

## **Psalm 16 New International Version**

- <sup>1</sup> Keep me safe, my God,  
for in you I take refuge.
- <sup>2</sup> I say to the Lord, "You are my Lord;  
apart from you I have no good thing."
- <sup>3</sup> I say of the holy people who are in the land,  
"They are the noble ones in whom is all my delight."
- <sup>4</sup> Those who run after other gods will suffer more and more.  
I will not pour out libations of blood to such gods  
or take up their names on my lips.
- <sup>5</sup> Lord, you alone are my portion and my cup;  
you make my lot secure.
- <sup>6</sup> The boundary lines have fallen for me in pleasant places;  
surely I have a delightful inheritance.
- <sup>7</sup> I will praise the Lord, who counsels me;  
even at night my heart instructs me.
- <sup>8</sup> I keep my eyes always on the Lord.  
With him at my right hand, I will not be shaken.
- <sup>9</sup> Therefore my heart is glad and my tongue rejoices;  
my body also will rest secure,
- <sup>10</sup> because you will not abandon me to the realm of the dead,  
nor will you let your faithful one see decay.
- <sup>11</sup> You make known to me the path of life;  
you will fill me with joy in your presence,  
with eternal pleasures at your right hand.

### **We will use five tools on our expedition that are built around five questions**

What questions were provoked within you?

Did anything confuse you?

Did anything move you emotionally?

Did God instruct you to do something?

Did you gain any insight into God's character?

- David has no restriction within himself, he freely and boldly asks God to keep him safe. Are we as bold as David?
- David has become convinced it has been God who has been protecting him throughout his life.
- David has put his trust in God and fear has no place in trust.

- Setting your faith off to work is the choice of the inner heart.
- A refuge is a place of safety from all who will seek to do you harm – including yourself!
- David has come to understand that God is the only thing good about him. The rest of him is in conflict: his mind; his emotions; his will; and his body.
- Who are the holy people David is speaking of? And who are the holy people now?
- Does God delight in you?
- Why do the unfaithful holy people suffer?
- David refuses to give any part of himself to another, so called, God.
- He lives with the conviction of his declarations 'you are my God'.
- He sees his lives blessing and favour and all of his experiences as a blessing from God, even the dark days.
- He is convinced of the eternal, delightful inheritance ahead of him.
- Even when life is not going so well for David, he still gives praise to God.
- David knows the conviction of his spirit in the night is an opportunity for God to bring revelation to him.
- He trains his eyes to focus on God.
- The knowledge of God's presence gives David strength even in the trials.
- David's spiritual conviction bursts into exultations, he can't restrain himself, not any part of him. He is wanting to join in the party of celebration, his heart, his tongue, his body – David is a worshipper of God.
- He declares you will not abandon me in the realm of the dead.
- David is prophesying the reality of Jesus in the ground after his death.
- He knows God will not abandon him, nor allow him to decay, not even in death.
- Jesus Christ went into death and came out the other side!
- God shows him the pathway to life, it is in Jesus Christ and through Jesus Christ that we live and move and have our being.
- The path of Jesus Christ will fill us with joy even in the darkness of death.
- Death is not the end, eternity waits for us.
- Make sure your eternity is in Jesus Christ.