For the Week Beginning October 17, 2021

"The Key Posture?"

◇ **Psalm 16**

Please narrate verse 8

1 Keep me safe, O God,
   for in you I take refuge.

2 I said to the Lord, "You are my Lord;
   apart from you I have no good thing."

3 As for the saints who are in the land,
   they are the glorious ones in whom is all my delight.

4 The sorrows of those will increase
   who run after other gods.
I will not pour out their libations of blood
   or take up their names on my lips.

5 Lord, you have assigned me my portion and my cup;
   you have made my lot secure.

6 The boundary lines have fallen for me in pleasant places;
   surely I have a delightful inheritance.

7 I will praise the Lord, who counsels me;
   even at night my heart instructs me.

**8 I have set the Lord always before me.
   Because he is at my right hand,
   I will not be shaken.**

9 Therefore my heart is glad and my tongue rejoices;
   my body also will rest secure,

10 because you will not abandon me to the grave,
    nor will you let your Holy One see decay.

11 You have made known to me the path of life;
you will fill me with joy in your presence,
with eternal pleasures at your right hand.

Write down 5 significant observations. Raise 2 significant questions and try to answer them.

Observations	Interpretation (Questions)	Applications

❀ **Opening:**

- What are your typical thoughts when you awake each day?

❀ **The Living Word:** Read Psalm 16 with focus on verse 8 below:

**I have set the LORD always before me.
Because he is at my right hand,
I will not be shaken.**

1. What is David's level of trust in his God?

2. What emotions are triggered when you reflect on David's testimony in verse 8?

3. Are you unnerved by the high goal of ALWAYS "setting the LORD before me?"

❀ **Living the Word:**

1. Do you usually think of the LORD as someone in whom you can confidently take refuge?

2. What is your default mode when you face challenging situations or problems?
   a. "Wing it"?   "Stuff it"?   Other _____?

3. What are the practical implications of "setting the LORD always before me?"