

To the chief music-maker. A Psalm. Of David.

1. Oh Lord, you have knowledge of me, searching out all my secrets.
2. You have knowledge when I am seated and when I get up, you see my thoughts from far away.
3. You keep watch over my steps and my sleep, and have knowledge of all my ways.
4. For there is no a word on my tongue which is not clear to you, O Lord.
5. I am shut in by you on every side, and you have put your hand on me.
6. Such knowledge is a wonder greater than my powers; it is so high that I may not come near it.
7. Where may I go from your spirit? How may I go in flight from you?
8. If I go up to heaven, you are there: or if I make my bed in the underworld, you are there.
9. If I take the wings of the morning, and go to the farthest parts of the sea:
10. Even there will I be guided by your hand, and your right hand will keep me.
11. If I say, Only let me be covered by the dark, and the light about me be night:
12. Even the dark is not dark to you; the night is as bright as the day: for dark and light are the same to you.
13. My flesh was made by you, and my parts joined together in my mother's body.
14. I will give you praise, for I am strangely and delicately formed; your works are great wonders, and of this my soul is fully conscious ...

1. Let the Lord be praised. Give praise to God in his holy place: give him praise in the heaven of his power.
2. Give him praise for his acts of power: give him praise in the measure of his great strength.
3. Give him praise with the sound of the horn: give him praise with corded instruments of music.
4. Give him praise with instruments of brass and in the dance: give him praise with horns and corded instruments.
5. Give him praise with the loud brass: give him praise with the high-sounding brass.
6. Let everything which has breath give praise to the Lord. Let the Lord be praised.

Both Psalm translations from *The Bible in Basic English*, Cambridge University Press