

February 22nd, 2009



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

- ¹ O God, you are my God,
earnestly I seek you;
my soul thirsts for you,
my body longs for you,
in a dry and weary 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 My soul will be 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 My soul clings to you;
your right hand upholds me.

Notes: _____

Questions for Reflection and Discussion

Has your soul hungered for God recently? Is your daily schedule structured so you can go and meet God? This week, pray over and meditate on the above Psalm of King David. Ask God to place in your heart and head a hunger for him that only He can satisfy.