

Learning to Pray From the Psalms

The **P.S.A.L.M.S.** Acronym (2)
Satisfaction

Lesson 4
April 30

We're learning, discussing, and memorizing a simple acronym - **P.S.A.L.M.S.** - that can provide a framework for prayer:

- **Praise:** "God, I praise you for..."
- **Satisfaction:** "God, if I have you, it is enough; I am satisfied because..."

Let's focus on the second letter: **SATISFACTION**. In your own words, what does it mean to be "satisfied" in or with something? Is it a big deal if I struggle to ever be "satisfied"?

"God, if I have you, it is enough; I am satisfied because..."

You might never have thought about being "satisfied" in God, but notice just a sampling of how often this powerful idea shows up in the Psalms.

The eyes of all look to you,
and you give them their food in due season.
You open your hand;
you satisfy the desire of every living thing. (Psa 145:15-16)

Let them thank the LORD for his steadfast love,
for his wondrous works to the children of man!
For he satisfies the longing soul,
and the hungry soul he fills with good things. (107:8-9)

Bless the LORD, O my soul,
and forget not all his benefits...
...who satisfies you with good
so that your youth is renewed like the eagle's. (103:2, 5)

Satisfy us in the morning with your steadfast love,
that we may rejoice and be glad all our days. (90:14)

O God, you are my God; earnestly I seek you;
my soul thirsts for you;
my flesh faints for you,
as in a dry and weary land where there is no water.
So I have looked upon you in the sanctuary,
beholding your power and glory.
Because your steadfast love is better than life,
my lips will praise you.
So I will bless you as long as I live;
in your name I will lift up my hands.
My soul will be satisfied as with fat and rich food,
and my mouth will praise you with joyful lips,
when I remember you upon my bed,
and meditate on you in the watches of the night;
for you have been my help,
and in the shadow of your wings I will sing for joy.
My soul clings to you;
your right hand upholds me. (63:1-8)

- When these psalms talk about being “satisfied” in our souls, what are they talking about? Can anyone ever get to the point where they are really able to say, “God, if I have you, it is enough”? What examples from the Bible come to mind of that mindset?
- Psalm 103:2 encourages us not to “forget” all the “benefits” of the LORD. Why?
- Psalm 63:3 is a bold statement. Is it true?
- When Jesus taught us to pray in Matthew 6:11, “Give us this day our daily bread,” what did he mean and why is that a great thing to pray?
- Let’s do a little bit of brainstorming together: we can be satisfied in God because...