

# Soul Satisfaction

*My soul shall be satisfied as with marrow and fatness, and my mouth shall praise You with joyful lips. When I remember You on my bed, I meditate on You in the night watches. ~ Psalm 63:5-6*

## Discover the Context Psalm 63



“You awaken me to delight in Your praise; for you have made me for Yourself, and my heart is restless until it finds its rest in You.”  
~ Augustine (400 A.D.)  
*John Piper, a current preacher and author, has made this his life theme: “God is most glorified in me when I am most satisfied in Him.”*



What are the most satisfying and delightful things about God to you? What has God done for you that causes you to cling to Him?



Circle the statements that you agree with.

- ① The more I meditate on God and His Word, the more my desires will be conformed to His will.
- ② Because God has created me in His own image, only He can truly satisfy my soul.
- ③ Satisfaction for my soul will lead to worship of God.

In case you didn’t notice yet, camp is a very busy place. There are nonstop activities all day—games, swimming, competitions, chores, meetings, and a few “refueling” stops in between. All of this is important in several ways, as well as being just plain fun.

But there is also a spiritual side of us which needs attention. In a Christian camp, this is provided for by times spent with God, whether in large groups, in small groups, or individually. Our souls need to connect with God regularly, and that is the focus of Psalm 63.

David speaks in verse 1 of his *thirsty* soul, which he compares to the thirsty wilderness in which he was then living. There is a longing for God, His presence, and His Word, which can only be the sign of a regenerated person. Are you thirsty for God?

David then speaks in verses 5-6 of a *satisfied* soul, indicating that he has taken steps to quench that thirst, evidenced here by joyful lips speaking praise. This is achieved by taking time to remember God and to meditate on Him during those night hours when the body is at rest and there are not as many distractions. Are you satisfied with God?

Then in verse 8 David speaks of the *clinging* soul. He follows close after God, continuing to meditate on Him, learning more about Him, loving Him more, knowing His plans and purposes better, discovering and doing His will. As we continue this walk, we also discover more of His keeping and protecting power: “Your right hand upholds me.” Do you cling to God?

Like us, David also lived in a world that is very hostile to God. There are enemies that would seek to destroy our souls. The way to victory, then, is to thirst for God, find our satisfaction in Him, and cling tightly to Him. [GHH]