

*Summertime
in the*

PSALMS





When Hunger Makes Us Angry

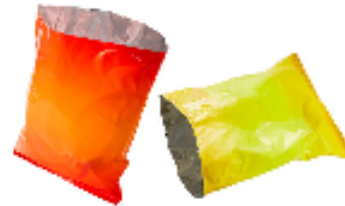
Your hunger is making you increasingly upset, irritable, and angry

One of the many consequences of being hangry is binge eating

You go to the cabinet, fling open the doors, and you grab a snack



But that really does not satisfy you, so grab another, and perhaps another



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When Hunger Makes Us Angry

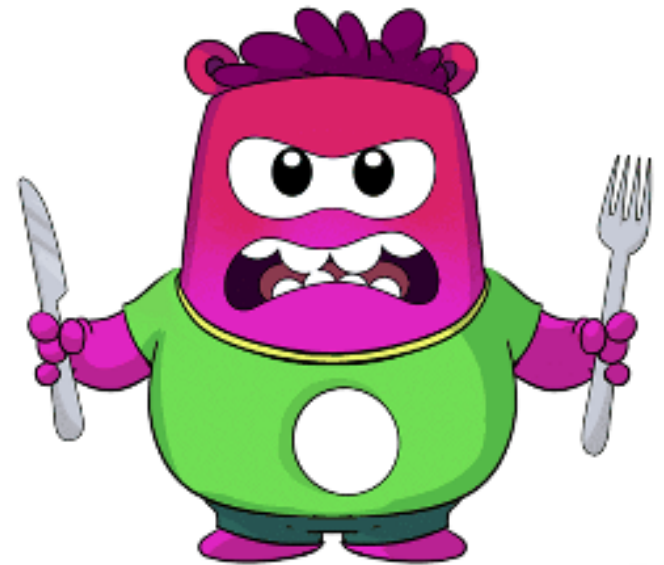
We feel empty and frustrated

We feel like something's missing

**We feel a hunger we
can't quite name**

And so we reach for something

**And when that doesn't satisfy, we
assume the problem isn't what
we're eating, but how much**



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When Hunger Makes Us Angry

**So, we consume more.
We chase harder.**



We gorge ourselves, hoping it will finally fill us

But it never does

Ravi Zacharias once said, *“The loneliest moment in life is when you experience that which you thought would deliver the ultimate—and it lets you down.”*

Augustine said it this way: *“You have made us for Yourself, O Lord, and our hearts are restless until they rest in You.”*





My Soul Seeks

**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.**

**David doesn't start with solutions,
he starts with honesty**

We are independent people

We don't like admitting weakness

We don't like saying, "I need help."



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My Soul Seeks

**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.**

Over and over again, they remind us:

We are small

We are dependent

We are needy

**Put there
on Purpose**

**And not only do we struggle to admit that
we're hungry, we struggle even more to
know what will satisfy that hunger**



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My Soul Seeks

From one man he made all the nations, that they should inhabit the whole earth; and he marked out their appointed times in history and the boundaries of their lands. God did this so that they would seek him and perhaps reach out for him and find him, though he is not far from any one of us.

Acts 17:26-27

How David seeks God:

“I shall seek You earnestly.”

Not casually... Not when it's convenient...

Not when there's nothing better going on





My Soul Seeks Earnestly

**He's searching like someone dying
of thirst in a desert**

**And we often learn to seek God
earnestly when we finally become
honest about how badly we need Him**

**Psalm 63 doesn't just diagnose the
hunger; it promises satisfaction**





David Sought and Found

I have seen you in the sanctuary and beheld your power and your glory. Because your love is better than life.

Where do we go to find God?

For Israel, that meant the sanctuary the place God promised to meet His people.

When David could not physically see, he focused on life moments, not sacred places and objects





God Revealed Himself

**I have seen you in the sanctuary and beheld
your power and your glory. Because your
love is better than life.**

**David saw God's power,
God's glory, and God's love**

**He discovered God's covenant
loyalty, His strength and
faithfulness, and His might and mercy**

**God is more solid than anything
else in my life**



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God Redirected Worship

My lips will glorify you. I will praise you as long as I live, and in your name, I will lift up my hands.

Worship erupts naturally

Worship is not something we do to get God's attention

Worship is what happens when God reveals who He is

And if there was one thing David knew how to do, it was worship



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God Redirected Worship

My lips will glorify you. I will praise you as long as I live, and in your name, I will lift up my hands.

He begins with his mouth: his lips and voice creating an endless praise throughout his life.

“I lift my hands,” he’s not talking about a posture in a song

Empty hands

Open hands

Expectant hands saying “I will trust You to fill what I cannot.”





God Restored Satisfaction

I will be fully satisfied as with the richest of foods; with singing lips my mouth will praise you.

“My soul is satisfied.”

**Like a meal
that nourishes**

**Like water that
quenches thirst**

**When we truly encounter God, our
problems don't disappear, but they shrink**

**They find their proper size in the
shadow of His glory**



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My Soul Remembers

On my bed I remember you; I think of you through the watches of the night. Because you are my help, I sing in the shadow of your wings. I cling to you; your right hand upholds me.

He remembers who God is

He meditates deeply on what he knows to be true

He recalls God's past help

These remembrances give David the strength to cling





What are you Hungry for?

Psalm 63 is about recognizing a hunger that already exists.

The question is what do you keep reaching for?

Because your soul will seek something

Your soul will cling somewhere

Your soul will be satisfied or frustrated

Psalm 63 invites us to stop pretending

**Because we were made for Him and
nothing else will ever be enough**



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