

EPISODE NO. 148

Psalm 139:14-24

A psalm of David.

14 I thank You because of the amazing, unique way You made me.

What You have done is wonderful!

I know this very well.

15 You observed my frame being formed
as I took shape in my mother's body.

When I was put together there,

16 You saw my unformed body as it was being formed.

All the days planned for me were written in Your Book,
before I was even one day old.

17 O God, Your thoughts are precious to me.

How vast is the totality of them!

18 If I could count them,

Your thoughts would exceed the number of all the grains of sand.

When I wake up,

I am still with You.

19 O God, I wish You would kill the evil people!

Get away from me, you murderers!

20 These men blaspheme You.

Your enemies abuse Your Name.

21 O Yahweh, I hate those who hate You.

I detest those who rise up against You.

22 I feel only hatred for them.

They have become my enemies, too.

23 O God, examine me and know my heart.

Test me and know my anxious feelings.

24 See if there is any bad trait in me.

Lead me in the everlasting way.