

I. **Seek the Lord with all your heart.**

A. **Acknowledge Who God is**

1. David did not long or desire the things of God. He wanted God.

Deuteronomy 6:14 – 15 “You shall not go after other gods, the gods of the peoples who are around you—for the LORD your God in your midst is a jealous God—lest the anger of the LORD your God be kindled against you, and he destroy you from off the face of the earth.”

Psalm 100:3 - “Know that the LORD, he is God! It is he who made us, and we are his; we are his people, and the sheep of his pasture.”

2. Yahweh – Covenant keeping God
3. Elohim - Verse 1 in Hebrew is, “O Elohim, You are my El.”
 - a) Elohim is a plural word. It is the first name used for God in the Bible. Elohim is the name for God that emphasizes His creative power. The basic meaning behind the name *Elohim* is one of strength or power of effect. Elohim is the infinite, all-powerful God who shows by His works that He is the creator, sustainer, and supreme judge of the world.
 - b) El is used as a more general word for God. It is not really a personal name. It is used in Scripture to refer to the one true God, but it is also used to refer to idols.
 - c) A person's God [El] is what or who they worship, what or who rules them and what or who they turn to when they are in need. Anyone or anything that we worship, allow to rule us, or that we turn to in need other than the one true God, (Elohim, Yahweh, Jehovah) is an idol. As God, He (Elohim) is to be surrendered to. This God who created all that is, is the only true God and our response is to surrender completely to Him.

- B. **Seek the Lord earnestly.** - The word translated “seek earnestly” is related etymologically to the word for “dawn,” and thus some translations have “seek early.” But most commentators agree that the word means earnestly, ardently, or diligently.

Matthew 7:7-8 “Ask, and it will be given to you; seek, and you will find; knock, and it will be opened to you. For everyone who asks receives, and the one who seeks finds, and to the one who knocks it will be opened.”

C. **Seek the Lord when thirsty.**

1. David says that the absence of God is like being in a desert – a dry and weary land where there is no water. When Israel left Egypt, they traveled through the wilderness and when they were thirsty God provided water from the rock.
2. Jesus in the Wilderness - *Matthew 4:3-4 “And the tempter came and said to him, “If you are the Son of God, command these stones to become loaves of bread.” But he answered, “It is written, “Man shall not live by bread alone, but by every word that comes from the mouth of God.”*
3. Jesus and the woman of Samaria - *John 4:13-14 “Jesus said to her, “Everyone who drinks of this water will be thirsty again, but whoever drinks of the water that I will*

give him will never be thirsty again. The water that I will give him will become in him a spring of water welling up to eternal life."

D. Seek the Lord in the sanctuary.

V2 : *"So I have looked upon you in the sanctuary, beholding your power and glory."* Another way of saying this is "Because I long for God in a dry, weary land where there is no water, therefore I have looked upon God in the sanctuary, beholding his power and glory. "

1. Everyone has times when they feel distant and barren. We all spend time in the desert – a dry, weary land where there is no water. What do you do when you are in the desert? You draw near to God. You come to the sanctuary and worship. And when he comes to the sanctuary, he beholds God's power and glory. And when you come to the sanctuary, you are beholding God's power and glory.
2. **"God is not the prisoner of His sanctuary"** (Kidner, 243). The same God that David fellowshiped with in the place of worship, may be found and enjoyed in the wilderness as well. When we are thirsting in a dry and weary land, we need to look upon the LORD in his sanctuary, and behold his power and glory. This church building is not the sanctuary – but rather, the church is the sanctuary – we are the temple – the holy place where Christ dwells by his Spirit. And together, as a church, we enter the heavenly sanctuary where Christ is seated at the right hand of the Father.

II. Praise the Lord with all your body David wanted God more than life, and He told Him and showed Him with passionate praise and worship.

A. Meditate on the Lord with all your mind.

Deuteronomy 6:4-6 *"Hear, O Israel: The LORD our God, the LORD is one. You shall love the LORD your God with all your heart and with all your soul and with all your might. And these words that I command you today shall be on your heart."*

Romans 12:1-2 *"I appeal to you therefore, brothers, by the mercies of God, to present your bodies as a living sacrifice, holy and acceptable to God, which is your spiritual worship. Do not be conformed to this world, but be transformed by the renewal of your mind, that by testing you may discern what is the will of God, what is good and acceptable and perfect."*

Isaiah 26:3 *"You will keep him in perfect peace whose mind is stayed on You, because he trusts in You."*

1. Know that He is your helper & your protector **V 6 - 7** *"when I remember you upon my bed, and meditate on you in the watches of the night; for you have been my help, and in the shadow of your wings I will sing for joy."*
2. **V8a** *"My soul clings to you"* Cling or cleave is a word used of the joining of a husband and wife in marriage, or even a daughter-in-law to her mother-in-law as in the case of Ruth and Naomi (Ruth 1:14).
3. **V8b** *"Your right hand upholds me."* I can cling and cleave to You in confidence because it is you who is holding me. I cling to you as you hold me. **John 10:27-29** *"My sheep hear my voice, and I know them, and they follow me. I give them eternal life, and they will never perish, and no one will snatch them out of my hand."*

My Father, who has given them to me, is greater than all, and no one is able to snatch them out of the Father's hand."

- B. **Praise Him with joyful lips.** - David voiced to God his all-consuming passion for Him and only Him. God is better than life. God alone can satisfy.

V3 - "Because Your steadfast love is better than life, my lips shall praise You."

V5 - "My soul will be satisfied as with fat and rich food and my mouth shall praise You with joyful lips."

- C. **Praise Him with joyful hands.** David uses not only his mouth to praise God, he also uses his body, and in particular his hands. In Old Testament worship, raised hands were a common posture of prayer and worship. The uplifted hands primarily signified two things. It signified humility. The opened raised hands signified emptiness, being without merit, reaching out to God for His supply because we are empty.

Psalm 28:2 "Hear the voice of my pleas for mercy, when I cry to you for help, when I lift up my hands toward your most holy sanctuary."

Psalm 119:48 "I will lift up my hands toward your commandments, which I love, and I will meditate on your statutes."

Psalm 134:2 "Lift up your hands to the holy place and bless the LORD!"

Psalm 141:2 "Let my prayer be counted as incense before you and the lifting up of my hands as the evening sacrifice!"

Psalm 143:6 "I stretch out my hands to you; my soul thirsts for you like a parched land. Selah"

Nehemiah 8:6 "And Ezra blessed the LORD, the great God, and all the people answered, "Amen, Amen," lifting up their hands. And they bowed their heads and worshiped the LORD with their faces to the ground."

Lamentations 3:41 "Let us lift up our hearts and hands to God in heaven"

1 Timothy 2:8 "I desire then that in every place the men should pray, lifting holy hands without anger or quarreling"

Worship is a spiritual event, and true worship comes from the heart. If our worship is not heartfelt, it doesn't matter what posture or expression of worship we use. If our worship is from the heart, God accepts our worship. *John 4:24 "God is spirit, and those who worship him must worship in spirit and truth."*

III. **Trust the Lord with all your hopes.**

- A. **Release your enemies to God.**

V 9-11 "But those who seek to destroy my life shall go down into the depths of the earth; they shall be given over to the power of the sword; they shall be a portion for jackals. But the king shall rejoice in God; all who swear by him shall exult, for the mouths of liars will be stopped."

2 Peter 3:7 "But by the same word the heavens and earth that now exist are stored up for fire, being kept until the day of judgment and destruction of the ungodly."

- B. **Rejoice in your deliverance by God.** The mouth of God's enemies will be stopped, but the mouth of God's servants will shout and sing forever, never to be silenced throughout all eternity.

Romans 6:23 "For the wages of sin is death, but the free gift of God is eternal life in Christ Jesus our Lord."

- IV. **Conclusion:** Our souls can only be satisfied by the One who said,

John 7:37-38 "On the last day of the feast, the great day, Jesus stood up and cried out, "If anyone thirsts, let him come to me and drink. Whoever believes in me, as the Scripture has said, 'Out of his heart will flow rivers of living water.'"

Discussion Questions

1. What are some ways you've seen God's love is better than life?
2. What gets in the way of you being the kind of worshiper God deserves?
3. Have you ever worshiped with raised hands? How did that posture change your perspective of God?

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