



**Songs of
Jesus**

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ADORE: What does this psalm teach me about God?

ADMIT: What does this psalm teach me about myself?

ASPIRE: How does this psalm compel me to respond?

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.

PSALM 16: GOD MY REFUGE



ADORE: God comforts me through times of trouble

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- Am I asking God to remove trouble, or preserve me through it?

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.

³² “A time is coming and in fact has come when you will be scattered, each to your own home. You will leave me all alone. Yet I am not alone, for my Father is with me. ³³ “I have told you these things, so that in me you may have peace. In this world you will have trouble. But take heart! I have overcome the world.”

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ADORE: God comforts me through times of trouble

- Am I asking God to remove trouble, or preserve me through it?

ADMIT: I get myself in trouble in times of comfort

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- Who, what or where do I turn to for comfort in times of trouble?

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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.

² John the Baptist, who was in prison, heard about all the things the Messiah was doing. So he sent his disciples to ask Jesus, ³ “Are you the Messiah we’ve been expecting, or should we keep looking for someone else?” ⁴ Jesus told them, “Go back to John and tell him what you have heard and seen ⁵ the blind see, the lame walk, those with leprosy are cured, the deaf hear, the dead are raised to life,

MATTHEW 11:2-5 NLT

and the Good News is being preached to the poor.”⁶ And he added, “God blesses those who do not fall away because of me.”

¹¹ For as high as the heavens are above the earth,
so great is his love for those who fear him;
¹² as far as the east is from the west, so far has he
removed our transgressions from us.

PSALM 103:11-12 NIV

¹⁶ Therefore, confess your sins to one another and pray for one another, that you may be healed. The prayer of a righteous person has great power as it is working.

JAMES 5:16 ESV

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ASPIRE: Make Jesus my refuge

¹⁵ But despite Jesus' instructions, the report of his power spread even faster, and vast crowds came to hear him preach and to be healed of their diseases. ¹⁶ But Jesus often withdrew to the wilderness for prayer.

LUKE 5:15-16 NLT

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LUKE 5:15-16 NLT

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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- Who, what or where do I turn to for comfort in times of trouble?

ASPIRE: Make Jesus my refuge

- Am I choosing God as my number one?

“Enter through the narrow gate. For wide is the gate and broad is the road that leads to destruction, and many enter through it. But small is the gate and narrow the road that leads to life, and only a few find it.”

MATTHEW 7:13-15 NIV



“He heals the brokenhearted and binds up their wounds. He determines the number of the stars; he gives to all of them their names.”

PSALM 147:3-4 ESV

“Indeed, the very hairs of your head are all numbered. Don’t be afraid; you are worth more than many sparrows.”

LUKE 12:7 NIV

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