

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 because of it.

Why would you be afraid of these verses? Well, if you are in sin, you realize that God sees you all the time, including those times when you are practicing sin, such as fornication, adultery, drunkenness, even what you view on the internet or what movie you 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 you have anger towards someone and speak 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 you are singing worship songs in your car with no one else around, He sees and enjoys it, no matter how bad your voice may be.

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

Maybe you helped someone who really needed it and no one else was around to see it or give you a pat on the back for the good deed you 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 you are doing, the Lord knows about it and sees you doing it, there is no hiding it 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.***