

# The Secret to Being Satisfied

It is rare to find anyone who is truly content with their life's condition these days. We are constantly inundated with enticements to desire more—more possessions, more travel excursions, more home improvements, and more physical changes. More, more, more! Being satisfied with what we have or who we are is a foreign concept. However, the Bible has a great deal to say about contentment.

Read [Matthew 5:6](#).

***According to Jesus, is satisfaction possible? If so, how?***

Read [Psalm 63:1-7](#).

***How did David find true satisfaction?***

David expressed a deep longing for God in a dry and weary place. He found true contentment not in his circumstances, but in God's presence. As he remembered God's power, love, and faithfulness, his soul was satisfied. Through worship, meditation, and trust in God's protection, David discovered a lasting satisfaction that surpassed his physical needs and brought joy even in the wilderness.

Take a moment and reflect on these questions:

- ***When have you ever experienced a deep longing for God like the thirst described in Psalm 63:1?***
- ***What practices help you move from spiritual emptiness to satisfaction in God's presence?***
- ***How might your perspective on life shift if you truly believed God's love is better than life?***
- ***What would it look like for your soul to be satisfied in God in your current season of life?***

As a new school year approaches, it's easy to feel the pull of "more"—more resources, more energy, more time, and more affirmation. The pressure can be overwhelming. Psalm 63 and Matthew 5:6 remind us that true satisfaction doesn't come from having everything perfectly in place. Contentment comes from earnestly seeking God. Like David, we may be stepping into a dry and weary place, but God's presence is still enough. His steadfast love is better than life. As you prepare to lead, teach, and pour into others this coming school year, let your soul first be filled with Him. In God alone you will find the strength, joy, and deep satisfaction your heart truly needs.

*Father, as I prepare for this new school year, I confess the many things I think I need in order to feel ready or successful. Today, however, I remember that You are my source of contentment. Help me to hunger and thirst not for perfection or praise but for Your presence and righteousness. Satisfy my soul with Your love, and remind me daily that You are enough. When I feel weary or empty, draw me back to You, the One who fills me completely. Let my teaching, my words, and even my quiet moments reflect a heart that is satisfied in You. Amen.*

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