Sermon:

There is a progression of thought in the Psalm.

[1] Thirst (**my soul thirsts for you:** v1)

Ever been very thirsty – it drives out all other thought. True spiritually too.

Sometimes society, or personal lives seem like **‘a dry and weary land where there is no water’** (v1)

What can we do about it?

[2] Worship (**my lips will glorify you**: v3)

Laughing Yoga – seems weird, but no doubt it helps.

It may seem crazy at a low point to worship God. Or even talk to God about it.

May feel embarrassed, or ashamed, or just do not ‘feel like it’.

If the idea of worship is hard, come to the sanctuary (**I have seen you in the sanctuary**: v2)

This is not to say that mere attendance will do the trick. It is about active involvement which may be something we simply have to be determined to do, despite our feelings.

[3] Satisfaction (**my soul will be satisfied** **as with the richest of food**s: v5)

Eating a good meal, watching a good film, completing a task well. All these are satisfying, all require involvement at some level.

Active involvement in worship will satisfy our thirst for spirituality.

Spiritual satisfaction is not really about doing worship well, but about a genuine meeting with God.

[4] Presence (**on my bed I remember you**: v6)

Meeting God in worship helps us to remember God at any time.   
For meeting God is not temporary and just for Sunday, but permanent and for every day.

Danger is that we see faith as a private matter, not helped by a society in which you do your own thing.

God’s presence is not just so we can be helped; also so that we can point to God for others in daily life.

**Love is something if you give it away, Give it away, give it away.  
Love is something if you give it away, You end up having more. (Malvina Reynolds)**