

Psalm 139

May God's unconditional love for you,
May God who carries you with tenderness,
Help you to know that you are not alone.

Lord, you have searched my being through and through and you know me;

You know when I sit and when I stand.

You see my thoughts before they rise within me;

My many journeys and my rest are within your loving sight.

Truly, you are so very familiar with my every movement.

Even before I utter a sound, you are there at its birthing.

Behind me...before me...I am surrounded by your presence.

Upon me you rest your hand tenderly.

The realization that you know me so intimately and love me all the more

Bursts upon my spirit and consumes me with delight.

So I think within myself...

Is there any place I can go and God will not be present?

If I travel into the expansive universe...you are there...

If I crawl into the bowels of the earth...I find you there...

If I make my home in the most forsaken place...your warmth is awaiting me.

Yes, no matter where I am, you grasp my hand and guide me safely home.

Surely the darkness will envelope me and I cannot be found!

You smile at my childish thoughts and I feel within me

the warmth of your breath.

Nothing can keep me from you.—(adapted by Katie Aucoin, SC)