

August 26, 2025

Daily Reflections



GOD'S ALL-KNOWING GAZE

By Sister Katherine "Kit" Gray, CSJ

Today's Responsorial Psalm

*Lord, you have probed me, you know me:
you know when I sit and stand;
you understand my thoughts from afar.
You sift through my travels and my rest;
with all my ways you are familiar.
Even before a word is on my tongue,
Lord, you know it all.
Behind and before you encircle me
and rest your hand upon me.
Such knowledge is too wonderful for me,
far too lofty for me to reach.
Where can I go from your spirit?
From your presence, where can I flee?
If I ascend to the heavens, you are there;
if I lie down in Sheol, there you are.*

*If I take the wings of dawn
and dwell beyond the sea,
Even there your hand guides me,
your right hand holds me fast.
If I say, "Surely darkness shall hide me,
and night shall be my light"—
Darkness is not dark for you,
and night shines as the day.
Darkness and light are but one.
You formed my inmost being;
you knit me in my mother's womb.
I praise you because I am wonderfully made;
wonderful are your works!
My very self you know.
My bones are not hidden from you,
When I was being made in secret,
fashioned in the depths of the earth.
Your eyes saw me unformed;
in your book all are written down;
my days were shaped, before one came to be.
Probe me, God, know my heart;
try me, know my thoughts.
See if there is a wicked path in me;
lead me along an ancient path.*

PSALM 139

For Pondering

- What words or phrases resonate with you today?
 - What do you find comforting? What do you find challenging?
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Silhouette of Mountains
Photo by Simon Berger

Reflection

Psalm 139 is one of my favorite psalms; it is a meditation on God's presence in all creation and God's all-knowing gaze on all that God has made. It describes the intimate knowledge and love God has for each person. In a spirit of wonder and gratitude, the psalm acknowledges and celebrates God's creation and control over the psalmist.

For Prayer

Pray the psalm again.

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