

# Mt. Airy Summer Reading Plan

Join us on a 8-week reading and study plan of Psalm 63 across the months of July and August. In the summer months it is important to stay hydrated. What is true physically, is also true spiritually. In the busy months of summer we can forget to spend time with God. Psalm 63 was written by a man who was “thirsty” for God. This summer I am challenging you to study this psalm alongside your regular devotional plan. Each day read and reflect on Psalm 63. If that seems too much then read Psalm 63 each week. This plan is designed to help you slow down, meditate deeply on a single text, and apply its truths to your life.

## Overview of Psalm 63

- **Author:** King David.
- **Context:** Written while David was hiding in the Wilderness of Judah, fleeing from his enemies (likely during Absalom’s rebellion).
- **Core Theme:** Intense spiritual thirst for God, satisfied only by His presence, leading to joyful praise and ultimate confidence.

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## Month 1: July – Deep Observation and Exegesis

The focus of the first month is to understand exactly what the text says, its historical context, and the structure of David’s prayer.

### Week 1 (July 5-11): Daily Focus:

- **Day 1–2:** Read the Psalm straight through. Write down your initial impressions, repeated words, and the primary emotion you sense from the writer.
- **Day 3–4:** Study the historical background. Read **2 Samuel 15–17** to understand the context of David fleeing into the wilderness. Note how his physical surroundings (dry, weary land) match his spiritual state.
- **Day 5–7:** Copy the text of Psalm 63 by hand into a journal. Leave wide margins for notes.

### Week 2 (July 12-18): Verses 1–2 – The Thirst of the Soul

- **Daily Focus:**
  - **Day 1–2:** Define the Hebrew word for “earnestly seek” (*shachar*, often associated with the dawn or seeking early). Reflect on what it means to seek God first.

- **Day 3–4:** Analyze the physical metaphors. Why does David use "soul" and "flesh" together? Contrast the "dry and weary land" with the "sanctuary."
- **Day 5–7:** Reflect on your own spiritual appetites. Are you currently experiencing a desert season, or are you actively beholding His power?

### **Week 3 (July 19-25): Verses 3–4 – Steadfast Love and Praise**

- **Daily Focus:**

- **Day 1–2:** Deep dive into the Hebrew word *Hesed* (translated as steadfast love, lovingkindness, or covenant loyalty). Why is *Hesed* literally "better than life" itself?
- **Day 3–4:** Study the physical expressions of worship mentioned: lips praising, blessing, lifting up hands. Look up other scriptures where lifting hands is mentioned (e.g., Psalm 141:2, 1 Timothy 2:8).
- **Day 5–7:** Write a response detailing a time when you experienced God's love as more valuable than your physical comfort or survival.

### **Week 4 (July 26-31): Verses 5–8 – Contentment and Remembrance**

- **Daily Focus:**

- **Day 1–3:** Examine the transition from thirst (v. 1) to total satisfaction (v. 5). How does remembering God during the night watches bring spiritual satisfaction?
- **Day 4–6:** Study the metaphors of protection and intimacy: "the shadow of your wings" and "clinging/holding fast" (*dabaq*, the same word used for a husband cleaving to his wife in Genesis 2:24).
- **Day 7–10:** Contrast human effort ("my soul clings") with divine preservation ("your right hand upholds me"). How do these two actions work together in the believer's life?

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## **Month 2: August – Victory, and Application**

The second month shifts from analyzing the text to embedding its truths into your daily routine.

### **Week 5 (August 1–7):**

- **Daily Focus: Use the YouVersion Bible app, or go to YouVersion.com to read the text in different translations.**

- **Day 1–2:** Read the entire Psalm in the NIV translation.
- **Day 3–4:** Read the entire Psalm in the NKJV.
- **Day 5–7:** Read the entire Psalm for the Living Bible.

### **Week 6 (August 8-14): Memorization Week**

- **Scripture Portion:** Psalm 63:1–11.
- **Daily Focus:**
  - **Day 1–2:** Memorize verses 1–3. Recite them first thing in the morning.
  - **Day 3–4:** Memorize verses 4–7. Recite them before eating meals.
  - **Day 5–7:** Memorize verses 8–11. Practice reciting the entire Psalm from memory without looking.

### **Week 7 (August 15–21): Personal Application and Transformation**

- **Scripture Portion:** Meditate on the specific verse that challenged you most this summer.
- **Daily Focus:**
  - **Day 1–3:** Identify your personal "night watches" (times of anxiety, insomnia, or spiritual darkness). Create a specific scriptural strategy based on verse 6 to combat these moments.
  - **Day 4–6:** Identify what false sources of "water" or "food" you lean on when your soul feels dry, rather than seeking God's sanctuary.
  - **Day 7–10:** Write your own personal prayer modeled after Psalm 63. Use the structure: Express Thirst → Remember Past Faithfulness → Declare Present Satisfaction → Trust God for Future Protection.

### **Week 8 (August 22-31): Personal Application and Transformation**

**The Dawn & Dusk Approach:** Because the psalm references seeking God early and meditating through the night, read verses 1-5 in the morning to start your day, and read verses 6-11 in the evening to reflect on God's protection before you go to sleep.