

Fat and Happy

“My soul shall be satisfied as with marrow and fatness; and my mouth shall praise thee with joyful lips:
When I remember thee upon my bed, and meditate on thee in the night watches.”

Psalm 63:5-6

Introduction:

1. David was in the wilderness far from the sanctuary of God’s house and public worship (63:1-2).
2. God’s lovingkindness was better than life to him, so David intended to bless the Lord (63:3-4).
3. He knew he could be encouraged and strengthened greatly by meditating on the Lord (63:5-6).
4. David knew the Lord had helped him and would help him, so he joyfully sought Him hard (63:7-8).
5. David was confident God would make a huge difference between him and his enemies (63:9-11).

My soul shall be satisfied as with marrow and fatness;

- A. The issue at hand is soul satisfaction, not satisfaction of your flesh or body by circumstances.
- B. Satisfaction is the condition of peaceful contentment, satiety, and having no desires or wants.
- C. If your soul is not satisfied, nothing in life will bring pleasure or joy, no matter your trying.
- D. The underlying cause of all human problems is spiritual, not physical or psychological.
- E. Drug addiction, divorce, depression, drunkenness, dysfunctional living, and other mental, emotional, and psychological problems prove man’s empty soul in need of satisfaction.
- F. Marrow is the rich fatty tissue that grows in the center of a bone and forms a great delicacy.
- G. Fatness is the condition of expensive meat that makes it fully satisfying and most delicious.
- H. It is possible to have your soul as satisfied as your body after a great meal of delicious meat.
- I. David was confident that soul satisfaction was easily obtainable by the means of verse six.

And my mouth shall praise thee with joyful lips:

- A. When your soul is fully satisfied, there will be overflowing happiness that comes to the lips.
- B. What causes your mouth and lips to want to joyfully speak praise? Because your soul is full!
- C. A merry heart, especially one merry with the Lord, will always come to the face (Pr 15:13).
- D. A Spirit-filled heart, one finding its joy in the Lord Jesus Christ, will want to sing (Eph 5:19).
- E. The LORD and Jesus Christ are the greatest objects of joy (43:4; 73:25-26; Hag 3:17-19).

When I remember thee upon my bed,

- A. Though far from home, and in a strange bed, David chose this quiet place to remember God.
- B. David made his bed a place of fellowship with God and worship to God (Ps 42:8; 119:55).
- C. It is in bed when you are free from all the distractions and interruption of others and duties.
- D. Instead of letting your mind wander about business or sinful fantasies, remember God.
- E. David knew how to encourage himself in the Lord, which he did at Ziklag (I Samuel 30:6).
- F. You can only remind yourself of things to remember that you have learned very well before.
- G. You must read and study God’s word to learn it well and hide its treasures in your heart.

And meditate on thee in the night watches.

- A. Meditating on your spouse, family, job, house, or anything else is totally worthless; try God.
- B. Remembering is only the first step to soul satisfaction; the second step is to meditate on Him.
- C. Meditation is careful and slow thinking about a thing’s details to delight in its many features.
- D. God and His word are inexhaustible subjects, which the human heart will never fully explore.
- E. David spoke of communing with his heart in the night (4:4; 77:6; 119:147-148; 143:4-6).
- F. Why go to bed with business, television, the news, or a novel on your mind? Muse on God.
- G. Why send children to bed thinking of homework, television, or games? Tell them about God.

Conclusion:

1. What do you delight in about God? His attributes? Son? Works? Words? Spirit? People? Salvation?
2. We want a relationship with God more than just the religion of God, but both in order is perfection.
3. God has saved us, but He also offers a relationship of fellowship to those seeking Him (Rev 3:20).
4. If you go home tonight and putter around, have a snack, check the news, and then go to bed, you lose.
5. Before you go to bed, take a few minutes to learn and remember something about God to meditate on.
6. Once in bed, before you fall to sleep, meditate about the Lord and talk to Him as to your best Friend.
7. A habit of these activities will bring soul satisfaction into your life and joyful praise to your lips.

For Further Study:

1. The sermon outline, "We Would See Jesus," ... <http://www.letgodbetrue.com/sermons/pdf/we-would-see-jesus.pdf>.
2. The sermon, "He Is Altogether Lovely," ... <http://www.letgodbetrue.com/bible/christ/he-is-altogether-lovely.pdf>.