



# Week One

## Day 4: Psalms of Praise

### Desperate for God

**Selah Moment:** God's love is better than life, therefore I will praise him. (Psalm 63:3)

Imagine traveling for miles in the hot, beating sun. You just guzzled the last drop of water in your canteen, and there is no trace of any moisture around you. The burning sand of the desert scorches your feet. Frantically you look around, on the brink of panic--*what if you can't find any water?*

When David wrote the words of Psalm 63, I imagine he experienced that type of desperation in the desert of Judah. He knew what it was like to be in utter need of food and water in the scorching conditions of the desert. He knew how necessary these elements were to human survival - yet, he knew that he needed God *even more*.

*Oh God you are my God, earnestly I seek you; my soul thirsts for you, in a dry and weary land where there is no water.* Psalm 63:1.

When we think of where we would be without God's grace, mercy, forgiveness, and unending love, we truly understand our desperate need for God!

*'For in him we live and move and have our being.'* Acts 17:28

When we find ourselves in difficult desert situations in life, we know who to call on - and we know that God will uphold us with his righteous right hand. (Psalm 63:8)

The next time you take a sip of ice cold water on a hot day, remember to drink in the unfailing truth of the Word of God. Through his grace and mercy, we are not consumed; but our souls will be satisfied as with the richest of foods. (Psalm 63:5)

Praise God today for his Word, that refreshes our souls, like cool water in the desert heat!





# *Week One*

## *Day 4: Psalm 63*

**Read It:** Read Psalm 63 in your Bible or in the space below.

### **Psalm 63** (NIV)

A psalm of David. When he was in the Desert of Judah.

- 1 You, God, are my God,  
earnestly I seek you;  
I thirst for you,  
my whole being longs for you,  
in a dry and parched land  
where there is no water.
- 2 I have seen you in the sanctuary  
and beheld your power and your glory.
- 3 Because your love is better than life,  
my lips will glorify you.
- 4 I will praise you as long as I live,  
and in your name I will lift up my hands.
- 5 I will be fully satisfied as with the richest of foods;  
with singing lips my mouth will praise you.
- 6 On my bed I remember you;  
I think of you through the watches of the night.
- 7 Because you are my help,  
I sing in the shadow of your wings.
- 8 I cling to you;  
your right hand upholds me.
- 9 Those who want to kill me will be destroyed;  
they will go down to the depths of the earth.
- 10 They will be given over to the sword  
and become food for jackals.
- 11 But the king will rejoice in God;  
all who swear by God will glory in him,  
while the mouths of liars will be silenced.





# *Week One*

## *Day 4: Psalm 63*

**Write It:** Write down at least 1-2 verses from this Psalm that stand out to you.

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**Map It:** Circle or highlight any words or phrases from Psalm 63 that you want to investigate further. How can you seek God with all your heart today?

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**Cross Reference:** Read Psalm 42:1-2. How does this passage remind you of Psalm 63?

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# *Week One*

## *Day 4: Psalm 63*

**Power Proclamation:** Write down at least three truths from Psalm 63 in your own words below. Proclaim the truth of God's Word over your life today!

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**Pray:** Write a prayer to God, asking him to satisfy your soul with the power of his presence, using Psalm 63 as your guide. If you need more space, finish your prayer on the following page.

I am desperate for you God, because...

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## This image shows a blank sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.



# *Psalm 63 Bible Journaling Activity*

Use the image of a glass of water below and write Psalm 63:1  
beside the glass to remind you of your daily need for God!

