



**Series:** Ctrl+Alt+Delight (Part 1)

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## **INTRODUCTION**

Life can often feel overwhelming. Between work, school and relationships, we can feel like a computer with too many tabs open; our attention scattered, our energy drained, and our joy slipping away. In such moments, it is natural to seek relief in achievements, affirmation, or temporary pleasures. Yet these substitutes for joy often leave us restless or anxious when they fail to deliver lasting fulfilment.

Psalm 16 reminds us that true, lasting joy comes from seeking God first. It is a fantastic song relating how David found the secret of contentment and great gladness even in pressing times. David declares, *“You are my Lord; apart from You I have no good thing”*, and acknowledges that in God’s presence there is fullness of joy and eternal pleasures.

When we anchor our lives in God, we discover a joy that is not dependent on circumstances, achievements, or the approval of others. This joy sustains us through trials, re-orientes our perspective, and enables us to be a source of encouragement and delight to those around us.

## **DISCUSSION**

1. What are some things we turn to for joy that do not quite last?
2. Read Psalm 16:1-3. David wrote that apart from God, he has no good thing. David’s joy is rooted not in possessions, achievements, or favourable circumstances, but in God Himself.

How does seeing God as your portion reshape your experience of joy during seasons of uncertainty or difficulty? What practices or intentional pauses help you become more aware of His presence and His delight over you?

3. Read Psalm 16:4-8. David contrasts his devotion to God with those who pursue other “gods,” declaring his refusal to give his allegiance or attention to anything that displaces God.
  - a. What “other gods” are you tempted to rely on for joy or security instead of God? How do these distractions subtly pull your focus away from God and diminish your joy?
  - b. David says, “*I keep my eyes always on the Lord.*” What does it look like practically to “anchor” your life in God in this season?
4. Read Psalm 16:9-11. David writes that his joy flows not from changed circumstances but from the assurance of God’s presence, protection, and promise.
  - a. How can experiencing God’s delight and presence transform the way you see yourself, your struggles, and your relationships?
  - b. The psalm concludes with the promise of eternal joy at God’s right hand. How does knowing that God Himself is your ultimate inheritance help you remain joyful and secure in the midst of life’s challenges?
  - c. In what ways can a life rooted in God’s joy become a blessing to those around us?

### **WHAT WILL YOU DO**

Joy is more than a fleeting emotion. It is a relational, transformative experience rooted in God’s presence. Unlike happiness, which depends on circumstances, true joy begins with seeking the Lord first. Psalm 16 shows us a life grounded in allegiance to God, shaped by delight in His presence, and sustained by the confidence that He alone is our portion.

When we align our hearts with God, recognise His delight over us, and choose to live before His face, we receive a joy that sustains us through trials, anchors our identity, and overflows into the lives of others. We are called not only to experience this joy, but to share it, becoming reflections of God’s delight in every place we go.

Is it time to reset your joy? Practice seeking God’s face.

### **Stop**

Would you pause, stop, and take a deep breath when you begin to feel anxious or overwhelmed? Allow yourself to slow down and become present.

**See**

Would you choose to see God's face first? Pray a simple prayer: *"Lord, You are with me. You are mighty to save. You rejoice over me."*

**Seek**

Ask yourself, *"What am I seeking today to give me joy that isn't You?"* Then pray: *"Lord, You are my portion."*

Then, be a joy-giver. Let God's joy overflow to those around you.

**MEMORY VERSE**

Keep me safe, my God, for in you I take refuge. I say to the Lord, "You are my Lord, apart from you I have no good thing. - Psalm 16:1-2