



MEMORY VERSE: Psalm 63:5-6

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

SONGS: Click [here](#) for Sunday's worship set. *Be sure to subscribe to our channel!*

TEACHING PASSAGE: Psalm 63

See the **next page** for any additional resources, including any activities that can be done with young children.

Discussion Questions:

1. For the circumstances surrounding the writing of this Psalm, read the story of Absalom's rebellion in 2 Samuel 15-19
2. What's the emotional tone of the psalm? How does the background of the psalm (see above) help us understand it?
3. What does it mean to 'thirst' for God?
4. In what ways can we as humans be 'satisfied' in God? Is it possible to be satisfied in anything other than God? Why, or why not?
5. How can verses 9-11 encourage us in our faith as we go through challenging seasons of life?

Additional Resources

Teaching Passage: 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.

For Children:

Say: This Psalm is written by David while he was hiding from his enemies in the wilderness. Have you played hide-n-seek in the dark? You turn off all the lights and find a clever place to hide and stay very quiet. The one seeking will use a flashlight to search for all who are hiding. It can feel a little scary while you are hiding in the dark, wondering if you will be found. Can you imagine how David must have felt while hiding from his enemies?

Ask: What was David thinking about while he was hiding? Who was he seeking (verse 1)?

Ask: Look closely at verses 5-8. What has God done for David?

Talk about a time you have needed help. Why did you need help? Did someone help you? How did you feel?

Say: Just like God helped David, God helps us too.

Take time to praise God for the ways He helps your family.

