

**Be still and know that I am God (Psa 46:10)  
(Psa 63:4-6)**

**Psa 63:1** *A Psalm of David, when he was in the wilderness of Judah. O God, thou art my God; early will I seek thee: my soul thirsteth for thee, my flesh longeth for thee in a dry and thirsty land, where no water is;*

**Psa 63:2** *To see thy power and thy glory, so as I have seen thee in the sanctuary.*

**Psa 63:3** *Because thy lovingkindness is better than life, my lips shall praise thee.*

It is because of the conditions discussed in last week's study based on the first three verses of this Psalm (the hunger and thirst and desire to keep His commandments), that God uses to bless us so that we can enter into life (Psa 146:2 , Mat 19:17). We learn to "lift up our hands in thy name" meaning that we learn to believe in the name of Jesus Christ (Joh 6:28-29 , Joh 10:37-38) and to believe that we are His body (1Co 3:16), and to believe that we are called to bear each other's burden and so fulfill the law of Christ (Gal 6:2 , Exo 17:11-12).

Lifting up our hands in "thy name" (Mar 16:17 , 1Jn 1:2) is a demonstration of His power and love and soundness of mind being made manifest as we rightly divide the word which quickens our minds in Christ and gives us victory over the powers and principalities we wrestle against (2Ti 2:15 , Joh 6:63 , Heb 12:12 , Isa 35:3 , Eph 6:12). It is in the believing (of Joh 5:28-29 above) that we glorify our Father in heaven as Christ works in each of us both to will (*that is to have the faith to believe*) and to do (Jas 2:19 , Rom 2:13 , 1Pe 1:7 , Joh 4:23) our Father's will which is to overcome in this age (Joh 17:5 , Joh 17:22 , Eph 2:6 , Rom 6:14).

**Psa 63:4** *Thus will I bless thee while I live: I will lift up my hands in thy name.*

**Psa 63:5** *My soul shall be satisfied as **with** marrow and fatness; and my mouth shall praise **thee** with joyful lips:*

**Psa 63:6** *When I remember thee upon my bed, **and** meditate on thee in the **night** watches.*

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**Psa 63:4** *Thus will I bless thee while I live: I will lift up my hands in thy name.*

We can only truly praise God or bless him as a result of hearing Him, which comes about when our blindness and deafness is taken away from us in spiritual matters through Christ ([Joh 9:31-33](#) , [Joh 4:23-24](#)) and we actually start to see and hear the true gospel which transforms our minds so that we are no longer being conformed to this world ([Luk 6:46](#) , [Joh 9:41](#) , [Mat 6:2-5](#) , [Rom 12:2](#)). Until then we "**worship ye know not what**". ([Joh 4:22](#))

[Joh 9:31](#) Now we know that God heareth not sinners: but if any man be a worshipper of God, and doeth his will, him he heareth.

[Joh 9:32](#) Since the world began was it not heard that any man opened the eyes of one that was born blind.

[Joh 9:33](#) If this man were not of God, he could do nothing.

[Joh 4:23](#) **But the hour cometh, and now is, when the true worshippers shall worship the Father in spirit and in truth: for the Father seeketh such to worship him.**

[Joh 4:24](#) **God is a Spirit: and they that worship him must worship *him* in spirit and in truth.**

[Luk 6:46](#) **And why call ye me, Lord, Lord, and do not the things which I say?**

[Joh 9:41](#) Jesus said unto them, **If ye were blind, ye should have no sin: but now ye say, We see; therefore your sin remaineth.**

[Mat 6:2](#) **Therefore when thou doest *thine* alms, do not sound a trumpet before thee, as the hypocrites do in the synagogues and in the streets, that they may have glory of men. Verily I say unto you, They have their reward.**

[Mat 6:3](#) **But when thou doest alms, let not thy left hand know what thy right hand doeth:**

[Mat 6:4](#) **That *thine* alms may be in secret: and thy Father which seeth in secret himself shall reward thee openly.**

[Mat 6:5](#) **And when thou prayest, thou shalt not be as the hypocrites *are*: for they love to pray standing in the synagogues and in the corners of the streets, that they may be seen of men. Verily I say unto you, They have their reward.**

[Rom 12:2](#) **And be not conformed to this world: but be ye transformed by the renewing of your mind, that ye may prove what *is* that good, and acceptable, and perfect, will of God.**

**Joh 4:22** Ye worship ye know not what: we know what we worship: for salvation is of the Jews.

It is with a mindset of repentance and knowing that we are in corruptible flesh that God's elect are blessed to overcome in this age. It is God's goodness which leads us unto repentance ([Rom 2:4](#)) and cleanses the temple of God that we are ([1Co 3:16](#)), so that we can be those true worshippers who are granted to worship the Father in spirit and in truth in this age ([Joh 4:22-24](#)).

**Rom 2:4** Or despisest thou the riches of his goodness and forbearance and longsuffering; not knowing that the goodness of God leadeth thee to repentance?

**Joh 4:22** Ye worship ye know not what: we know what we worship: for salvation is of the Jews.

**Joh 4:23** But the hour cometh, and now is, when the true worshippers shall worship the Father in spirit and in truth: for the Father seeketh such to worship him.

**Joh 4:24** God is a Spirit: and they that worship him must worship *him* in spirit and in truth.

*Any comments on this first verse or any part of the study?*

**[Psa 63:5](#)** My soul shall be satisfied as *with* marrow and fatness; and my mouth shall praise *thee* with joyful lips:

Godliness with contentment is great gain ([1Ti 6:6](#)), and when our "soul shall be satisfied as *with* marrow and fatness" it will be because we are labouring to enter into that rest ([Heb 4:11](#)) which brings about that condition of being 'sufficiently sufficed in Christ' which gives us great reason to say "my mouth shall praise *thee* with joyful lips:"

**1Ti 6:6** But godliness with contentment is great gain.

**Heb 4:11** Let us labour therefore to enter into that rest, lest any man fall after the same example of unbelief.

**Heb 4:12** For the word of God *is* quick, and powerful, and sharper than any twoedged sword, piercing even to the dividing asunder of soul and spirit, and of the joints and marrow, and *is* a discerner of the thoughts and intents of the heart.

*Any comments on this verse?*

**Psa 63:6 When I remember thee upon my bed, *and* meditate on thee in the *night* watches.**

It is after the storms have risen and we've gone through them that God brings us to our safe haven in Christ (Psa 107:28-31) where we can "remember thee upon my bed" and be still and "meditate on thee in the *night* watches." (Psa 42:8-11); the "watch" (H821) being the 'quiet' time or "upon my bed" time to pay heed and observe and be circumspect, as the root of this Strong's number confirms (H8104).

Psa 107:28 Then they cry unto the LORD in their trouble, and he bringeth them out of their distresses.

Psa 107:29 He maketh the storm a calm, so that the waves thereof are still.

Psa 107:30 Then are they glad because they be quiet; so he bringeth them unto their desired haven.

Psa 107:31 Oh that *men* would praise the LORD *for* his goodness, and *for* his wonderful works to the children of men!

Psa 42:8 *Yet* the LORD will command his lovingkindness in the daytime, and in the night his song *shall be* with me, *and* my prayer unto the God of my life.

Psa 42:9 I will say unto God my rock, Why hast thou forgotten me? why go I mourning because of the oppression of the enemy?

Psa 42:10 *As* with a sword in my bones, mine enemies reproach me; while they say daily unto me, Where *is* thy God?

Psa 42:11 Why art thou cast down, O my soul? and why art thou disquieted within me? hope thou in God: for I shall yet praise him, *who is* the health of my countenance, and my God.

*Any comments on this last verse for tonight?*