

Text: **Psalm 63**

Title: **“I meditate on You in the night watches”**

INTRODUCTION

1. There may come “desperate times” in life
2. The superscription of Psalm 63 describes the Psalmist David
In the wilderness of Judah
3. Cut off from familiar surroundings, Meditation becomes even more important

THE CIRCUMSTANCES OF DAVID DESCRIBED

1. A deep sense of need for God (Psalm 63:1)
 - a) Compared to “thirst”
 - i) “My soul thirsts for You”
 - ii) “My flesh longs for You”
 - b) Compared to a wilderness
 - i) “In a dry and thirsty land”
 - ii) “Where there is no water”
2. A consciousness of the threat of wicked enemies (Psalm 63:9)
 - a) Enemies who sought David
 - b) They were seeking to destroy him

THE SEARCH FOR GOD AND HIS HELP

1. In His sanctuary (Psalm 63:2)

a) Looking

“So, I have looked for You in the sanctuary”

b) Looking for God’s power and glory

“To see Your power and Your glory”

c) Recalling God’s lovingkindness

“Your lovingkindness is better than life” Psalm 63:3a

d) Rejoicing in God

i) Praise

“My lips shall praise You” Psalm 63:3b

ii) Blessing the Lord

“Thus I will bless You while I live” Psalm 63:4a

iii) Praying to God

“I will lift up my hands in Your name” Psalm 63:4b

iv) Satisfaction

*“My soul shall be satisfied with marrow
And fatness” Psalm 63:5a*

v) Joyful lips of praise

*“And my mouth shall praise You
With joyful lips” Psalm 65:5b*

2. Remembering God

a) Remembering God in the night

“When I remember You on my bed” Psalm 63:6a

b) Meditating on God in the night

“I meditate on You in the night watches” Psalm 63:6b

EXERCISING TRUST RENEWED IN GOD

1. Meditation should lead to renewed trust in God

“Because You have been my help” Psalm 63:7a

2. Trusting more deeply in the shadow of God’s Wings

“Therefore in the shadow of Your wings I will rejoice” Psalm 63:7b

3. Determining to follow God closely

“My soul follows close behind You” Psalm 63:8a

4. Sensing God’s right hand

“Your right hand upholds me” Psalm 63:8b

5. Rejoicing and glorying in God

a) Rejoicing

“But the king shall rejoice in God” Psalm 63:11a

b) Glorying

“Everyone who swears by Him shall glory” Psalm 63:11b

CONCLUSION

1. Meditation has definite benefits
2. It can cause a renewal of trust in God
3. It can sustain the spirit of joy
4. No Meditation on God would be in vain