

**Satisfied and Sustained**  
**Psalm 63**  
**Sunday, June 22<sup>nd</sup>, 2025**  
**By Ryan Perry**

**Scripture**

**Psalm 63**

- [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.**
- [2] So I have looked upon you in the sanctuary,  
beholding your power and glory.**
- [3] Because your steadfast love is better than life,  
my lips will praise you.**
- [4] So I will bless you as long as I live;  
in your name I will lift up my hands.**
- [5] My soul will be satisfied as with fat and rich food,  
and my mouth will praise you with joyful lips,**
- [6] when I remember you upon my bed,  
and meditate on you in the watches of the night;**
- [7] for you have been my help,  
and in the shadow of your wings I will sing for joy.**
- [8] My soul clings to you;  
your right hand upholds me.**
- [9] But those who seek to destroy my life  
shall go down into the depths of the earth;**
- [10] they shall be given over to the power of the sword;  
they shall be a portion for jackals.**
- [11] But the king shall rejoice in God;  
all who swear by him shall exult,  
for the mouths of liars will be stopped.**

**Let's Pray**

**Introduction**

**Illustration:**

According to the website "thefailureinstitute.com," here is a list of life hacks that will help you to get through hard times.

1. Believe that failure is not an identity.

2. Understand that no one is perfect.
3. Surround yourself with people who give you energy.
4. Focus on what you can control.
5. Unplug and go offline.
6. Ditch your phones and pick up a good book.
7. Get to know yourself better.
8. Don't make decisions when you're feeling down.
9. Exercise.
10. Focus on your values and design your life.

Now, there is nothing wrong with this list. Each of these, if applied in the right way, can be useful to us in dealing with difficult situations.

It can be good to focus on what you can control in a giving situation so that you aren't spiraling over the things you can't. It's a good practice to hold off on making big decisions when you're down or when your mind isn't thinking clearly. Unplugging and going offline might be the best thing for you because the constant barrage of negative stimuli from the internet is spiking your cortisol level, causing you to be anxious and worried.

However, at its core, this is really a list of strategies that may or may not help us to cope with our feelings when we are walking through hard issues.

It's the equivalent of taking Tylenol or Ibuprofen when you have a headache. They deal with the symptoms of a problem, but can't get to the root cause or solution.

Because none of these hacks can give us the answer to the core question that our hearts are wrestling with when we go through hard times.

### **Where does real and lasting satisfaction and sustainment come from?**

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#### **This is the exact question that David is dealing with in Psalm 63.**

As we look at the superscript of this Psalm, we learn something very important about David's current situation. He is wandering in the wilderness, which, in the Middle East, is the desert.

Now, in 1 and 2 Samuel, there were actually two times that David was forced to wander like this. The 1<sup>st</sup> is in 1 Samuel 23:14-29 when he fled from Saul, and the 2<sup>nd</sup> is in 2 Samuel 15:13-23 when David had to flee from his son Absalom, who was trying to take over as king.

And as we look at this Psalm, his reference to "the king rejoicing in God" in verse 11 gives us ample reason to believe that this wilderness experience was when he was running from his son Absalom.

This is important because the mighty King David, who at one time had everything, has been forced out of his kingdom and into the desert, where he now seemingly has nothing. Which means that he is being forced to ask himself the question that I mentioned earlier:

**Where does his real and lasting satisfaction and sustainment come from?**

But instead of looking to his circumstances or to self-help hacks for the answer, he turns his attention to God as the only one who can sustain his life and satisfy his soul.

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Now, you might be here this morning in the midst of your own desert wandering or hardship, or you're on the other side, and for you, things are going great.

Either way, I believe this psalm will be helpful for each of us today. Because it will call us to take our focus off of our circumstances as the source of our satisfaction, sustainment, and ultimately our joy, and it will put it on God.

That we would eagerly long for God. That we would believe that our satisfaction and sustainment come from God, and that we would respond to him, in all situations, with Joy-filled worship.

So let's begin by looking at David's longing as he's in the desert.

**Eagerly long for God.**

**Psalm 63**

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

**Illustration:**

How many of you have ever experienced extreme feelings of either thirst or hunger?

For me, I was fortunate enough to experience both of these this past weekend. Last Saturday, I spent the day working in our yard trying to take out some old cast iron clothes poles. If you've ever had these in your yard, you know that they are heavy, and they are put deep into the ground with a lot of concrete.

To make our situation even more complicated, our clotheslines each had two poles that went into the ground, and one of them was surrounded by rocks and landscaping bricks. All of that to say that it took me a decent part of the day to get these out.

Now, I don't know if you work this way or not, but when I get into a project, I have this nasty habit of forgetting about everything else. This includes things like drinking water and eating food.

So you can imagine what happened once I finished this project. All of a sudden, this dire thirst hit me, and I drank almost two 32-ounce bottles of water, and I became so hungry that I literally started to shake.

I definitely do not recommend doing that, but it does help us to understand the physical circumstances that David and his companions are dealing with.

## **Text**

In 2 Samuel 15:13-14, David learns that all the men of Israel have decided to follow Absalom. So he quickly decides to flee to the wilderness with his servants because he knows that Absalom will eventually come to kill him.

If you don't remember the back story here, David exiled his son Absalom because he killed another one of David's sons Amnon, because he raped his sister Tamar. And it's because of this exile that he now wants to kill his father, David, and become king. **It's a total mess!**

So David, his servants, and his household packed their bags, ran away quickly, and probably didn't have enough time to gather the necessary water or food to take with them. We can see evidence of this in 2 Samuel 16:14 when it says:

***[14] And the king, and all the people who were with him, arrived weary at the Jordan. And there he refreshed himself.***

And yet, despite the weariness, hunger, and thirst, that he was experiencing in the dessert, David writes these words in Psalm 63:1.

***[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.***

David knew he needed water, and he knew that he needed food. But he also knew that what he needed more than those physical refreshments was to be refreshed and sustained by God.

Because he was a man who had experienced the power and greatness of God in his life. As it says in Psalm 63:2:

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

## Psalm 23:1-3

***[1] The LORD is my shepherd; I shall not want.***

***[2] He makes me lie down in green pastures.***

***He leads me beside still waters.***

***[3] He restores my soul.***

***He leads me in paths of righteousness  
for his name's sake.***

So instead of running after food and water as his source of refreshment in the wilderness, he first and foremost runs to God.

### Application

Now, all of us, at one time or another, have felt a deep longing for God and have experienced the help, refreshment, and delight that he brings to our souls through Christ.

But what troubles me about my own soul is how quickly that delight and refreshment can fade, and how easily I can go from zeal to apathy when it comes to my relationship with God...**Have you ever felt that?**

**Why does that happen? Why do we end up longing for lesser things instead of turning to Jesus?**

And I believe that answer lies in the fact that we don't always see, feel, or believe that we are in need of him.

We at times become like the Israelites in Jeremiah 2:13, where the prophet writes:

***[13] for my people have committed two evils:***

***they have forsaken me,***

***the fountain of living waters,***

***and hewed out cisterns for themselves,***

***broken cisterns that can hold no water.***

We fall into the lie that our manmade cisterns of stuff, technology, media, food, vacations, jobs, etc... will satisfy us more than our God and Savior, who purchased us with his own blood. **Which means that we end up drinking from wells will never actually satisfy us.**

Jesus understood this tendency within us, which is why he says in John 6:35:

***[35] "I am the bread of life; whoever comes to me shall not hunger, and whoever believes in me shall never thirst."***

As the crowds were gathering around Jesus, he understood that they were seeking him for physical bread and water, but they didn't see him as their source of everlasting life and satisfaction.

So he lovingly points them to their greater hunger and thirst, which was a soul-satisfying and sustaining relationship with God that could only be found in him.

But instead of believing the words of Jesus, many of the crowds deserted him, because they didn't see their need of him. **They rejected him, "as the fountain of living water."**

Now, I don't think many of us are actually rejecting our belief in Jesus, like the crowds did. But I do think that we struggle to hunger and thirst for Christ, because at times our appetites are focused on lesser things.

**So, we don't long for him, we don't pursue him, we don't feast on his word, and we aren't experiencing a full and robust relationship with him, because we are believing that something else will satisfy us.**

If this is you this morning, I'm not here to condemn you. Instead, I identify with you as someone who struggles with the same thing. However, at the same time, I want us all to see that God in Christ has something better for us.

That we can experience the full, robust, and joy-filled relationship that he has given us through Jesus, and that he is the one and only one who can fulfill the true longings of our hearts.

But it requires us to believe that our satisfaction and sustainment come from God, and God alone. **As David says in Psalm 63:3-8.**

**Believe that God will satisfy and sustain you.**

**Psalm 63:3-8**

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

***[4] So I will bless you as long as I live;  
in your name I will lift up my hands.***

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

***[6] when I remember you upon my bed,  
and meditate on you in the watches of the night;***

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

***[8] My soul clings to you;  
your right hand upholds me.***

**Illustration:**

When our kids were fairly young, like 5, 3, 2, I remember uttering these words on multiple occasions, **"I can't wait until our kids are older because then things will get easier, and we will have more time."** I honestly wish I had never said those words.

Now, there are definitely things that are easier than they were back then. Bedtime isn't a struggle anymore, our kids, in general, eat their food, and for the most part, we don't deal with extreme temper tantrums anymore.

**But that doesn't mean that we have more time or that things are all together easier. In fact, it feels like we are busier now than we've ever been as a family.**

And yet, there was a reason that I said those words. It was because I was longing for something. I was admittedly tired, and I just wanted things to feel easier within our home. And I believed that the solution to that problem was that my kids just needed to grow up.

Because then I could relax more, I would have less stress, a better work-life balance, and my overall existence would be better and more satisfying. **I believed the lie that my circumstances dictated my joy and my satisfaction.**

### **Text**

In his current situation, David could have said something similar in the desert.

Think about it. Before he was in the wilderness, David was a man who had lived in abundance and was secure. He had a lot gold and silver, he had a palace, a kingdom, servants, an army, and God, for the most part, had given him victory over all of his enemies.

**So there wasn't much that David could have wanted or needed in a physical sense.**

And yet, when faced with the physical trial of the wilderness and separation from his kingdom, he doesn't say, *"Oh God I wish I was back in my palace with all my money, the amazing food, my servants, army, and comfy bed."*

Instead, he says, "God, I need you, I long for you, and I thirst for you." Which is his way of saying, "I need you more than anything else."

**But why can David say that? Why does he so intensely feel his need for God?**

Because he believed the following three things about God.

1. That his everlasting love was better than life itself. As he said in verse 3:

***[3] Because your steadfast love is better than life,***

2. That God was more satisfying than even the best meat in the kingdom. As he says in verse 5:

***[5] My soul will be satisfied as with fat and rich food,***

3. That God would sustain him even in the desert. As he says in verse 8:

***[8] My soul clings to you; your right hand upholds me.***

David believed, with his whole heart, that God's unbreakable and unfailing love and power would satisfy and sustain him more than anything else. This is why he uses such extreme language when talking about his longing for God.

In fact, it's similar to Paul's extreme yearning to know Christ in Philippians 3:8. As it says:

***[8] Indeed, I count everything as loss because of the surpassing worth of knowing Christ Jesus my Lord. For his sake I have suffered the loss of all things and count them as rubbish, in order that I may gain Christ...***

Paul, like David, understood the satisfying and sustaining power of God, through Christ, and he is willing to give up everything to know him and to be with him.

### **Application**

Look, I'm not trying to say that you actually need to give up your possessions to follow Jesus. I like my house, my bed, my car, and scripture isn't telling us that we have to mimic Paul's by getting rid of our stuff. Nor, do we need to be like David and wander in a physical desert.

However, if we want to experience the kind of lasting satisfaction that they both experienced, and if we want to live with a rock-solid confidence that they had in the sustaining power of God, **then we need to believe that God, through Christ is the one, and only one who can provide those things, and that no other substitute will do.**

### **Text**

So how do we get there beyond just saying, "Well, God's gotta do it?" Which is true by the way, but isn't helpful in the actual day-to-day practice of our faith.

How do we become people who believe that our greatest delight and satisfaction are found in Jesus? How can we grow in our ability to look to him to sustain us?

I think David gives us the answer in Psalm 63:6 when he writes:

***[6] when I remember you upon my bed,  
and meditate on you in the watches of the night;***

**I hope you see the important connection here:** David's belief that the unfailing love of God was better than life, and that God would satisfy and sustain him, comes out of his remembering and meditating on God.

**And I would say that more often than not, the source of that remembering and meditation, according to the Psalms, is the Word of God.**

### **Application**

Now, we've all heard sermons like this before where the preacher tells us to remember and meditate on God and His Word.



And I can imagine we all leave feeling the same way. “If I just read my Bible more than I would really trust God and all of my struggles would be gone.”

For some of us, we may need to read our Bibles more, but we need to understand how modern of an idea that really is.

Because for most of Biblical history, people didn’t have the written law or Bibles in their homes. **The only way they would hear it or know it was when someone read it to them.**

Then from there, they would commit it to memory and would spend time thinking about who God is for them and how his truth applied to the various situations of their lives.

**This is exactly what David was doing.** As he was struggling in the wilderness, he was thinking about and mulling over what he knew to be true about God from the law, and how he had seen God and his truth at work in his life.

Which is why he could say that God will satisfy him in verse 5, and that he will be his help and refuge in verse 7.

**Because his focus wasn't on his circumstances. Instead, in all of his struggles, he was thinking about and applying the truths he knew about God and His word.**

For us, this means that instead of just reading God’s word, we need to think about it, we need to mull it over, we need to commit it to memory, we need to pray through it, and we need to ask God to apply it to the various situations in our lives.

And as we continually turn our eyes toward God and his Word, like David did, we will begin to believe all that he says to us about his love, grandeur, goodness, and faithfulness to us, through his Son Jesus Christ.

So that, whether we’re in the wilderness or on the mountain top, we will be able to find our fulfillment and sustainment in Christ and not in our circumstances.

This is exactly what David was doing in the desert, which led him to respond to God with confidence and joy-filled worship.

**Respond to God with confidence and joy-filled Worship.**

Look with me at David’s confident and joy-filled responses in this Psalm.

**Verse 3: *my lips will praise you.***

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

**Verse 5: *my mouth will praise you with joyful lips,***

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

**Verse 8: *My soul clings to you;***

**Verse 9: *But those who seek to destroy my life shall go down into the depths of the earth;***

**Verse 11: *But the king shall rejoice in God; all who swear by him shall exult,***

**Text:**

If there's one thing that this psalm makes very clear, it's the fact that David trusted God, and believed that he would satisfy and sustain him.

And we are now seeing the fruit of that faith overflow into his words and actions. He is joyfully and exuberantly praising God, he's proclaiming the truths of who he is, and is confidently asserting that God's going to take care of him.

But this doesn't mean that David didn't struggle. As you read his other psalms or about his life in 1 and 2 Samuel, there are plenty of times when David's soul is struggling with his circumstances or when he even sins against God.

In fact, the main reason that David is in the wilderness is that God was punishing him for his sin with Bathsheba.

And yet, despite his sin and all the enemies who came against him, David never turns to simple life hacks to get through his problems. Nor does he turn to the false security of his kingdom as his source of sustenance and rescue.

Rather, he always comes back to God. So then, even when things are hard, like in this Psalm, he can confidently worship God and rejoice in him, because he knows and believes that God is for him.

**Application:**

As I said at the beginning of this message, I don't know if you're in the wilderness today or if you're feeling like a million bucks because everything seems to be going right.

But what I do know is that God loves you and is for you, no matter how you are feeling today. He sent his Son Jesus Christ to die in your place so that you could be his child and experience a full and everlasting life in him.

And through Psalm 63 he is calling to you. He is calling you to earnestly seek him and to meditate on his word so that you will see Christ as your fountain of living water, regardless of your circumstances.

Because he is our fulfillment, he is our one and only hope for eternal life, and whether you realize it or not, his promise to us is that he will sustain us, every single day, until we are with him forever.

So I want to urge each one of us to come to Jesus. Let's put our full confidence in him, worship him with a joy-filled gladness, and remember that everything we need for this life and beyond is ours through Christ, because he loves us with an unfailing love that, as David says, is better than life.

**Let's pray.**