

Summer in the Psalms (2026)
Psalm 63
A Man after God's Own Heart

Introduction

- It's great to be back!
- **Christina** and I enjoyed our vacation, but as **Dorothy** said, **"there's no place like home."**
- The highlight of our almost 4,000-mile road trip was spending time with our Grandkids in St. Louis.
- But we also did some sightseeing along the way. One of my favorite sights was

Horseshoe Bend near Page Arizona

- That's the Colorado river just before it heads into the Grand Canyon.
- It was awesome to look at, **but it has nothing to do with the message today.**
- We also went to Branson Missouri, where we saw a

Play entitled DAVID, which does have something to do with the message today.

- **DAVID** was a spectacular production with live animals including sheep, horses, camels and a llama.
- There was also a CGI Lion, and **Puppet Giants (Goliath and his brothers).**
- It began when he was **young shepherd boy**,
- And it included (among other things) his secret anointing as **King of Israel by Samuel.**
- His killing **Goliath**
- His friendship with **Saul's son Jonathan.**
- His love for **Saul's daughter Michael.**
- His fleeing from **Saul** who, out of Jealousy, was trying to kill him.
- His life in the **exile.**
- His **official anointing as King of Israel after Saul's death.**
- Then finally, the **play concluded with David's repentance after his sin with Bathsheba.**
- And throughout the play, one of **the main themes** was **David's heart for God.**
- That he was **"A Man After God's Own Heart".**
- And that's what we find in **the Book** that the play was based on!
- David's life is recorded in the Bible, mainly in **1 & 2 Samuel.**
- There, his words and deeds (for the most part) show us why he was a man after his own heart.
- And in **1 Samuel chapter 13 this fact is explicitly stated.**
- **Saul**, the first King of Israel, is rejected by God for performing an unlawful sacrifice...
- And in **verse 14 of Chapter 13** the prophet **Samuel says to Saul...**

14 But now your kingdom shall not continue. The LORD has sought out a man after his own heart, and the LORD has commanded him to be prince over his people, because you have not kept what the LORD commanded you." (1 Samuel 13:14)

- And as we know, unbeknownst to Samuel, he was describing David.

- David was that man after God's own heart who would become a prince over his people.
- **Now what does it actually mean to be a Man after God's Own Heart?**
- Well, the phrase occurs only one other time in the OT, **Deuteronomy 20:8...**
- Where it is translated "**like his own heart**".
- This implies that being a man after God's Heart means **you have a heart like God**.
- We see this also in **1 Samuel 16**, when God sent Samuel to anoint one of Jesse's sons as King.
- When Samuel saw **Eliab**, David's oldest brother, who was apparently tall and strong,
- Samuel thought this is the one, but God **said to Samuel...**

7 "...the LORD sees not as man sees: man looks on the outward appearance, but the LORD looks on the heart." (1 Samuel 16:7)

- And what did the LORD see in David's Heart, a **heart like his own**.
- A heart that was **after God's heart** in the sense of being committed to God's will and purposes.
- This is confirmed in **Acts 13**.
- As Paul preaches to the **Jews of Antioch in Pisidia**, he says...

2 ...[God] raised up David to be their king, of whom he testified and said, 'I have found in David the son of Jesse a man after my heart, who will do all my will.' (Acts 13:22)

- So, a **man or woman** after God's own heart is a person who has a **heart like the Lord's**.
- A person who seeks to **live for the Lord** by **knowing and doing his will**.
- And that's the kind of man (**for the most part**) we find when we read of David's life recorded in Scripture.
- And I believe, even more than **the story of his life**,
- **His heart for God is revealed in the Psalms he wrote**.
- It's in these songs of praise, worship, lament, repentance and more...
- As David pours out his heart and soul to God,
- That we see clearly why **he was a man after God's own heart**.
- And not only that but we are also given **instruction and encouragement** in how we can become Men and Women **after God's own heart**.
- **How we too can have hearts like God's, hearts that gladly seek to do his will.**
- And one of David's many Psalms where his heart for God is **clearly seen is Psalms 63.**
- Let me read it for you...

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. (Psalms 63)*

- Do you see how David's heart for God, comes through in this Psalm.
- **That's what I want us to see and learn from today!**
- Now the introduction to **Psalm 63** says that it was written by David when he was in the wilderness of Judah.
- Commentators aren't sure **which one of David's times in the wilderness** this refers to.
- It could have been **in his younger days** when he was fleeing from **King Saul**.
- Or later (after he was king) when he had to flee from **his son Absalom**.
- But in either case **he's in the wilderness running for his life**.
- In **verse 9** he writes

⁹ *But those who seek to destroy my life shall go down into the depths of the earth; (Psalms 63:9)*

- So, **Psalm 63** was written at a very difficult time.
- **David is in the Wilderness...**
- And Either Saul or worse yet Absalom (His own Son) is trying to kill him.
- **It doesn't get much more difficult than that.**
- And what we read in **Psalm 63** is David's **response to extreme difficulty**.
- His response to fear, suffering and sorrow.
- And this is important because it's often in times of **great difficulty**,
- times when your faith is tested, that your true heart is revealed.
- And this is certainly the case for David.
- As he flees for his life in the wilderness, **we see his heart flee to God**.
- **We see why he is was a Man After God's Own Heart.**

- **And it's My prayer** that as we examine David words from the wilderness....
- That you and I will be instructed, motivated, empowered, encouraged and strengthened.
- So that even in the midst of **great difficulty**.
- **We too would flee to God.**
- That's the first thing Psalm 63 teaches us, the man after God's own heart...

1. Seeks God

- **Verse 1...**

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. (Psalms 63:1)

- **Notice** that David wasn't seeking after the LORD because he didn't know him.
- He begins this Psalm by saying...

O God, you are my God.

- The word God hear is the Hebrew **Elohim**.
- It refers to the **Supreme God**.
- Same word used in **Genesis 1:1**.

¹ In the beginning, God created the heavens and the earth. (Genesis 1:1)

- And David says, **O supreme creator God** you are MY GOD.
- David knew God, he had a **real relationship with Elohim**.
- In **Psalm 34** he wrote...

⁸ Oh, taste and see that the LORD is good! Blessed is the man who takes refuge in him! (Psalms 34:8)

- **Daved had tasted the LORD's goodness.**
- And that taste caused him to desire more of God in His life.
- And so, he was driven to **earnestly seek Him**.
- **Pastor and author A. W. Tozer** understood the taste that drives you to seek more, **He wrote...**

O God, I have tasted Thy goodness, and it has both satisfied me and made me thirsty for more...O God, the Triune God, I want to want Thee; I long to be filled with longing; I thirst to be made thirsty still. (A. W. Tozer)

- David had tasted the LORD, and his taste had both **satisfied** him and left him longing for more.
- **He had an unquenchable thirst for the LIVING GOD.**
- He didn't seek God to impress others or earn God's favor or his salvation.
- He wasn't trying to fulfill some **duty** or keep a set of **rules**.
- He didn't seek God so he could **become King** or be a **better King**.

- He **sought after the LORD** because His

soul thirsted for Him. *His flesh fainted for God.*

- In the midst of **his wilderness experience** he longed for God's loving touch.
- He uses the picture of **physical thirst** to describe **the depth of this longing**.
- Have you ever been **so thirsty that all you could think about was water?**
- In **2015 to celebrate our 30th anniversary** Christina and I went to **Hawaii**.
- And while there we went **on a four-mile hike (two miles there and two miles back)**
- We hiked from one **beautiful beach** to another.
- But it was very hot (and humid) and we had to climb up for one mile then down for a mile.
- And on the way there (the first 2 miles) the hike was fine.
- We had a camel pack full of water and when we got tired and thirsty we stopped to drink.
- But on the way back we quickly ran out of water.
- **And it was terrible**; all I could think about **was getting back and getting a drink**.
- The beauty of the Hawaiian beaches became unimportant. (no pictures on the way back)
- My flesh was fainting; I was seeking, above all else, a **DRINK** of fresh cool water.
- That's how **earnest David** is about seeking after the LORD.
- **It's all he can think about and nothing is going to get in his way.**
- God is his ultimate treasure.
- With all of his soul David wanted more of God's presence in His life.
- **And that drove him to earnest (heartfelt) seeking.**
- David was a man after God's own heart because he earnestly (with everything he had) sought after God.
- And we too must earnestly (with everything we have) **seek God...**
- We must spend time in **his presence, seeking him in his word, in prayer, in worship,**
- **in fellowship with His people and in service to Him.**
- Not to earn his favor, or our salvation.
- Not so he will make us **better Christians**, although he will.
- But because **our soul's thirst for Him,**
- **God** himself must be our **greatest treasure, what we earnestly seek with all our hearts.**
- But you might say **what if I'm not thirsty** for God.
- What if my flesh doesn't faint for His touch?
- **Then I would say, start to do the things that make you thirsty.**
- We get **physically thirsty** when we exercise physically.
- And we get **spiritually thirsty** when we **exercise spiritually.**
- Begin to spend time in his word, in prayer in his presence, **taste and see that the Lord is good.**
- **Then Step out in faith** and seek to serve him in ways that are not comfortable.

- **Because**, when we put ourselves in places where we cannot succeed without the LORD.
- **That is when we truly come to understand our great need for Him.**
- **That's when we thirst for his presence.**
- **That's when we earnestly seek after him.**
- **So First**, The Man or Woman after God's own Heart ***Earnestly seeks God.***
- And seeking leads to finding, to **seeing**.
- **So second**, The man after God's own Heart...

2. Beholds God

- Verse 2...

² So I have looked upon you in the sanctuary, beholding your power and glory. (Psalms 63:2)

- David was earnestly seeking God.
- And he beheld **God's power and glory**.
- That word "**beholding**" means **to gaze intently at, to focus on**.
- David chose to **not focus** on the wilderness all around him.
- To not focus on his pain and suffering and difficulty but to **intently gaze at the LORD**.
- He may have been suffering in wilderness.
- There were those who are seeking to destroy my life.
- But he could see the LORD!
- He could see his ***power and his glory***.
- Now, David was somewhat limited in what he could see of **God's power and glory**.
- He knew **what God had done for Israel** and he knew **what God had done in His life**.
- But we, through God's word, can behold the greatest manifestation of his power and glory.
- We can gaze upon JESUS CHRIST.
- We can see the power and glory of the sacrifice he made for our forgiveness and salvation.
- We can see the power and glory of his resurrection, how he defeated sin and death.
- And we can even experience his power and glory as he works in our lives through **the Holy Spirit**.
- By his power and for his glory he will enable us to endure in times of pain, trouble, difficulties, and suffering.
- He will empower us to overcome our sin and live in obedience to him.
- But for that to happen, we must not only seek God, we must behold, focus intently on Him.
- Notice also that David was looking upon the Lord in the sanctuary.
- The sanctuary is where the **people of God gather for worship**.
- For David that would have been the Tabernacle.
- And for us it is the CHURCH.
- And I think David is saying that as we focus on God **together**...
- He will demonstrate his power and glory in our lives **together**.

- We will see God as he works in the lives of those in His Church.
- **As He transforms us into the people we are supposed to be.**
- People after His own heart.
- So, I pray for us **at Bridges** that as we gather together, continually seeking and beholding the LORD.
- That we can testify to one another about how God has revealed his power and glory in our lives.
- So second, **The Man after God's own Heart, Beholds God.**
- **And 3rd he...**

3. Receives God's Love

- I know that the greatest commandment is the love the Lord your God with all your heart soul mind and strength.
- But to obey this command we must first, **let God love us!**
- Let him love you all of the time, **but especially in times of difficulty...**
- **Run to the LORD**, let his love surround you.
- This is what a man or woman after God's own heart will do.
- In times of trouble or **tranquility**, they seek the one who **offers steadfast love...**
- **Why? In verse 3 David says...**

³ Because your steadfast love is better than life... (Psalms 63:3)

- David, in a time of great difficulty, **receives, experiences the LOVE of GOD.**
- He says, I've experienced, I've tasted, your steadfast love and I conclude.
- **It's better than life.**
- That phrase **steadfast love** is the **Hebrew word *Hesed***
- It's also translated **lovingkindness.**
- It's love without limits.
- It's the amazing love and mercy and grace and kindness and longsuffering of God poured out on his people.
- And David concludes it's better than **anything this world has to offer.**
- I would rather die (he says) than to live **without God's steadfast love.**
- So, when things **are not going well.**
- When we experience pain, suffering even tragedy in our lives.
- Our place of refuge is always the **steadfast love** of the LORD.
- **The man or woman** after God's own heart will experience (run to and receive) **the love of God.**
- And for those who do receive God's steadfast Love there is one primary response...

- The Man after God's One Heart...

4. Worships God

- Verse 3 continues...

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. (Psalms 63:3-4)

- David has sought after, gazed upon and received God's love.
- And that leads him to **worship in three ways...**
- **First**, with his lips,

his lips will praise the Lord

- This means he will **tell others** of God's greatness...
- This is not just worshipping God by singing songs of praise to him...
- It is worshipping God by witnessing to the world.
- Telling the world of his greatness that he might be glorified among the nations.
- **Second**, David will

bless the Lord as long as he lives.

- That word **bless** means to kneel before.
- I take this to mean that David will worship the Lord by surrendering his life to him.
- By kneeling before him and **giving him everything he is for as long as he lives.**
- He will always kneel before and worship God.
- **And finally**,

"In God's Name", because of who God is and what he has done for David. He will lift up his hands.

- Lifting up hands is a sign of directing your prayers and praise toward God.
- David's life, everything he is, will focus on the LORD.
- He involves his lips, his knees and his hands in his worship of the LORD.
- **Worship must be central to what we as individuals and as a church do.**
- Glorifying God for who he is and what he has done...
- **Worship must be the focus of the Church.**
- The number one priority and quality of men and women and churches after God's own heart...
- Is Worship, **is Bringing Glory to God in all we do and say.**
- **So, fourth the man after God's own heart Worships God**

- And 5th, he is...

5. Satisfied by God

- Verse 5...

⁵ My soul will be satisfied as with fat and rich food... (Psalms 63:5)

- What a great picture of **satisfaction**.
- **Clearly David** was experienced with the satisfaction **that comes from eating good food**.
- **Recently**, for our 41st anniversary, Christina's parents took us out to eat **at Dapper Dine & Lounge**.
- It's right across from the Spaghetti factory.
- **We had some appetizers**.
- I ordered **the 16oz Ribeye** and Christina **had twin Lobster Tails**.
- I gave her **some steak**, and she gave **me a Lobster Tail**. (Surf and Turf)
- We also had sides.
- And for Dessert we had **Chocolate Cake and Cheesecake**.
- **Spare no expense when someone else is paying!!!**
- And let me tell **you I was extremely (over the top) satisfied**.
- And like the satisfaction that the body gets from eating fat and rich food.
- David says **my soul** (my inner being) is **satisfied by the LORD**.
- **Mick Jagger** can't get no satisfaction because he doesn't know Jesus.
- But what about you, ***what, if anything, is your soul satisfied by?***
- Remember, like David, **we have an enemy (the devil)** who seeks to destroy our lives.
- Sometimes he attacks us from the front, **with difficulty in this life**.
- He wants us to become depressed.
- He wants to isolate us from God and the ministry He has for us.
- But he has another more common and **deceptive form of attack**.
- He attacks **with false (or temporal) satisfaction**.
- He deceives us into believing we can find satisfaction in the things of this world.
- In **people and power and position and possessions and sex and entertainment, etc...**
- **But the man after God's own heart knows that...**
- True lasting satisfaction is found, not in the world or the things of this world, even the good things,
- **But it only comes from relationship with God**.
- The enemy offers us temporary **earthly satisfactions**.
- But God fully eternally satisfies us with **his presence in our lives**.

- As David wrote in **Psalm 16...** (Maybe Next Week)

11 ...in your presence there is fullness of joy; at your right hand are pleasures forevermore. (Psalms 16:11)

- God provides **all the joy and pleasure we need.**
- He satisfies us with his steadfast love, with his power and glory.
- **And the result is Praise to God and Joy in your life...**

David says... and my mouth will praise you with joyful lips,

- When we seek our satisfaction in the LORD, he satisfies.
- **And his satisfaction produces true joy...**
- Joy that **cannot be contained**, joy that results in praise from our lips.
- So, a man or woman after God's own heart **seeks and finds their satisfaction in the LORD.**
- **Now how do we do that?**
- I think the answer follows, **the man after God's own heart...**
- Not only seeks, beholds, receives the love of and worships God, but he...

6. Meditates on God

- Back to verse 5...

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; (Psalms 63:5-6)

- David says he is satisfied by God and experiences joy filled praise...
- When he **remembers the LORD upon his bed...**
- And **meditates on the LORD in the watches of the night...**
- David is saying he is satisfied by the LORD when he **Focuses completely on Him.**
- This involves earnestly seeking Him.
- **Gazing** intently upon Him.
- Kneeling before him in worship.
- **Putting every effort into thinking about the LORD.**
- And we too must **make every effort to turn** our thoughts to the LORD.
- The enemy will try to distract us.
- He will seek to distract us with **life's difficulties and life's pleasures.**
- But we **must constantly** turn our thoughts to God.
- We remember what he has done in our lives (especially the fact that he has redeemed us through Christ Jesus).
- And we **meditate** on how great he is.

- David remembers and meditates on the LORD... **He constantly thinks about Him...**
- And then in **Verse 7 he writes...**

7 for you have been my help, and in the shadow of your wings I will sing for joy. (Psalms 63:7)

- David says when I think of the LORD, I remember that **he always helps**.
- In times of **difficulty**, when I am in the **wilderness** I can turn to God and he will be there.
- And in the **shadow of His wings** (this phrase means a place of safety) I will find and sing for joy.
- So, David remembers he meditates on the truth **that God is his help**.
- **That God provides a place of safety.**
- And again, that brings satisfaction and joy into his heart.
- And it flows **out of his mouth in song**.
- He sings for **joy because he remembers God will help**,
- The Lord will be his **place of safety**.
- **Therefore, he has nothing to fear...**
- And that is just as true for You and me.
- **Therefore, we should continually focus our thoughts on the LORD.**
- **Reading and meditating on his word.**
- **Remembering who he is and what he has done for us.**
- Knowing that no matter what our situation is ...
- No matter who seeks to destroy our life, God will help God will provide safety.
- As the Sons of Korah, wrote in Psalm 46...

1 God is our refuge and strength, a very present help in trouble. (Psalms 46:1)

- So, the man after God's own heart meditates on the LORD who provides help in times of trouble.
- And knowing God's help is ever present, he then...

7. Clings to God

- **Verse 8**

8 My soul clings to you... (Psalms 63:8)

- That word **clings** includes both the idea of holding onto (being attached to)
- and of pursuing after.
- David (the man after God's own heart) with his soul, both holds onto and pursues after the LORD with everything he has.
- He is holding onto everything he knows about God,
- And at the same time, he's pursuing more knowledge about God.
- He won't let go and he wants to get a tighter grip.

- And this is an important lesson for us!
- We too **must cling to the LORD**.
- **We must attach ourselves to him and pursue knowing more of Him.**
- We must, in times of **trouble and times of tranquility**, cling to Him.
- **Why?** Well David goes on to explain...

your right hand upholds me.

- This means that **God sustains and satisfies him**
- God is the only **one who satisfies**, who helps, **who provides safety**.
- And so, **David clings to him and we must cling to him as well.**
- The man or woman of God must go to God with all their troubles, fears, pains, difficulties, trials and sorrows.
- Clinging to him, trusting that he will uphold them.
- **That God will give us the strength to endure and overcome.**
- And that leads us to our final point.
- The Man after God's own heart...

8. Trusts in God

- This may seem obvious because this entire Psalm points to the fact the David trusted God.
- His faith was in God.
- That explains why he sought, beheld, received the love of, worshipped, was satisfied by, meditated on and clung to GOD.
- And so, these final three verses are icing on the cake of David's trust in God.
- Beginning in **verse 9...**

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. (Psalms 63:9-10)

- Remember the context, **David is in the wilderness**, he is fleeing for his life.
- **Either Saul or Absalom** is seeking to kill him.
- And yet David **speaks with boldness** with confidence, **not in himself but in God**.
- Those who are seeking to destroy David's life **will not succeed**.
- Instead, they will **go down into the depths** of the earth. (they will die).
- They will be given over to **the power of sword**.
- **Saul died by falling on his own sword after he was wombed in battle.**
- And **Absalom** died after his hair got caught in a **tree** and **Joab** thrust a spear into him.
- Not only that but they will **"be a portion of jackals"**.
- Jackals are often **scavengers**, so this image points to the dead bodies lying unburied after a battle.

- And the point is David trusts that the Lord will take care of his enemies.
- It's not **the man after God's own heart** who should fear when **his life is threatened**.
- It's those who are **doing the threatening** who should be afraid.
- Because God is always **on the side of his men and women**.
- David understood this from his youth. **As he faced Goliath**, he boldly said...

47 and that all this assembly may know that the LORD saves not with sword and spear. For the battle is the LORD'S, and he will give you into our hand." (1 Samuel 17:47)

- And we all know how that worked out **for David's enemy Goliath**.
- And the Battle continues to belong to the Lord in our lives.
- So, like David we must step out in faith trusting that God will continue to fight for us and defeat our enemies.
- And because of God's protection, even though David is in the wilderness,
- Even though he is fleeing for his life, he can write...

11 But the king shall rejoice in God;

- Here David is referring to himself, he's the King and he will rejoice in God,
- Because God protects him from his enemies.
- And it's not only the king that can rejoice in God's protection but...

all who swear by him shall exult,

- All who swear by God, all who trust in God shall exult, shall rejoice, shall praise the Lord.
- Here David is inviting all who trust in the Lord to worship him,
- Because he not only protects kings, but all his people from their enemies.
- He says...

for the mouths of liars will be stopped. (Psalms 63:11)

- All those who speak lies against the people of God will eventually be stopped.
- They will not succeed; their lies will be defeated by God's truth.
- This was true for David, and it is true for all who trust in the LORD.
- We may not have people trying to kill us.
- But there are always people who are hostile to God's purposes,
- There were those who were hostile to God's anointed King David.
- And there are those who are hostile to David's heir,
- the King of Kings and Lord of Lords Jesus Christ.
- And so, **as we trust in King Jesus**, we can be confident that those who are hostile to Him and us, will fail in their goal of destroying our lives.
- **They too will go down into the depths.**

- Okay, so that is Psalm 63, I hope it has given you a picture of what it means to be a Man or Woman after God's own heart.
- And Let me Conclude with a Summary...
- **So, David is in the wilderness, fleeing from someone who was trying to destroy his life.**
- But his response is **not one of fear, it's not one of despair**, It's not one of **hopelessness...**
- His response is (now get this) do you see it...
- His Response is ALL ABOUT God...
- Because he is A Man after God's Own Heart who...

1. **Seeks God**
2. **Beholds God**
3. **Receives God's Love**
4. **Worships God**
5. **Is Satisfied by God**
6. **Meditates on God**
7. **Clings to God**
8. **And Trusts God.**

- This is what a man or woman after God's own heart does.
- This is what David did and this is what we should do as well.
- Not to earn God's love or favor, but to be the kind of person who is worthy of the love and favor we have received.
- Notice that all of **Psalm 63** flows from David's relationship with God...

¹ O God, you are my God... (Psalms 63:1)

- And it is because of that relationship **that David was a Man after God's own heart.**
- And the same is true for us, **because we have a relationship with God through Jesus Christ.**
- We too **are men and women after God's own heart.**
- But like David, **we must live it out.**
- And this Psalm has provided us with words of encouragement and exhortation.
- As we face a world that is increasingly against us.
- Be like David in the wilderness!
- **Focus on, Trust in the LORD in times of trouble and tranquility.**
- When the Christian life becomes difficult.
- When it seems like the enemy is closing in and your life (at least spiritually) is on the LINE.
- **Focus all of your energy on GOD,**
- **on being a man or woman after God's own Heart. AGAIN, for the Final TIME...**

Seek Him, Behold Him, Receive His Love, Worship Him, Be satisfied by Him, Meditate on Him and most important of all TRUST HIM.

Prayer