

The Believer's
Quiet Time
Psalm 63:1-8

Psalm 63:1-4

1 A Psalm of David, when he was in the wilderness of Judah.

O God, thou art my God; early will I seek thee: my soul thirsteth for thee, my flesh longeth for thee in a dry and thirsty land, where no water is;

2 To see thy power and thy glory, so as I have seen thee in the sanctuary.

3 Because thy lovingkindness is better than life, my lips shall praise thee.

4 Thus will I bless thee while I live: I will lift up my hands in thy name.

Psalm 63:1-8

5 My soul shall be satisfied as with marrow and fatness; and my mouth shall praise thee with joyful lips:

6 When I remember thee upon my bed, and meditate on thee in the night watches.

7 Because thou hast been my help, therefore in the shadow of thy wings will I rejoice.

8 My soul followeth hard after thee: thy right hand upholdeth me.

These questions are for your consideration:-

- (1) How consistent is your QT?
- (2) What are the common distractions to your QT?
- (3) Share a blessing you received in your QT recently?

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Blessedness

Only Jesus, Only Jesus

Only Jesus, only Jesus (2x)

Only He can satisfy,

Every burden is turned to blessing,

When I know my Lord is nigh.

The psalmist testified that his soul
as being “**satisfied as with
marrow and fatness**” (Psalm
63:5a) and his “**mouth shall
praise**” God “**with joyful
lips**” (Psalm 63:5b)
when he draws nigh to his God.

When we draw nigh to Jesus, every
burden is turned to blessing.

(1) Seek God early (v1a)

O God, thou art my God; early will I seek thee...

Psalm 42:1 “As the hart panteth after the water brooks...”,

CH Spurgeon

“**A camel does not pant after water brooks**, because it carries its own water within.

But the hart does, because it has no inward resources.

After being hunted on a hot day, it has no inward supplies; it is drained of its moisture. So are we. We do not carry a store of grace within of our own on which we can rely. We need to come again and again and again to the divine fountain and drink of the eternal spring. Hence it is because we have a new life, and that life is dependent on God, and has all its fresh springs in Him, therefore we pant and thirst after Him.” (Edited)

(2) Seek the glory and power of God (v2)

2 To see thy power and thy glory, so as I have seen thee in the sanctuary.

(3) Prayer Is Power (v3-4)

3 Because thy lovingkindness is better than life, my lips shall praise thee. 4 Thus will I bless thee while I live: I will lift up my hands in thy name.

David lifted his hands in prayer

(4) Experience answers from God (v5)

*My soul shall be satisfied as with marrow and fatness;
and my mouth shall praise thee with joyful lips.*

David experienced answers from God

(5) Strengthened and Rejoicing (v6-7)

6 When I remember thee upon my bed, and meditate on thee in the night watches. 7 Because thou hast been my help, therefore in the shadow of thy wings will I rejoice.

David is strengthened and rejoices when he remembered the promises of God and meditate upon them.

Psalm 1:2 “But his delight
is in the law of the LORD;
and in his law doth he
meditate day and night.”

Realization

- (a) Because He is God (v1a)
- (b) His thirsty soul may be filled (v1b)
- (c) A weary body may be refreshed (v2)
- (d) He may see God's power and glory (v3a)
- (e) Recount past faithfulness of God (v3b,7)
- (f) God loves and cares for him (v3a)
- (g) God is praiseworthy for He is the Giver of life (v4b)
- (h) He shall receive nourishment for his soul – marrow and fatness (v5a)
- (i) It gives him joy in the heart (v5b)
- (j) God favours him – What a friend He has in Jesus! (v8b)

(5) Determination and Resolve in his heart

My soul followeth hard after thee: thy right
hand upholdeth me.

The verb “follow hard” literally means “to cling, to cleave”.

What is the motivation that gave him the strength to cling and cleave to God?

1 Timothy 4:7b ...*exercise thyself rather unto godliness.*

The word “exercise” “γυμνάζω” means “train, exercise, work out vigorously”, to sweat it out.

This is the New Testament metaphor for “discipline”.

1 Corinthians 9:25-27

And every man that ***striveth*** for the mastery is temperate in all things. Now they do it to obtain a corruptible crown; but we an incorruptible. I therefore so run, not as uncertainly; so fight I, not as one that beateth the air: But I keep under my body, and bring it into subjection: lest that by any means, when I have preached to others, I myself should be a castaway.

The word “strive”
“ἀγωνίζομαι” is “to engage
in an (athletic) contest, fight,
struggle, strive, strain every
nerve, toil, sweat it out.”

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By Gertrude Grace Sanborn
(1904-1988)

The New Testament contains 27 books, 260 chapters, 7957 verses and 180,751 words.

The Old Testament contains 39 books, 929 chapters, 23,144 verses and 610,577 words.

The Entire Bible contains 66 books, 1189 chapters, 31,101 verses and 791,328 words.

(THE DEFINED KING JAMES BIBLE, xxiii)

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