

Psalm 63:1-8

- ¹ O God, you are my God; earnestly I seek you;
my soul thirsts for you;
my flesh faints for you,
as in a dry and weary land where there is no water.
- ² So I have looked upon you in the sanctuary,
beholding your power and glory.
- ³ Because your steadfast love is better than life,
my lips will praise you.
- ⁴ So I will bless you as long as I live;
in your name I will lift up my hands.
- ⁵ My soul will be satisfied as with fat and rich food,
and my mouth will praise you with joyful lips,
- ⁶ when I remember you upon my bed,
and meditate on you in the watches of the night;
- ⁷ for you have been my help,
and in the shadow of your wings I will sing for joy.
- ⁸ My soul clings to you;
your right hand upholds me.

God Our Yearning

Have you ever been so thirsty that your mouth was dry, your lips were cracking, and dehydration had set in? Your body was longing for relief. Only a drink of water could quench your extreme thirst and satisfy you. This physical example of longing for a drink can be related to our spiritual life and our deep yearning for God to satisfy us with Himself.

1. Read Psalm 63:1-8 and underline every reference to the **psalmist**.
(*my, I, me*)

Reflect: How does the psalmist describe his longing? In the midst of his longing, what does the psalmist focus his attention on? What does he choose to believe about the Lord?

Reflect: How does the psalmist respond to God's steadfast love?

2. Read Psalm 63:1-8 and mark every reference to **God** with a triangle. (*God, you, your*)

Reflect: Who is God to the spiritually dry and weary and what does He do for them? Is there anything else you learn about the Lord?

Can you relate to what the psalmist is going through and how he feels? When you are going through dry and weary times in life, where can you go for satisfaction and relief? What can you do to earnestly seek Him? Do you believe that He will satisfy your longings with Himself? Spend some time reflecting on His power and glory.