


139

17 You have so many thoughts about me, God,
that I cannot understand them all.

18 They are too many for me to count,
more than the sand on the shore of the sea.
Even if I finished counting them,
you would still be there!

19 God, you should surely destroy the wicked people!
Yes, you murderers, leave me alone!

20 Those people say bad things against you, God.
Your enemies always tell lies.



²¹ LORD, I hate those people who hate you.

I have no time for those who turn against you. ²² Yes, I really hate them.

Your enemies are my enemies too.

²³ Please God, look deep inside me.

See what is there in my thoughts.

²⁴ Show me if I am following any evil way.

Lead me in the right way that has always been true.



In the midst of our busy and chaotic world,
God is inviting us to take a breath.

To exhale.

To be reminded that He is God and we are
not.



19 O God, if only you would destroy the wicked!

Get out of my life, you murderers!

20 They blaspheme you;

your enemies misuse your name.

21 O LORD, shouldn't I hate those who hate you?

Shouldn't I despise those who oppose you?

22 Yes, I hate them with total hatred,

for your enemies are my enemies. *(NLT)*

Invitation

What happens in you when you see or experience injustice and evil (rebellion against God)?

How could Psalm 139 be a model for you?

Practice the breath prayer: ***You are God, and I am not.***

