

SUNDAY, FEBRUARY 8, 2026

# REFRESH MY SOUL

## (PART 4) WHEN THIRST COMES BACK TO LIFE

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Psalm 63 was written by \_\_\_\_\_, not a backslider, but a \_\_\_\_\_.

Dryness can exist even when we still \_\_\_\_\_, still \_\_\_\_\_, and still \_\_\_\_\_.

### 1. DRYNESS REVEALS WHAT WE REALLY DESIRE

*My soul thirsts for You, my flesh longs for You, in a dry and weary land where there is no water." -Psalm 63:1*

- A. Dryness exposes what our \_\_\_\_\_ is truly craving.
- B. When we are truly dry, we stop craving what is \_\_\_\_\_ and start craving what is \_\_\_\_\_.

Key Scriptures:

- Psalm 63:1
- Matthew 5:6

### 2. WHAT YOU VALUE MOST IS WHAT YOU SEEK FIRST

*"Because Your love is better than life, my lips will glorify You." -Psalm 63:3*

- A. What we place \_\_\_\_\_ determines what \_\_\_\_\_.
- B. When God is first, everything else finds its \_\_\_\_\_.
  - You don't worship because \_\_\_\_\_ is good - you \_\_\_\_\_ because God is.

Key Scriptures:

- Psalm 63:3
- Matthew 6:33

### 3. CLINGING COMES BEFORE DELIVERANCE

*"My soul clings to You; Your right hand upholds me."* -Psalm 63:8

A. God upholds what we refuse to \_\_\_\_\_.

B. Faith sometimes looks like \_\_\_\_\_ when we don't have answers.

Key Scriptures:

- Psalm 63:8
- Isaiah 41:10

### 4. YOU HELP OTHERS THIRST FOR GOD BY HOW YOU WALK THROUGH YOUR DRY SEASONS

A. Name your thirst without \_\_\_\_\_ – honesty creates trust

B. Model consistency, not \_\_\_\_\_ – faithfulness feeds hunger

C. Point people to practices, not \_\_\_\_\_ – show them the well

D. Create \_\_\_\_\_ and invite others \_\_\_\_\_ – hunger grows together

E. Celebrate small signs of \_\_\_\_\_ – God responds to  
hunger, not perfection

• People don't follow perfection—they follow \_\_\_\_\_

• A thirsty church becomes a doorway to \_\_\_\_\_

Key Scriptures:

- Psalm 34:8
- John 7:38