

Day Seventeen

Psalm 139

God Knows the Depths of Your Heart



God is omniscient. Omni = all, scient = knowing. God knows everything, about everyone. God knows everything about you.

Let's go to the Father in prayer:

Heavenly Father, I come to you this morning, because you know my heart better than I do, and I want a clean heart. Please give me the grace and courage to allow you into every area of heart. I ask this in the name and authority of your son Jesus Christ, Amen.

He knows more about you than you know about yourself. He knows every area of your heart. He even knows your thoughts before you think them. As we continue to meditate on keeping our hearts pure before God it is important that we know that there is now thought, no secret, no deep recess of our heart that is hidden from Him. That's why it is foolishness to try and hide anything from God. He knows everything that is going on in your heart, and He only wants you to bring them to Him so they can be forgiven and your heart can be made whole. As you revisit Psalm 139 today, allow the Holy Spirit to come into every area of your heart. Meditate on these verses again, take the Holy Spirit to places that you are afraid to go alone.



[For your convenience, we have added a soundtrack to the background as you meditate on the word of God. You are welcome to keep this playing in the background that will end after 20 minutes followed by closing prayer.](#)

Psalm 139

For the choir director: A psalm of David.

¹O Lord, you have examined my heart and know everything about me. ²You know when I sit down or stand up. You know my thoughts even when I'm far away. ³You see me when I travel and when I rest at home. You know everything I do. ⁴You know what I am going to say even before I say it, Lord. ⁵You go before me and follow me. You place your hand of blessing on my head. ⁶Such knowledge is too wonderful for me, too great for me to understand! ⁷I can never escape from your Spirit! I can never get away from your presence! ⁸If I go up to heaven, you are there; if I go down to the grave, you are there. ⁹If I ride the wings of the morning, if I dwell by the farthest oceans, ¹⁰even there your hand will guide me, and your strength will support me. ¹¹I could ask the darkness to hide me and the light around me to become night - ¹²but even in darkness I cannot hide from you. To you the night shines as bright as day. Darkness and light are the same to you. ¹³You made all the delicate, inner parts of my body and knit me together in my mother's womb. ¹⁴Thank you for making me so wonderfully complex! Your workmanship is marvelous—how well I know it. ¹⁵You watched me as I was being formed in utter seclusion, as I was woven together in the dark of the womb. ¹⁶You saw me before I was born. Every day of my life was recorded in your book. Every moment was laid out before a single day had passed. ¹⁷How precious are your thoughts about me, O God. They cannot be numbered! ¹⁸I can't even count them; they outnumber the grains of sand! And when I wake up, you are still with me! ¹⁹O God, if only you would destroy the wicked! Get out of my life, you murderers! ²⁰They blaspheme you; your enemies misuse your name. ²¹O Lord, shouldn't I hate those who hate you? Shouldn't I despise those who oppose you? ²²Yes, I hate them with total hatred, for your enemies are my enemies. ²³Search me, O God, and know my heart; test me and know my anxious thoughts. ²⁴Point out anything in me that offends you, and lead me along the path of everlasting life.¹

¹ Tyndale House Publishers. (2013). [Holy Bible: New Living Translation](#) (Ps 139). Carol Stream, IL: Tyndale House Publishers.