

## Psalm 139:1-4

***O LORD, You have searched me and known me. You know my sitting down and my rising up; You understand my thought afar off. You comprehend my path and my lying down, And are acquainted with all my ways. For there is not a word on my tongue, But behold, O LORD, You know it altogether.***

You can take this verse one of two ways. You can either be thankful for it or be afraid of it.

Why would we be afraid of these verses? Well, if we are in sin, we realize that God sees us all the time, including those times when we are practicing sin, such as fornication, adultery, drunkenness, lying, even what we view on the internet or what movie we download and watch or go to see.

† ***You know my sitting down and my rising up; You understand my thought afar off. You comprehend my path and my lying down, and are acquainted with all my ways.***

Maybe we have anger towards someone and say bad things about him or her to others.

† ***For there is not a word on my tongue, but behold, O LORD, You know it altogether.***

Nevertheless, we also must remember that the Lord not only sees the sins we commit, but also the good things we do. Like when we are singing worship songs in our car with no one else around, He sees and enjoys it, no matter how bad our voice may be.

† ***For there is not a word on my tongue, but behold, O LORD, You know it altogether.***

Maybe we helped someone who really needed it and no one else was around to see it or give us a pat on the back for the good deed we have done.

† ***LORD, You have searched me and known me. You know my sitting down and my rising up; You understand my thought afar off.***

We could go on and on with different situations that we get into each day. But know that whatever we are doing, the Lord knows about it and sees us doing it, there is no hiding it from Him.

But then if we are not practicing sin, then why would we want to hide from Him?

† **Psalm 139:7-8** *Where can I go from Your Spirit? Or where can I flee from Your presence? If I ascend into heaven, You are there; If I make my bed in hell, behold, You are there.*

† **Psalm 41:12** *As for me, You uphold me in my integrity, And set me before Your face forever.*