

Psalm 139

O Lord, you search me and you know me.
You know my resting and my rising.
You know exactly what's going on in my life,
all my ways are an open book to you.
Before ever a word is on my tongue,
you know, O Lord, what I'm going to say.
Your knowledge is beyond my understanding,
too high, beyond my reach.
It was you who created my being,
knit me together in my mother's womb.
I thank you for the wonder of my life,
for the wonders of all your creation.

Lord, thank you for the gift of life.
Please help me follow the path to eternal life

Psalms 140 – 143

Lord, save me from people who do evil,
you who do justice for the needy.
I have no way out of this situation.
And no one wants to help me.
Lord, I beg you tonight to make haste
and give me an answer, for my spirit fails within me.
In the morning let me know your love
for I put my trust in you.

Lord, please help people who are in big trouble

Psalm 144

Blessed be the Lord, my rock,
who gives me strength for every situation.
He is my love, my fortress.
He is my stronghold, my savior.