



### **Key Points :**

- Key point 1. **We can enjoy God more with a stance of giving thanks (Psalm 16:2)**
  - Whatever challenges we are facing at this time, this psalm challenges the notion that joy is a luxury and irrelevance in hard times. Giving thanks takes practice!
- Key point 2. **We can enjoy God more by turning aside (Psalm 16:4)**
  - The psalmist declares that they will not take part in the worship of false Gods and this is key to the declaration that they will find enjoyment in God (v11). This is a vital component which anchors our understanding of enjoying God not just seeking joy and pleasure for their own ends which can lead us away from God.
- Key point 3. **We can enjoy God more by creatively seeking His presence (Psalm 16:11)**
  - Life with God is not dull, but it needs to be cultivated. Sherwood Wirt put it like this: “Joy is the enjoyment of God and the good things that come from the hand of God.”

### **Questions:**

#### **Conversation Starter**

1. Do you find you are a naturally grateful person? Would you say that you ‘Enjoy’ God?

#### **Start thinking**

2. Think of a time when you most enjoyed God in the past - what were the circumstances?

#### **Start sharing**

3. What areas of life do you find work against enjoying God at the moment? Are you feeling overstretched or under stimulated?

#### **Start praying**

4. Heavenly Father help us to develop a lifestyle of gratitude, turning aside to you regularly throughout our days and to creatively seek your presence. Bless our imagination with new ways to be *with* you and enjoy you this week.

#### **Start doing**

5. Pray for God to give you one thing that you can try out this week to develop your enjoyment of God. Write it down somewhere to prompt you.