



Psalm 63:3-5

“Because your lovingkindness is better than life, my lips shall praise you. Thus I will bless you while I live; I will lift up my hands in your name. My soul shall be satisfied as with marrow and fatness, and my mouth shall praise you with joyful lips.”

This Psalm of David was written as he was running for his life from King Saul (1 Samuel 22:5). He finds himself in the wilderness of Judah (praise), hungry and thirsty for God.

In these three verses David uses five different Hebrew words to express how he will worship God. The first of these words is found in the phrase “my lips shall praise you.” The Hebrew word used here is shabach. It means to address in a loud tone, a loud adoration, a shout, proclaiming with a loud voice unashamed. The second phrase, found in verse four, is “thus I will bless you.” The Hebrew word used for bless is barak. Barak means to kneel or bow, to give reverence to God as an act of adoration. The third phrase is “I will lift up my hands.” The Hebrew word used for lift is nacah which means to exalt, extol or hold up.

David is very demonstrative in his worship. He gives us the reason in the first line of verse three; *“Because your (God) lovingkindness (mercy, kindness, favor) is better than life.”* You might interpret David’s worship like this: “I am going to proclaim unashamedly with a loud voice that your mercy and favor is better than life. As long as I am alive I will bow and give reverence to you because I adore you. I will exalt your name with uplifted hands.”

The next worship word used by David is found in verse five: “my mouth shall praise you.” The Hebrew word used here for praise is hallal. Hallal means to make a show or rave about, to glory in or boast upon, and to be clamorously foolish about your adoration of God. If you combine the meanings of the words rave, clamorously and foolish you might come up with something like this; to continuously speak wildly or incoherently (lacking logic) with extravagant enthusiasm, showing a lack of good sense. The last Hebrew word used is found in the phrase “with joyful lips.” The word joyful comes from the Hebrew word alats which means to jump for joy.

David, while running for his own life, had a revelation that God’s lovingkindness is better than life itself. Even in the midst of trouble God’s lovingkindness satisfied his soul and set his heart on fire to worship.

Scripture references:

Psalm 28:2

Hear the voice of my supplications, when I cry to you; When I lift up my hands toward your holy sanctuary.

Psalm 138:2

I will worship toward your holy temple, and praise your name. For your lovingkindness and your truth...

Psalm 143:6

I spread out my hands to you; My soul longs for you like a thirsty land.