



The Book of Psalms

Praise and Prayers for Every Day

Psalm 16

Reading: Psalm 16:1-11

Like Bunni's testimony of struggling for contentment – where do you struggle to find contentment in your own life?

How can we have a “*good inheritance*” and a “*good portion*” even when we might feel we are living with lack or struggles?

Luke 10:41-42 *“And Jesus answered and said to her, “Martha, Martha, you are worried and troubled about many things. But one thing is needed, and Mary has chosen that good part, which will not be taken away from her.”*

In the story of Mary and Martha – Mary found the “**one thing**” that was needed – what was that?

How do we “*set the Lord always before*” us? What does that practically look like for your life?

Jesus felt the struggle of being fully God and fully Man and the pressures of this world, so what would He do to find rest?

In the list at the end of this teaching – which one stood out to you as one that the Lord is speaking right now over your life?

Promise to cling to this week: *“You will show me the path of life;
In Your presence is fullness of joy; At Your right hand are pleasures forevermore.
(verse 11)*