

Lie	first person	third person
present	I lie in bed	He lies in bed
past	I lay in bed	He lay in bed
perfect form	I have lain in bed	He has lain in bed
participle form	I am lying in bed	He is lying in bed

Lay	first person	third person
present	I lay it down	He lays it down
past	I laid it down	He laid it down
perfect form	I have laid it down	He has laid it down
participle form	I am laying it down	He is laying it down