



Week 4: Spiritual Life // Mark Clark // October 4, 2026

Over the past few weeks, *Reset* has invited us to look honestly at some of the most important areas of our lives: our mental health, our relationships, and how we respond when life gets painful. But this final week takes us underneath all of those things to the most important reset of all—our relationship with God. Psalm 63 challenges us to move beyond simply believing that God exists or adding him to an already crowded life. King David says, “You, God, are my God...I thirst for you.” The invitation is to move from God as a part of our lives to God as the treasure of our lives—the One we seek, love, desire, and ultimately find our deepest satisfaction in.

Scripture: [Psalm 63:1-8 NIV](#)

Bottom Line: The greatest reset is moving from “God” to “my God.”

Digging In:

1. What’s something you really wanted at one point in your life, only to discover that getting it didn’t satisfy you for very long?
2. Read Psalm 63:1-8 together. What words does David use to describe his relationship with God? What do these words tell you about the nature of the relationship?
3. Mark emphasizes the gap between saying “God, you are God” and “God, you are *my* God.” What do you think that difference looks like practically in someone’s everyday life?
4. David says, “I thirst for you; my whole being longs for you.” Why do you suppose Scripture uses such intense language to describe our relationship with God? To what degree does this language reflect your feelings toward God?
5. Mark asks whether Jesus is merely useful to us or genuinely beautiful to us. What’s the difference between seeking God primarily for what he can give us and seeking God simply because we want him?
6. Verse 5 says, “I will be fully satisfied as with the richest of foods.” What are some things we commonly ask to satisfy needs that they were never designed to satisfy? How does C.S. Lewis’ statement—“If nothing in this world satisfies you, it probably means you were made for another world”—speak to this?
7. The message asks, in effect, “What do you crave?” If someone looked at how you spend your time, money, attention, and energy, what might they conclude you desire most?
8. David says he has “beheld” God’s power and glory. What do you think it means to behold God rather than simply know things about him? What everyday impact could this have?

9. Mark describes transformation as the “expulsive power of a new affection”—we don’t simply stop loving lesser things; we increasingly love Jesus more. How might growing in love for Jesus change an area where simply trying harder hasn’t worked?
10. Think back over the entire *Reset* series. Where do you most sense God inviting you to reset something—and what would it look like for that reset to begin with wanting more of him, rather than simply wanting a better version of your circumstances?

Moving Forward:

Don’t try to reset everything at once. Instead, start with the question underneath everything else: *“What am I looking to for the satisfaction that only God can give?”* Pay attention this week to the moments when you think, “If I could just have this... change this... achieve this... fix this... then I’d be okay.” Instead of condemning the desire, allow it to point you toward the deeper thirst underneath it.

Then make space to behold God. Spend time in Scripture. Pray even if you don’t initially feel like it. Worship. Gather with God’s people. Don’t simply ask God to change your circumstances—ask him to change your affections: *“Jesus, help me want you more.”* As Mark points out, these practices aren’t merely religious activities; they’re ways we place ourselves where we can increasingly see God’s beauty, power, and glory.

Prayer Prompt:

Give everyone a quiet moment to finish this sentence:

Jesus, I sometimes look to _____ to satisfy what only you can satisfy.

Then invite everyone to turn that into one simple prayer:

Jesus, help me treasure you more.

Close together:

Jesus, you know all the places we look for satisfaction, security, love, and meaning. Reset our hearts. Help us move from simply believing in you to truly knowing, loving, and treasuring you. Teach us to thirst for you and find our deepest satisfaction in you. Amen.