

Day 2

“As a deer longs for flowing streams, so I long for you God” (Psalm 42:1, CSB).

Hunger is a miserable feeling. Even skipping a meal can bring noticeable discomfort. Yet while hunger can often be delayed or managed, thirst demands immediate attention. Thirst does not wait patiently. It comes urgently and relentlessly, and only water can truly satisfy it.

This passage tells us that our souls experience a similar desperation. Just as the body cannot survive without water, the soul cannot live apart from the presence of the living God. To exist without Him is not living at all.

The psalmist makes this truth clear through the image of a deer panting for streams of water. We may not realize the risk the deer is taking. When a deer approaches a stream, it must step into the open, lower its head, and drink, unable to see what lurks behind or around it. At that moment, the deer is vulnerable to every unseen threat. However, its thirst leaves no other option. Life depends on water, so the deer surrenders its safety for the sake of being satisfied.

So too with us. Like the deer, we are driven by need, not convenience. Our souls were created to depend on God, and nothing else in this world can truly satisfy us. We may chase success, money, comfort, or approval, but these things cannot sustain. Only the presence of an all-satisfying God can fill what is empty within us. Though God dwells in the believer by His Spirit, this psalm reminds us that we are to continually come to Him. We must lay aside our self-reliance, comfort, and control because apart from Him, our souls grow dry and weary.

Where may God be inviting you to lay aside comfort, control, or self-reliance in order to seek Him?

Lord, only You alone can satisfy. Help me seek Your presence above all else.