

April 19, 2026

## Longing that leads you to God (Psalm 63)

*Longings are redirected in the presence of God.*

*Warmup: When you're stressed you usually: a) scroll b) snack c) sleep d) pray e) promise you'll pray later*

### READ Psalm 63

- Be honest, where are David and God on the relationship scale?
  - a) "Hi God, we just met—what do You do?"
  - b) "We text sometimes, mostly when I'm in trouble."
  - c) "Subscribed, notifications on, lifetime commitment."
- What clues in Psalm 63:1-3 show that David's longing for God is relational not just situational?

### REFLECT

- Verse 8 says, "My soul clings to you." What helps a person move from simply wanting God's help to clinging to God?
- Where do you notice your longings being shaped or misshaped by your environment, routines, or pressures right now?
- Verse 7: What does it look like for you to sing in the shadow of God's wings?

### RESPOND

- Nominate a person in your Life Group to guide everyone through the following spiritual exercise.

*Pause, breathe deeply – be aware that you are in God's presence*

What am I especially grateful for today?

When did I experience true joy today?

When did I feel stress or tension?

When did I feel the closest to God?

What do I want to tell God in this moment?

What does God want me to know?
- How have you experienced God's unfailing love? How will you help others experience God's love this week?

*"To transform religious and irreligious people into Fully Devoted Followers of Christ."*