



### #Reflect Bible Study Notes (Psalm 16, 145) Episode 4

*Contained in the lyrics is the secret of contentment (Psalm 16:2) and great gladness even in pressing times (Psalm 16:7-9); and also speaks powerfully of what Jesus' work accomplishes for us (Psalm 16:10-11).*

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

Trouble doesn't change our status relationship with God so we can still sing praise while facing the problem (Psalm 145:1-2).

In the middle of the heart break and the heart ache, reflect on "days of old" and remember all that God has done for you and it will usher in hope, the confident expectation of good in your future (Psalm 145:5).

Reflect(siyach) is the equivalent of us speaking God's Word or singing it over our life and how He has greatly blessed us.

David and Paul both rejoiced because they didn't recall the works of their past or what was happening in their present instead they recalled and meditated and reflected on all that God had already done and what lie ahead (God calling me heavenward in Jesus) Philippians 4:14, Psalm 143:5.

God can take the tears of yesterday (Absalom's rebellion and death) and transform them into the miracles of tomorrow (Solomon becoming king and completing the vision).