#### Sermon Guide – Aug. 2, 2020 – Desert Blues – Psalm 63

#### A psalm of David, when he was in the Judean desert.

**63**God! My God! It’s you—  
    I search for you!  
    My whole being[[a](https://www.biblegateway.com/passage/?search=Psalm+63%3A1-8&version=CEB#fen-CEB-14841a)] thirsts for you!  
    My body desires you  
        in a dry and tired land,  
        no water anywhere.  
**2**Yes, I’ve seen you in the sanctuary;  
    I’ve seen your power and glory.  
**3**My lips praise you  
    because your faithful love  
    is better than life itself!  
**4**So I will bless you as long as I’m alive;  
    I will lift up my hands in your name.

**5**I’m fully satisfied—  
    as with a rich dinner.  
My mouth speaks praise with joy on my lips—  
**6**    whenever I ponder you on my bed,  
    whenever I meditate on you  
        in the middle of the night—  
**7**    because you’ve been a help to me

and I shout for joy in the protection of your wings.  
**8**My whole being clings to you;  
    your strong hand upholds me.

Have you ever been to the desert? What was that experience like for you?

Reflect upon a time when you were REALLY thirsty. How did you feel? Was water available? Or did you have to wait address your thirst? How did you feel when you were able to drink and were not thirsty anymore?

Psalm 63 begins as a song of lament – crying out to God for help. Pastor Cindy lifted up the “blues” many people are feeling right now due to all the stuff happening in the world.

How are you feeling?

If you are struggling with the blues, what, in particular, is impacting you?

Where are you finding help to cope? In your faith? Conversations with friends? Positive devotional material?

Perhaps you have a friend who has reached out to you for help. What words of encouragement do you offer? What scripture is especially helpful?

If you, a family member, or a friend is really struggling, please reach out to me (816-724-1174), to your doctor, another health care professional, or a trusted friend. We are all in this together, so let’s watch out for each other.