admit that I have doubted Your plan for my life when...

REQUESTS

Search my heart today, O Lord, and show me if I am...
Give me the assurance of Your presence today as I...
Help (name) to know today that You see and love him/her and have a purpose for their life.

READINESS

Lord, when I embrace...that could be grievous to You, please convict me and lead me into the way everlasting.
Memorize and meditate on v.25