

A Soul Satisfied In The Lord

Psalm 63

Introduction: 1) Humans have been described as “aqua bodies.”

- The human body is 65-70% water.
- We can live without food for up to a month, but we can live only about 3 days without water.

2) Human beings are also “spiritual bodies.” Without God, we will also die, dry up, waste away.

3) Psalm 63 is a psalm of personal lament, penned when David “was in the wilderness of Judah” (superscription). He was on the run in exile during the rebellion of his son Absalom (2 Sam. 15-19).

4) Because of the KJV translation of the word “early” in v. 1, Psalm 63 has been called a “morning psalm.”

- This psalm is something of a climax of a trio of psalms (Pss. 61-63).
- James Boice said it is “almost a love song for God” (p. 517), and J. J. Stewart Perowne said, “this is unquestionably one of the most beautiful and touching psalms in the whole Psalter” (Boice, 517).

I. Seek the Lord with all your heart. 63:1-2

David is in a dry, barren, waterless wilderness. The thirst in his mouth for water prompts him to thirst in his soul for God, and to do so with passion.

1) Seek the Lord earnestly. 61:1

- The name for God, “*Elohim*,” dominates Pss. 42-83, causing this section of Psalms to be called the “Elohistic Psalter.” The repetition of the word God in this verse is virtually equivalent to the covenant name for God, *Yahweh* or *Jehovah*.

- David says, I will seek you “early” (*NKJV*), “earnestly” (*NIV, NASV, ESV*).

Though earnestly may be the better option, there is no need to divide the ideas.

2) **Seek the Lord when thirsty.** **63:1**

- My soul (*nephesh*) thirst for “You” (there are 18 personal pronouns for God in vs. 1-8).
- David’s soul could only be satisfied by One. (cf. John 7:37-38).

3) **Seek the Lord in the sanctuary.** **61:2**

- David had a vision of his God similar to that of Isaiah (cf. Is. 6:1-3).
- David did not long or desire the things of God. He wanted God.
- David recalls a glorious vision of the Lord at the tabernacle, the holy place. The same God, that He fellowshiped with in the place of worship, may be found and enjoyed in the wilderness as well!

II. **Praise the Lord with all your voice.** **63:3-5**

David wanted God more than life, and He told Him and showed Him with passionate praise and worship.

1) **Praise Him with joyful lips.** **63:3, 5**

- Affirmation: “Your lovingkindness (*hesed*) is better than life.”
Response: “My lips shall praise You.” (v. 3)
- Affirmation: “My soul (*nephesh*) shall be satisfied as with marrow and fatness” (fat & abundance), (*NIV*, “richest of foods”).
Response: “my mouth shall praise You with joyful lips.”

2) **Praise Him with joyful hands.** **63:4**

David uses not only his mouth to praise God, he also uses his body, and in particular his hands. The Scriptural witness is abundant for worshipping God with our hands. (Psalm

63:4; Psalm 28:1; Psalm 88:9; Psalm 119:48; Psalm 134:2; Psalm 141:1-2; Psalm 143:6; 2 Chronicles 6:12-13; Ezra 9:5; Nehemiah 8:6; Lamentations 3:41; 1 Timothy 2:8).

Sam Storms provides 6 reasons for why it is appropriate, from a sincere heart, to worship our Lord with uplifted hands. It signifies:

1. *Surrender* to a higher authority.
2. Utter *vulnerability*.
3. Utter *dependency* on God for everything.
4. One who happily and expectantly *receives* a gift from another.
5. My aspiration to direct *attention* away from self to the Savior.
6. As the *beloved* of God, I say tenderly and intimately to the Love of my soul: “Abba, hold me. Protect me. Reveal your heart to me. I am yours!

III. Meditate on the Lord with all your mind. 63:6-8

- The *Shema* is the heart of the Hebrew faith.(Deut. 6:4-6; Matt. 22:37).
- The life of the mind is crucial to the health of the believer’s life. We never honor God with careless or sloppy thinking.

1) Know that He is your helper. 63:6-7

- David meditates on God “in the night watches.” Throughout the night is the idea.
- Why? “Because you have been my help.”

2) Know that He is your protector. 63:8

- David says, “My soul follows close behind you,” literally, “Is cleaved my soul after you.” Cleave or “clings” (*NASV; ESV*) is a word used of the joining of a husband and wife in marriage, or even a daughter-in-law to her mother-in-law as in the case of Ruth and Naomi (Ruth 1:14).
- “Your right hand upholds me.” I can cling and cleave to You in confidence because it is you who is holding me. I cling to you as you hold me! (John 10:27-29).

IV. Trust the Lord with all your hopes. 63:9-11

David expresses his confidence both in what God would do to his enemies (vs. 9-10) and what God would do for him. Those who seek his life will lose theirs (even tragically his son Absalom; 2 Sam. 18:14-15). Those who slander him will be silenced (v. 11).

1) Release your enemies to God. 63:9-10

- Destroyed, slain and consumed, vs. 11 puts a final exclamation mark on their tombstone: “the mouth of those who speak lies shall be stopped.”(cf. Proverbs 6:16-17)

2) Rejoice in your deliverance by God. 63:11

- In stark contrast to those who lie with their tongue, David and those like him, who are satisfied in the Lord, honor God with theirs.
- The mouth of God’s enemies will be stopped, but the mouth of God’s servants will shout and sing forever, never to be silenced throughout all eternity.

Conclusion: Try and find soul satisfaction on your own and you are destined to be disappointed. But, thirst after God with all that you are, and you will find refreshment and rejoicing that will overflow your soul today and forever.