

"A SATISFIED HEART AFTER GOD" -- Psalm 63

A Psalm of David, when he was in the wilderness of Judah.

"O LORD, my heart is not lifted up; my eyes are not raised too high; I do not occupy myself with things too great and too marvelous for me. But I have calmed and quieted my soul, like a weaned child with its mother; like a weaned child is my soul within me." - *Psalm 131:1-2*

THE PSALM'S OUTLINE	MY HEART-AFTER-GOD JOURNAL
63:1-4	"Help me, LORD,
God: My	in the midst of my "wilderness" experiences
	to <u>You,</u> and not away from You."
63:5-8 God: My	<i>"LORD, please grant me through the Spirit to "mind my mind." To my anxious thoughts that are stirred up in my "dark wilderness." And counting and meditating on Your blessings to me."</i>
<i>63:9-11</i> God: My	"God, even now I give You my worries. You are my "Masada" (fortress). I my defensive vigilance and entrust my ultimate safety into Your strong hands."

My soul followeth hard after thee: Thy right hand upholdeth me.

Psalm 63:8 KJV