



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

² I say to the Lord, "You are my Lord;

I have no good apart from you."



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



⁴ The sorrows of those who run after another god shall multiply; their drink offerings of blood I will not pour out or take their names on my lips.



⁵ The Lord is my chosen portion and my cup; you hold my lot. ⁶ The lines have fallen for me in pleasant places; indeed, I have a beautiful inheritance.



⁷ I bless the Lord who gives me counsel; in the night also my heart instructs me. ⁸ I have set the Lord always before me; because he is at my right hand, I shall not be shaken.



⁹ Therefore my heart is glad, and my whole being rejoices; my flesh also dwells secure. ¹⁰ For you will not abandon my soul to Sheol, or let your holy one see corruption.



¹¹ You make known to me the path of life; in your presence there is fullness of joy; at your right hand are pleasures forevermore.





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- 2. What we obsess over (v. 2)



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- 7. What gives us sense of belonging (v. 10)



The problem with worshiping anything other than God:

multiplying sorrows



How to Delight in the Lord:

1. What not to do: follow the pattern of those around you



How to Delight in the Lord:

- 1. What not to do: follow the pattern of those around you
- 2. What to do: saturate with God's Word, God's people, and God's Son



