

Soul Food
Psalm 63:1-11, John 5:31-40
January 31, 2016

1 O God, You are my God;

***I shall seek You earnestly;
My soul thirsts for You, my flesh yearns for You,
In a dry and weary land where there is no water.***

John 15:5 *“I am the vine; you are the branches. If you remain in me and I in you, you will bear much fruit; apart from me you can do nothing.”*

Jeremiah 29:13 *You will seek me and find me when you seek me with all your heart.*

John 5:39-40 *You study the Scriptures diligently because you think that in them you have eternal life. These are the very Scriptures that testify about me, ⁴⁰ yet you refuse to come to me to have life.*

**2 Thus I have seen You in the sanctuary,
To see Your power and Your glory.**

**3 Because Your lovingkindness is better than life,
My lips will praise You.**

**4 So I will bless You as long as I live;
I will lift up my hands in Your name.**

I Timothy 2:8 *Therefore I want the men everywhere to pray, lifting up holy hands without anger or disputing.*

**5 My soul is satisfied as with marrow and fatness,
And my mouth offers praises with joyful lips.**

**6 When I remember You on my bed,
I meditate on You in the night watches,**

Colossians 3:1-2 Since, then, you have been raised with Christ, set your hearts on things above, where Christ is, seated at the right hand of God. 2 Set your minds on things above, not on earthly things.

**7 For You have been my help,
And in the shadow of Your wings I sing for joy.**

**8 My soul clings to You;
Your right hand upholds me.**

**9 But those who seek my life to destroy it,
Will go into the depths of the earth.**

**10 They will be delivered over to the power of the sword;
They will be a prey for foxes.**

**11 But the king will rejoice in God;
Everyone who swears by Him will glory,
For the mouths of those who speak lies will be stopped.**

John 5:39-40 You study the Scriptures diligently because you think that in them you have eternal life. These are the very Scriptures that testify about me, ⁴⁰ yet you refuse to come to me to have life.

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Have you ever had a spiritual dry spell?
Your soul feels parched, undernourished?
Maybe you're in one now.
If not you probably will have one someday.
You need soul food!
This psalm helps us know what to do.
How to get out of a dry spell
How to avoid spiritual famine.

1 O God, You are my God;

- This is NOT, “O God, if there is a God, have mercy on my soul, if I have a soul.”
- This psalm is about a personal relationship with a personal God.
- And that personal relationship is at the core of life. It is the most important thing in life.

I shall seek You earnestly;

- Earnestly. Eagerly.
- Earnest money.
- Earnestly or early. Morning devotions are a good thing.
- Early. Seek God FIRST, before you try other things.
(Partying, yoga, materialism, popularity, success, romance ...)

Jeremiah 29:13 *You will seek me and find me when you seek me with all your heart.*

My soul thirsts for You, my flesh yearns for You,

- It is the *soul* that thirsts.
- Some translations say “I thirst for You.”

In a dry and weary land where there is no water.

- Even though he is in the desert and possibly experiencing physical thirst, it is the spiritual thirst that is foremost in his mind.
- It is like when we are fasting, the craving for physical food prompts our cravings for God.

John 15:5 ***“I am the vine; you are the branches. If you remain in me and I in you, you will bear much fruit; apart from me you can do nothing.”***

- We find intimacy with God through Jesus Christ.
- This whole Psalm is about Him.

John 5:39-40 ***You study the Scriptures diligently because you think that in them you have eternal life. These are the very Scriptures that testify about me, ⁴⁰ yet you refuse to come to me to have life.***

***2 Thus I have seen You in the sanctuary,
To see Your power and Your glory.***

- Past tense. Remember powerful worship experiences.
- Remember the mountain tops. (Emmaus, Worship.)
- A young man (Brian Cole Jr.) who went to Chrysalis. “It can’t be like that all the time!”

***3 Because Your lovingkindness is better than life,
My lips will praise You.***

- Whatever the world, the flesh or the devil tries to offer us, God’s love is better.
- Turkish Delight/Precious.

■ HOW DO WE PRAISE WITH OUR LIPS?

- Saying the liturgy, singing hymns and praise songs – both as long as they bring praise to God.
- When someone's heart is on fire for Jesus, when someone is over-flowing with the Holy Spirit and head-over-heels in love with God, how can that person complain about music that is devoted to Jesus?
- How can such a person sit or stand there and not sing God's praises?
- That in itself is a symptom of spiritual dryness.
- And singing praise to God is part of the cure!

***4 So I will bless You as long as I live;
I will lift up my hands in Your name.***

- There ya go! The Bible says to lift up our hands in worship!
- We left a denomination because they were saying people didn't have to do what the Bible says. The issue was sexuality, but what about worship? Why is important to do what the Bible says in one area but not another.
- You may not be comfortable with it, but try it.
- See if there is a strength, a power in worshiping the way the Bible says.
- It's in both the Old Testament and the New Testament.

I Timothy 2:8 ***Therefore I want the men everywhere to pray, lifting up holy hands without anger or disputing.***

- It isn't a magical action, but it's an act of obedience.
- And obedience is a cure for spiritual dryness.
- Obedience is soul food.
- Try it.
- Try it at church. Try it at home.

***5 My soul is satisfied as with marrow and
fatness,
And my mouth offers praises with joyful lips.***

- Just as it is the soul that thirsts, it is the soul that is satisfied.
- Like after Thanksgiving dinner.
- If you're dry, the psalm teaches, praise. Praise with your lips. Lift up your hands.

***6 When I remember You on my bed,
I meditate on You in the night watches,***

- Evening devotions are a good thing, too.
- When you can't sleep at night, don't fret and worry.
- Meditate on God.
- Memorize Scripture and mediate on it.
- Christian meditation is not emptying your mind, but filling it with God.
- Contemplate a God who is infinite in being, power, love for you.
- Picture Cross. "Survey the Wondrous Cross ..."
- Contemplate Heaven.

Colossians 3:1-2 Since, then, you have been raised with Christ, set your hearts on things above, where Christ is, seated at the right hand of God. 2 Set your minds on things above, not on earthly things.

***7 For You have been my help,
And in the shadow of Your wings I sing for joy.***

- What a beautiful picture of intimacy,
- Like a mother bird protecting a chick.
- Safe and singing.
- Or maybe it's like the wings of an angel.

***8 My soul clings to You;
Your right hand upholds me.***

- It is the *soul* that clings.
- Grab hold of God with your soul.
- Hang on for dear life.
- Know that God is also clinging to you!
- What beautiful closeness.
- Divine human intimacy.

***9 But those who seek my life to destroy it,
Will go into the depths of the earth.
10 They will be delivered over to the power of the
sword;
They will be a prey for foxes.***

- Where did that come from?
- We were groovin' on God. We were getting a full strength dose of the Holy Ghost – being administered I.V.
- Then suddenly, BAM, there are the enemies. There are the problems of life. There are the distractions of life.
- Notice they try to destroy my “life” = “soul” in vv. 1 and 5.
- The real objective of your enemies is to destroy your soul.
- The soul that needs God. The soul that God satisfies.
- They will always show up in our devotional times.
- They will always show up in life – even when we're walking closely with God.
- Even when our ministries are growing, even when our families are prospering, even when our shalom (mental, physical, spiritual, relational health) is strong, they show up.

- This weekend I got a bunch of emails from someone telling me I was doing ministry wrong and he knew how to do it better.
- Don't get distracted.
- Let God handle it.

***11 But the king will rejoice in God;
Everyone who swears by Him will glory,
For the mouths of those who speak lies will be
stopped.***

- Like the Psalmist, we just hand distractions over to God.
- Let God handle it.

Concl.

John 5:39-40 ***You study the Scriptures diligently because you think that in them you have eternal life. These are the very Scriptures that testify about me, ⁴⁰ yet you refuse to come to me to have life.***

Have you ever been spiritually dry?
Maybe you've never been spiritually full!
Maybe you've never really come to Christ.
You're thirsty for God.
Come to Him Today. Cling to Him.

Read the Psalm again.
Sing (Instructions about Offertory.)

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