

Remembering in the Desert

Fourth Sunday

Read: Psalm 63

1O God, you are my God, 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. 2So I have looked upon you in the sanctuary, beholding your power and glory. 3Because your steadfast love is better than life, my lips will praise you. 4So I will bless you as long as I live; I will lift up my hands and call on your name. 5My soul is satisfied as with a rich feast, and my mouth praises you with joyful lips 6when I think of you on my bed, and meditate on you in the watches of the night; 7for you have been my help, and in the shadow of your wings I sing for joy. 8My soul clings to you; your right hand upholds me. 9But those who seek to destroy my life shall go down into the depths of the earth; 10they shall be given over to the power of the sword, they shall be prey for jackals. 11But the king shall rejoice in God; all who swear by him shall exult, for the mouths of liars will be stopped.

Some thoughts:

If you have ever fasted or dieted you will know that when you are hungry, everything reminds you of food! The smell of an open fire might make you think of smoked sausages, or the fragrance of coffee might remind you of the cake you want to eat alongside it. We get the feeling that David might have been hungry in the desert:

“...my soul thirsts for you...” (v.1)

“My soul will be satisfied as with the richest of foods...” (v.5)

“They [the enemies] will become food for jackals...” (v.10)

Move to the point, his hunger, thirst and solitude in the wilderness seem to have driven him to remind himself of God. “I have seen you in the sanctuary...”, David recalls, and “... on my bed I remember you; I think of you through the watches of the night...” (v.2, 6) When we are in the wilderness, we too need to remind ourselves to remember God. If we don't, we risk being drawn into a downward spiral of self-pity. It is especially important to remember the last time God provided help. “Because you are my help, I sing in the shadows of your wings...” David recalls poetically.

Meditation: Spend some time today remembering God. Use the list below to write down things that you want to remember about his character and the way he has previously acted in your life. If you are in the middle of wilderness right now this could be a difficult exercise, and you may need to dive into the Bible to find truths about God which you may not feel at the moment.

I'm remembering that God...	
1	4
2	5
3	6
	7