

What do you crave? In the middle of the afternoon, when you start feeling down and need a pick-me-up. What is it that you long for? What do you turn to? I often crave donuts, maybe a bag of salty chips, but most often it is a drink of Dr. Pepper. It feels awesome. It is really satisfying for a while, but it doesn't last. Tomorrow I will want another one. Today, we look at what can really satisfy us.

I don't know what you crave. Maybe it is a morning cup of coffee or caffeine. Maybe it is just a few moments of peace and quiet. Maybe it is something darker like alcohol, gambling, pornography, or anything else you think might satisfy.

We are taking a slight break the next three weeks from 1 Samuel. We are going to be in the Psalms, and today we are in Psalm 63. This is one of the Psalms that David actually wrote at this point in our story. When he is wandering lost in the wilderness.

David is still wandering in the wilderness. And it is in this place that he writes about what can truly satisfy. I am sure out in the woods he was craving all sorts of things he didn't and could not have. Probably a warm bed. He probably missed being able to know where the next meal was coming from. I am sure he missed his wife, his home, and his family. But this Psalm is about what he truly craves.

I. Crave the God who satisfies now and forever.

This is the whole Psalm.

I think this is the continued theme and refrain.

God is the only thing that can truly satisfy us.

Plenty of things promise us satisfaction.

And they may even give us satisfaction.

At least for a little while.

But then it fades and never lasts.

But God is the only thing that can truly satisfy us.

Only He can satisfy us now and forever.

And because he is the only one who satisfies.

He is what we should long for.

Verse 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."**

Do you crave the Lord like this?

Do you long for God this way?

David is literally in a dry and weary land.

It is not the wilderness because Israel hasn't colonized or built homes on it yet.

It is the wilderness because it is dry and weary.

It is a barren place where there is no water.

And it is here, physically in the place where he longs for drink and food.

What he craves the most.

What he seeks the most is God.

And we should seek God this way.

We should thirst and long for God as much as we crave junk food.

We should long for God as much as we crave water.

Picture of someone wandering in the Sahara desert.

As they stumble and fall down sand dunes, desperately searching for water.

That is how we are to search and thirst for God.

I love the phrase on my soul, thirst, and my flesh faints.

What is it that your soul thirsts for?

What is it that your flesh faints when you don't have it?

I want you to picture something that when you go without it, your mind starts to tingle.

Maybe think about how you feel about halfway through the day if you haven't had any coffee or caffeine yet.

Your body might start to faint.

Maybe think about how you feel when you realize you don't know exactly where your phone is.

Your mind slowly starts to panic.

Or maybe for you it's something else.
But I know that all of us have something like this.
And for most of us, it isn't the Lord.
For most of us, it is other things.

This is exactly why we as Christians are to regularly practice fasting.
Because we are to remind our bodies and our hearts that we long for God more than food or drink.
It is He that we long for.
And it is He that we seek.
We are supposed to deny ourselves the things that make us feel that way.
So that when we go without our phone and we feel our mind, just wanna pull it out and scroll and move we say no I need Jesus more than that.
When we go without coffee and we're tired, we say Jesus I need you more than I need to be awake and alert.
When our stomach crumbles and our throat is aching, we say Jesus I need you more than I need food or drink.

And we seek him earnestly.
Not just going through the motions.
Not just because it is Sunday or because the Pastor told me to.
We do it because it is the longing of our hearts.
Because we understand that it is He alone who satisfies.

Verse 2, **"So I have looked upon you in the sanctuary, beholding your power and glory."**

David remembers when he has looked at where God dwells.
On one level, he is talking about the Tabernacle.
He has seen the tent of meeting.
And he may even be talking about the ark of the covenant itself.
Since we know that Saul often took it with him to war.
But David is not thinking about the physical place so much as about the power and the glory of God.
It is this which satisfies.

It is seeing and beholding God in his power in his glory and in his might.
This is one of the ways that we can cling to God.
This is one of the ways that we can seek the Lord.
This is one of the ways we can grow in craving God.
By looking on God.
By holding him in the place where He dwells.
When I watch a commercial for donuts.
I start to crave one.
When I look at something delicious, I begin to crave it.
When we behold God, we start to crave him.

So, how can we do that?
We have been beholding him this morning.
When the body of Christ gathers together.
When the Saints come together in the sanctuary to worship Jesus.
God promises to be among us.
And his Holy Spirit is here in a special way when we worship together as a church.
We can behold him as we sing, as we praise, as we worship with song.
We can behold him as we hear his word read, and we hear the words of the prophets and the Holy Spirit.
We can behold God in the preaching of his word, not by beholding me, but by beholding the God that we are speaking about.
We can behold Jesus as we come to the table of communion.
As we eat of the Lord's Supper, we behold the bread, and we behold the cup.
We can behold the glory of God as we look at our fellow image bearers.
As we see that every single person we come into contact with is reflecting the image and the glory of the God that we worship.

We can behold God in his creation.
From going out at night to look up at the stars in the sky.
To simply gazing up with the clouds.

To looking down with the beauty of the smallest of his creatures.
Or how he adorns the wildflowers.
Each of these and some small way reflects the beauty of Jesus.
It reflects the glory of God.
And beholding it satisfies us.
As we look and see him.
Just seen him alone in his might fill our hearts.
Don't just look.
Actually sit and behold.

Verse 3, **"Because your steadfast love is better than life, my lips will praise you."**

Why does Jesus satisfy so much?
Because his love is better than life.
And his love is steadfast.
It does not change with the tides.
It does not shift back and forth.
He does not grow bored with us.

And his love is better than life.
His love is better than anything this life could give us.
This is why we believe Jesus when He says it is better to lose our lives for His sake.
We don't want to gain the whole world if it means that we lose Jesus.
We would rather have Him than anything else.

And because of this we will praise Him with our lips.
We will sing songs of praise.
We will shout for joy.
Being satisfied by Christ means His name is always on our lips.

Verse 4, **"So I will bless you as long as I live; in your name I will lift up my hands."**

And we will continue to bless him.

As long as there is breath in our lungs, we should praise Him.
We should bless His name as long as we live.
Because He is so good to us.

Now I know we aren't Pentecostal.
We can be a little reserved sometimes in our worship.
But there should be times in our lives that we raise our hands.
That we shout for joy.
I raise my hands when I get excited watching a football game.
I know that some of y'all do as well.
We should raise our hands in praise.
At the very least some of the time.

Verse 5, **"My soul will be satisfied as with fat and rich food, and my mouth will praise you with joyful lips,"**

This is one of the key passages.
David's soul is satisfied with God.
It is as satisfied by God as with fat and rich foods.
As satisfied as after the most delicious extravagant meal you can think of.
Not one of those healthy things you force yourself to eat because you know it is good for you but doesn't taste good.
Something that tastes incredible.

That is a picture of how our souls should be satisfied by God.
And it will be.
Because God is what we need.
He is what we must have.
He is the only thing that can satisfy.
St. Augustine, a pastor in the 4th century said, "Our hearts are restless until they find their rest in thee."
He knew what David knew.
He knew what we know.
That we would made for God.
Our souls were made to enjoy Him forever.

But too often we crave things that don't satisfy.
We look and want the things that feel good, but do not last.
A lot of the time we crave things that are just spiritual junk food.
Things that trick us in our souls and make us think it's good for us.
But they are nothing.
They are empty calories that don't fill our bellies and cannot fill our souls.

Geez, it says the only thing that satisfies.
It is him that satisfies better than any food or drink.
It is him that satisfies more than any story.
It is him that satisfies more than anything we could find while scrolling online.
It is him that satisfies more than any pleasure this world could bring.
And it is Him that brings us joy.

Verse 6, **"When I remember you upon my bed, and meditate on you in the watches of the night;"**

I tend to be an overthinker.
Falling asleep at night can be difficult for me.
Because I will have so many thoughts just racing through my head.
And it can be hard to turn it off.
But here David talks about what he thinks of as he falls asleep.
He sits there and remembers God.
He thinks about God's faithfulness.
He meditates on the Lord.

Meditation means that he focuses his thoughts.
He isn't just thinking about what went wrong that day.
He is not just thinking about what he has to accomplish tomorrow.
He is remembering the Lord and his goodness.
Remembering the faithfulness of the Lord.

What does he think about when on watch?
When it is his turn to stay up in the night.

And he need to stay awake and think of something.
It is the Lord that he thinks about.
It is the things of God that he meditates on.
He turns those over and over in his mind.
And he falls asleep thinking about the Lord.

What would happen if we clung to Christ this way?
If our first and last thoughts in the day were of God?
If instead of mindless scrolling on a phone.
Instead of worrying about what tomorrow brought?
Instead of tossing and turning getting frustrated that sleep is not coming,
We just focused our thoughts on the God who satisfies?
And what should we think about?

Verse 7, **"for you have been my help; and in the shadow of your wings I will sing for joy."**

We can recount and think of all the times God has helped us.
David already has plenty in his life.
He can think through the times GOd has delivered him from his enemies.
How God has helped him defeat Goliath.
How God has saved him from Saul's spear.
From Saul trying to capture him at night in his home.
From Saul trying to kill him with the spear again.
From Saul trying to kill him at a feast.
From Saul trying to kill him in the cave.

God has continually been David's help.
And God has been your help.
And we can rest in the shadow of his wings.
Like a mother bird protects her children, so does God cover you with His wings.
Sit for a moment and just picture that.
That God's wings go over us and protect us from the rain.
They shield us from the elements that would harm us.

It holds us close when it's cold.
He is our help.

Or maybe you may think of being in battle of knowing that you have air support.

Their drones and jets and planes and the Lord flying over us.

That even if we can't see, we can look down and see that we are in his shadow.

He has been our help.

So does God watch over you with care.

Maybe instead of falling asleep trying to count sheep.

You could fall asleep counting the number of times God has been your help.

And because he has been help we can sing.

We can sing aloud for joy.

Verse 8, **"My soul clings to you; your right hand upholds me."**

Like a child clings to a blanket.

Like an infant clings to its mother.

We should cling to God.

Our souls must cling to him as a refuge in the storm.

We hold to as a ship holds to an anchor.

We cling and never let go.

We cling to Him when we are anxious.

When we feel anxiety make our hearts beat fast and we feel overwhelmed.

We cling to Him when we feel terrified.

When we are overwhelmed with fear, we cling to him.

When we are completely lost in life.

When we have no idea what decision to make or where to go next.

When we just feel numb because life has been too hard.

We cling to Him.

We should cling to Him always.

How can we do that?

Practically what does it look like to cling to the Lord?

There's a lot of different ways this could physically look like.

The important part is that our heart is desperately holding on to Jesus.

There is a season of my life in college.

And I was far from home. I was really depressed so I was just struggling.

I didn't know what to do.

It's been a lot of times sad and a lot of time trying to find time to cry quietly when no one would hear.

In that season, I climb to the Lord.

One way I did that as I would fall asleep, hugging not a pillow, but my Bible.

And I knew it wasn't good for my Bible physically.

I knew that it wasn't making me more spiritual or anything.

But those nights in the dark, I physically just need to hold onto Jesus in someway.

And that was how I did it.

It totally ruined my Bible, but it's saved my soul.

We need to cling to the Lord

And it is He who does not let us go.

His right hand upholds us.

We holds our hand and keeps us upright.

Like I hold my daughter's hand to hold her up.

Because she can walk, but sometimes she needs help when the steps get big.

God holds us.

He holds us and he refuses to let us go.

Verse 9, **"But those who seek to destroy my life shall go down into the depths of the earth."**

Those who seek to destroy will go to the depths.

This is a poetic way of saying they will be no more.

They will be sent to the deepest pits of hell.
David is thinking about particular people here.
He is thinking about Saul.
He is thinking about Doeg the Edomite, the Philistines, the other men in Saul's army who hate him.
And we can think of people in our lives who wish us harm.
Maybe rivals or neighbors who we dislike.

But I don't think we should primarily think of those people.
Nor should we just think about our political enemies or famous people we want to get what is coming to them.
I think we should think of those who are seeking our lives.
Think of demons.
Think of Satan Himself.
Think of the powers and principalities of the air.
Those who we fight against.
Those who hate you and the church.
Those who try to tempt and deceive us.
It is those who will go down to the pit.
They will be punished forever.
As will sin and death itself.

Verse 10, **"They shall be given over to the power of the sword; they shall be a portion for jackals."**

These opponents and enemies will be given over.
They are given over to their own punishment.
And poetically eaten by the wild animals.

The reality is that sin is unsatisfying.
It leads us to ruin.
I read a story once of Arctic Explorers.
They were on the U.S. Jeannette.
They went up far in the north, trying to find the mythical Northwest Passage.

They thought there was a magical route through the north above Canada and maybe even a beautiful tropical paradise up there.

And they were stuck in the ice far up north above Canada for over a year.

They eventually had to leave their ship and try to find land.

When they finally landed in Siberia, they had been without food for so long.

That's when they stumbled on an abandoned fishing village and finally found some food they devoured it.

And they all wrote and said it was the best food they had ever tasted.

But they were actually eating was a trash pile that been left alone for no one knows how long.

But they thought it was delicious.

Sin deceives us.

And it makes us think that what we are eating is incredible and will satisfy us and it's the best thing we've ever had.

But if we had ice to see, we would know that it is disgusting.

And that it leads to our doom.

We are consuming poison.

These are things that kill.

And those who want nothing to do with Jesus.

Who have decided that he has not satisfying.

Those who refuse to repent of their sins and believe in him and him alone.

They will be given over.

They will be given over to themselves.

They will be given over to sin, and God will sin run its course.

Verse 11, **"But the king shall rejoice in God; all who swear by him shall exult, for the mouths of liars will be stopped."**

Put those trust in the Lord will be satisfied forever.

Those who seek Jesus will be satisfied.

And they will rejoice.

And everyone who is swear by the Lord.

This means all who have proclaimed and said yes Jesus is the one who satisfies.

Jesus is worth giving your life towards.

They will exalt and praise the Lord in the end.

Because they will have been proven right.

The gospel will have been proven true.

Every word that Jesus spoke will be revealed.

In the mouth of all those who badmouth Jesus will be stopped.

One day, no one will be able to argue.

No one any longer will try and debate Christianity.

No longer will anyone badmouth the Bible.

Even though who can't help but lie and run, their mouth will be stopped.

The main thing that we need to see is that Jesus is the only one who can satisfy you.

There are plenty of things that can satisfy you right now.

But they will not last.

Jesus is the only one who can truly satisfy what our hearts and our souls and our bodies need now and all eternity.

That is what our souls need to crave.

And this is what our souls need to be reminded of.

Jesus is the only one who truly satisfies.

His satisfaction lasts until all eternity and forevermore.

In the world to come, every moment is greater than the last.