

**Psalm 63:1-2 (NLT)**

**[1] O God, you are my God; I earnestly search for you. My soul thirsts for you; my whole body longs for you in this parched and weary land where there is no water. [2] I have seen you in your sanctuary and gazed upon your power and glory.**

## **Psalm 63:3-5 (NLT)**

**[3] Your unfailing love is better than life itself; how I praise you! [4] I will praise you as long as I live, lifting up my hands to you in prayer. [5] You satisfy me more than the richest feast. I will praise you with songs of joy.**

**Psalm 63:6-8 (NLT)**

**[6] I lie awake thinking of you, meditating on you through the night. [7] Because you are my helper, I sing for joy in the shadow of your wings. [8] I cling to you; your strong right hand holds me securely.**

## **Psalm 63:9-11 (NLT)**

**[9] But those plotting to destroy me will come to ruin. They will go down into the depths of the earth. [10] They will die by the sword and become the food of jackals. [11] But the king will rejoice in God. All who trust in him will praise him, while liars will be silenced.**

# **A SATISFIED HEART**

**Psalm 63:1-11**

# Judean Wilderness

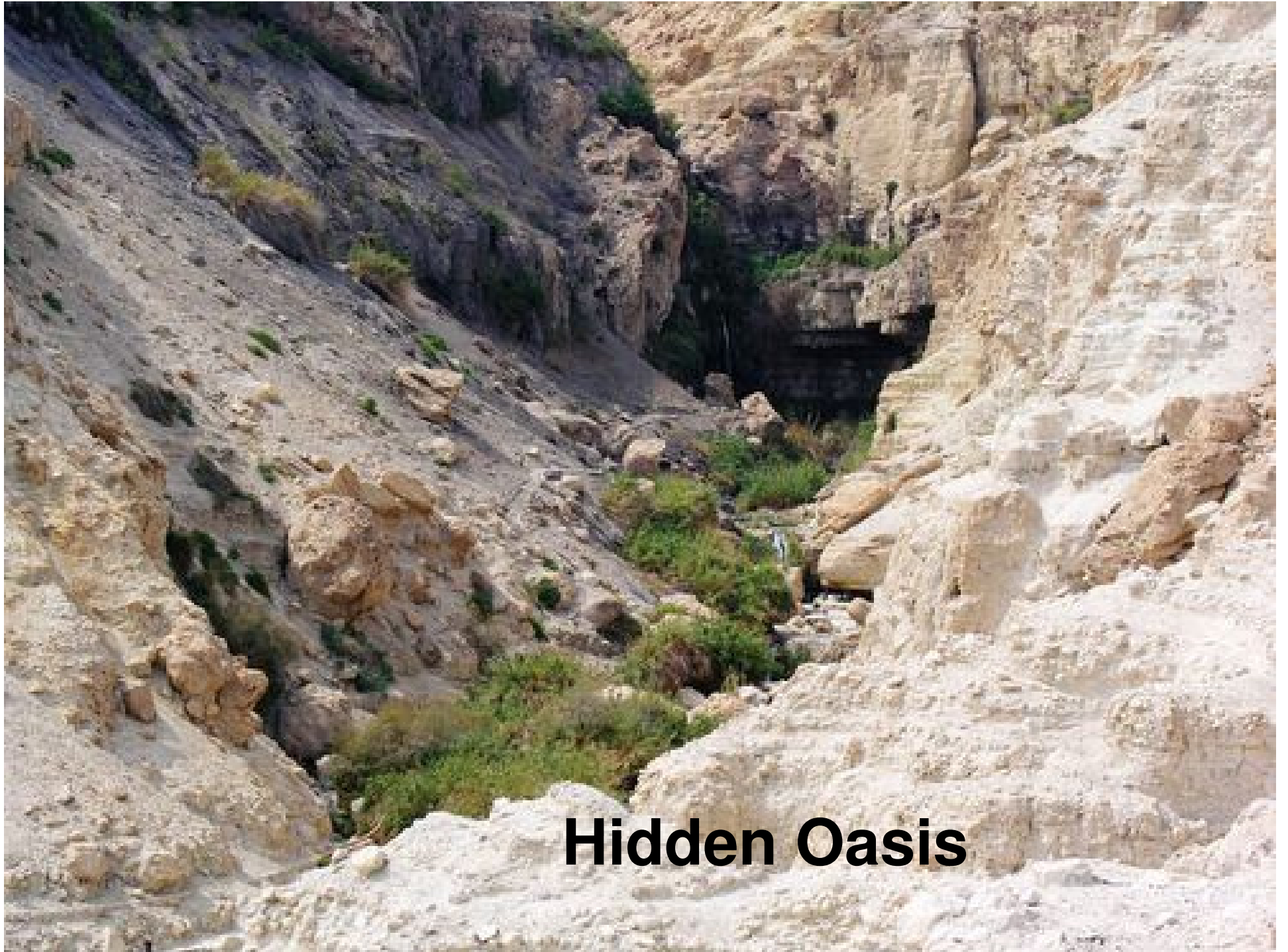




**There is water but ...**







**Hidden Oasis**



**This is the physical **CONTEXT**  
for Psalm 63**



To be able to say **MY GOD** by faith  
transformed David's wilderness  
experience into a  
**WORSHIP** experience.

# Because of God's Loving-Kindness

- **GLORIFY** God - no matter what
- Praise God **ALWAYS**
- **PRAY** with expectation
- **SATISFIED** in God
- **SING** praises



**OCCUPIED with Thee, Lord Jesus,** In Thy grace;  
All Thy ways and thoughts, about me Only trace  
Deeper stories of the glories, Of Thy grace,  
of Thy grace.

**TAKEN UP with Thee, Lord Jesus,** I would be;  
Finding joy and satisfaction, ALL in Thee;  
Thou the nearest and the dearest, Unto me,  
unto me.

This is a Psalm of Solemn and  
**TENACIOUS** Resolve

Ellsworth

# David **RESOLVED** to

- **SEEK** the Lord
- **LIFT UP** his **HANDS** in Prayer to God
- **PRAISE** the Lord with joy
- **MEDITATE** on the Lord during the **NIGHT**
- rejoice in the Lord's **PROTECTIVE CARE** of him
- **CLING** to God



**Meditation** - the act of thinking about something carefully, calmly, seriously for an **extended period of time**.

**Meditation** is to **FOCUS** minds and thoughts on something over and over **seeking God's insight** and understanding.

Psalm 23:19 (NIV)

The Lord **IS MY Shepherd...**



Psalm 1:2-3 (NIV)

But his **DELIGHT** is **in the Law of the Lord**, and on his law he **MEDITATES day and night**. He is like a tree planted by streams of water, which yields its fruit in season, and whose leaf does not wither...

## **In Meditation ALWAYS Ask...**

- What does it **SAY?**
- What does it **MEAN?**
- How should I **RESPOND?**

2 Corinthians 1:9-10 (NLT)

In fact, **we EXPECTED to DIE.** But as a result, we **STOPPED relying on OURSELVES** and **LEARNED to RELY ONLY on God,** who raises the dead. [10]

And he did rescue us from mortal danger, and he will rescue us again. We have placed our confidence in him, and he will continue to rescue us



# QUESTIONS

1. What are some practical ways we can FOCUS our hearts and minds on God when we are hurting?
2. What does it mean to MEDITATE on God's Word?
3. What does it mean to EARNESTLY Eagerly Seek God?