



**CALVARY**  
MEMORIAL  
CHURCH

*Desiring God:*  
*Long, Look, Lips, Lift!*  
Psalm 63 – January 25, 2026

Psalm 63

**Introduction: Desires, desires, desires.**

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

[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. (ESV)

Hosea 2:14

“Therefore, behold, I will allure her, and bring her into the  
wilderness, and speak tenderly to her. (ESV)

**1. Long: soul and flesh. (1)**

*Wilderness, night, enemies.*

**2. Look: behold, remember, meditate. (2, 6)**

*--- Revelation Demands Response ---*

**3. Lips: of praise! (3, 5, 11)**

**4. Lift: soul and hands (4, 8)**

*Application questions on the back →*

## *Desiring God: Long, Look, Lips, Lift*

Psalm 63 – January 25, 2026

For the following application questions, review your notes from the front.

### **SUNDAY after church...**

Think through the morning and: 1) List and praise the Lord for specific encouragement you were able to give. 2) List and praise the Lord for specific encouragement you received. 3) List songs that touched your heart.

**MONDAY – READ & PRAY:** Read Psalm 63 and meditate. How is the Lord speaking and leading? **WATCH:** How has the Lord shown you Himself and His work? **DISCUSS:** How does reading 2 Samuel 15-17 help “fill out” Psalm 63? Do you long for Jesus or for something else? What fills your prayers?

**TUESDAY – READ & PRAY:** Read Psalm 63 and meditate. How is the Lord speaking and leading? **WATCH:** How has the Lord shown you Himself and His work? **DISCUSS:** Have you ever been “drawn into the wilderness” and discovered new depths of the love of Christ?

**WEDNESDAY – READ & PRAY:** Read Psalm 63 and meditate. How is the Lord speaking and leading? **WATCH:** How has the Lord shown you Himself and His work? **DISCUSS:** What pulls your gaze off of Jesus and how can you address this? Do you just “look” to Jesus to be satisfied, or do you feel the need to work or pay for Him? How do you “look” upon Him?

**THURSDAY – READ & PRAY:** Read Psalm 63 and meditate. How is the Lord speaking and leading? **WATCH:** How has the Lord shown you Himself and His work? **DISCUSS:** What would be the difference between “earnestly” seeking Jesus and just seeking Him? Do you behold, gaze, meditate upon Christ? Is He a feast to your soul? Recount a time when you feasted and were satisfied with Jesus.

**FRIDAY – READ & PRAY:** Read Psalm 63 and meditate. How is the Lord speaking and leading? **WATCH:** How has the Lord shown you Himself and His work? **DISCUSS:** Is your body reflecting a happy soul in Jesus? If so, how do you lift your hands for Jesus? Are your lips happy and singing?

**SATURDAY – READ & PRAY:** Read Matthew 9:35-Matthew 10:42 and meditate. How is the Lord speaking and leading? **WATCH:** How has the Lord shown you Himself and His work? **DISCUSS & BUILD:** How is Jesus leading you to build His church tomorrow? Pray for every part of tomorrow’s service.

Our purpose is *to know...follow...and love Christ!*

