 #Reflect Bible Study Notes

Reflective Reading: (Psalm 16:1-2,6-9, Psalm 145:1-2)

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“Keep me safe, my God, for in you I take refuge.I say to the Lord, “You are my Lord; apart from you I have no good thing.” The boundary lines have fallen for me in pleasant places; surely I have a delightful inheritance. I will praise the Lord, who counsels me; even at night my heart instructs me I keep my eyes always on the Lord. With him at my right hand, I will not be shaken.Therefore my heart is glad and my tongue rejoices; my body also will rest secure, I will exalt you, my God the King; I will praise your name for ever and ever. Every day I will praise you and extol your name for ever and ever.”

**Slide 1:** Contained in thelyrics of Psalm 16is:

* the secret of \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ (Psalm 16:2)

 and

* great \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ even in pressing times (Psalm 16:7-9);

 and

* what Jesus’ work \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ for us (Psalm 16:10-11).

Everything we have that is good is a gift God has given us (Psalm 16:2, James 1:17).

**Slide 2:** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ doesn’t change our status relationship with

God, so we can still \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ praises while facing the problem

because “You are my Lord” (Psalm 145:1-2).

**Slide 3:** In the middle of a heartbreak, reflect on “days of old” and

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ all that God has done for you and it will usher in

hope, the confident expectation of good in your future (Psalm 145:5).

**Slide 4:** Reflect (siyach) is the equivalent of us \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

God’s Word or \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ it over our lives and how He has

greatly blessed us.

David and Paul both rejoiced in troubling times. Their rejoicing was not because of anything they did in their past, or because of anything specific to be found in their troubling present. They rejoiced when they recalled and meditated and reflected on all that God had already done (His work) and what lie ahead (the promise) [God calling me heavenward in Jesus, surely I have a delightful inheritance] Philippians 4:14, Psalm 143:5, Psalm 16:2.

**Slide 5:** God can take the \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ of yesterday (Absalom’s

rebellion and death) and transform them into the \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

of tomorrow (Solomon becoming king and completing the vision).

