

Satisfy Us

Scripture: Psalm 90:14

VERSE

Satisfy us in the morning with your unfailing love
That we may sing for joy and be glad all our days
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That we may sing for joy and be glad all our days

CHORUS

Sing, sing, sing and be glad for all our days
For all our days, all our days
For all our days, all our days
Sing, sing, sing and be glad for all our days
We're satisfied in you, oh Lord

Bible verse · Little lesson

Satisfy Us

"O satisfy us early with thy mercy; that we may rejoice and be glad all our days."

— Psalm 90:14 (KJV)

LITTLE LESSON FOR LITTLE HEARTS

What does it mean to be "satisfied"? When you are hungry and you eat a good breakfast, you feel full and happy and ready for the day — that is being satisfied. This little song takes a prayer right out of the Bible: "O satisfy us early with thy mercy; that we may rejoice and be glad all our days" (Psalm 90:14). "Early" means in the morning, at the very start of the day. The prayer is asking God to fill our hearts first thing — before games, before snacks, before anything else — with His "unfailing love" (His mercy that never, ever runs out). Lots of things promise to make us happy — toys, treats, screens — but they leave us wanting more by lunchtime. God's love is different: it truly fills us up, and it never fails. When we start the morning by remembering how much God loves us, joy can last all day long, even on hard days. And the very best news is where that love is found: God showed His unfailing love by sending Jesus, and Jesus said, "I am the bread of life: he that cometh to me shall never hunger" (John 6:35). So we can pray this every morning and mean it: satisfy us with Your love, Lord — we are satisfied in You. Then, like the song, we can sing for joy and be glad all our days.