

# GRACE BIBLE CHURCH LORTON

## Finding Water in the Wilderness

### Psalm 63

*Jeremy Smith, Elder  
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We find satisfaction, delight, and comfort through meditating on God and His Word.

#### **A Psalm of David when He Was in the Wilderness of Judah**

King David wrote Psalm 63 when his family was in turmoil. He was even forced to flee to the wilderness when one of his own sons tried to overthrow him. Despite his circumstances, David was able to find satisfaction, delight, and comfort through meditating on God and His Word. As believers living in our own wilderness this side of heaven, we can also find satisfaction, delight, and comfort through meditating on God and His Word.

#### **What Psalm 63 Teaches Us about Meditation**

##### Our Need to Meditate

- As believers, we live in the wilderness of a broken, sin-filled world and have a thirst that only God can quench (Ps. 63:1)

Biblical Meditation Defined: To mutter/murmur. By implication, to ponder, to bring to mind, to be pre-occupied or immersed in something.

- All of us already meditate - we focus on things, we pursue things, we immerse ourselves in things - it's just a matter of what we're meditating on (our problems, how to get out of our problems, distracting or soothing ourselves from our problems, etc.)

##### The Object of Our Meditation

- David meditates on the power and glory of God (Ps. 63:2)
- David meditates on the steadfast, never-changing, love of God (Ps. 63:3-4)

##### The Result of Our Meditation

- David's soul was satisfied when he meditated on God (Ps. 63:5-6)
- David's meditation was persistent - not one-and-done (Ps. 63:6-8)
- David's meditation did not change his circumstances, but it did change his heart and did bring true satisfaction, delight, and comfort

## How Can We Meditate?

### Tools to Help

- Memorize God's Word: Memorize key promises/descriptions of God that you can bring to mind anytime/anywhere.
- Pray Through Your Meditation: Meditation is not just reading or reciting. Pray that God would help you believe these things. Pray that God would change your heart.
- Sing Spiritually Rich Songs: Learn and sing (out loud or to yourself) spiritually rich songs. Music has a powerful ability to get stuck in our heads and to train our hearts.

### Questions to Consider

1. What are some ways that your "wilderness" tempts you to look for satisfaction, delight, or comfort somewhere other than God?
2. What do you find yourself meditating on (e.g., pondering, pursuing, pre-occupied by) most frequently? Why do you think you are meditating on that so much? Is there something you are not trusting God to satisfy?  
Hint: Look for the deeper, underlying issue. If you find yourself pre-occupied with money, what's the biggest reason for that? Are you worried that God will not provide for your needs? Do you want the control/peace of mind that money seemingly provides? Do you want the comfort or entertainment that money seems to offer? Do you want more than what God has provided?
3. What passage in Scripture has been a comfort to you in difficult times? If you can't think of one, consider what you identified in question 2 and find a passage that shows how God fills that need.
4. Since meditation can be done anytime, anywhere, what would it look like in your life if you started to set aside a short time each day to meditate on God?

### Examples of Meditation

#### **When you're feeling alone or unloved:**

1 Peter 5:10 And after you have suffered a little while, the God of all grace, who has called you to His eternal glory in Christ, **will Himself** restore, confirm, strengthen, and establish you.

Zephaniah 3:17 The Lord your God is in your midst, a mighty one who will save; He will rejoice over you with gladness; He will quiet you by His love; He will exult over you with loud singing.

Prayer: God, help me believe that You are with me. That You, God Himself, will restore and strengthen me both during this life and when I run into Your arms in heaven. Help me believe that when You look at me, You're not disappointed or disinterested, but when You look at me You love me so much that You burst into a song of joy. Help me feel Your love and help me rest in Your arms.

Song: How He Loves Us / How Deep the Father's Love for Us

#### **When you're hurting or scared:**

Isaiah 41:10 Fear not, for I am with you; be not dismayed, for I am your God; I will strengthen you, I will help you, I will uphold you with My righteous right hand.

Psalms 121:1-3 I lift up my eyes to the hills. From where does my help come? My help comes from the Lord, who made heaven and earth. He will not let your foot be moved; He who keeps you will not slumber.

Prayer: God, help me! I know You understand my pain. I know Jesus was a man of sorrows and acquainted with grief. I know He suffered in my place, even though He did nothing wrong, so that You could make me Yours. I know I need to trust You, but I don't understand. I can't see what's next. Help me follow Your lead. Help me step out on the waters like Peter and trust You. I'm not strong enough to hold on. I need You to hold me fast. Help me cling to Christ.

Song: He Will Hold Me Fast / The Solid Rock