

Finishing the Day Well

Today, in our final study in this short series, we are looking at Psalm 63 in which we see David's habit of meditating upon God at night. Thinking about God at the end of the day is the fruit of meditating on God all day long, BUT dwelling on God at the end of the day can also help us experience God more fully the following day. The psalms emphasize this pattern of seeking God "all day long." We saw this basic pattern in Psalm 1 two weeks ago. Last week the sermon focused on Psalm 5 in which David expressed his commitment to seeking God in the morning. Today, we look at his example of engaging God at night. May this study on finishing the day well encourage us in being people who pursue God all day long.

Opening Question: Do you typically find it easy or hard to settle your mind down at bedtime?

Read Psalm 63

1. What does the superscript (introductory comments) tell us about the setting of this psalm?
2. How does David express his longing for God (v. 1)?
3. How had David "seen" and experienced God in the past (vv. 2-5)?
4. What does this psalm tell us about how David engaged God in the night hours (vv. 6-8)?
5. David says that his soul clings to God (v. 8). What is the relationship between meditating on God and clinging to Him?

Steve said:

The psalmist looked forward to the peace and quiet of the night watches so that he might focus his attention more fully upon God and His word. Waking up in the middle of the night can be frustrating. If you're like me, you begin thinking about how tired and unproductive you're going to be the next day. But David gives us another option, doesn't he? He experienced rich fellowship with God throughout the night. Again, this night-time meditation fits into the overall pattern of "meditating day and night" on God's word. Instead of frustration, we can remember that seeking God day and night helps us have lives that are stable, fruitful, and satisfying, like the tree planted by streams of water.

6. Read Psalm 16:7-8 and Psalm 119:148. What do these passages add our understanding of the place nighttime hours had for David and his meditating on God?

7. Have the nighttime hours been a part of your plan for intentionally seeking God? Explain.

8. Steve offered several habits that can help us finish our days well: (1) meditating on Scripture; (2) remembering how you've experienced God throughout the day; (3) casting your anxieties on God; and, (4) inviting God to search your heart (i.e. for hurtful or sinful thoughts). Which of these practices might be helpful for you to try at this time of your life as a way to finish your day well?