



December 18, 2016

Psalm 16

"The Path of Life"

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Psalm 16 is an outline of the path of life that, if followed, will give us a peace about life today, as well as a hope about eternal life. David wrote this psalm out of personal difficulty, but by the end of the psalm he expressed his hope and confidence about life here and life to come.

Historical Background

1. This psalm is a *"miktam of David,"* and it's one of six that David wrote that have this subtitle.
2. The Hebrew word miktam means, engraving or inscription.
3. The ancient Rabbis also view miktams of David as being "the golden psalms."
4. It is believed that David wrote this psalm early in his life – before he became king – when he was on the run from King Saul, who was jealous of David and who tried to kill him on several occasions.
5. The word refuge is used 44 times in the book of psalms, and it means to flee for protection or to find hope.
 - a. The KJV uses the word trust.
6. If there has been a time in your life when you were anxious, troubled, or overwhelmed about something, and you found that you had nowhere else to turn but to God, then you know exactly what David was writing about.

- a. **Psalm 9:9** - *“The Lord is a refuge for the oppressed, a stronghold in times of trouble.”*
 - b. **Psalm 34:8** - *“Taste and see that the LORD is good; blessed is the man who takes refuge in him.”*
 - c. **Psalm 46:1** - *“God is our refuge and strength, an ever-present help in trouble.”*
 - d. **Psalm 91:2** - *“I will say of the LORD, ‘He is my refuge and my fortress, my God, in whom I trust.’ ”*
7. Pastor Gary said: “What [started] out as a plea for help, [ended] up a decree of hope. What [started] out as concern, [ended] up with confidence. What [started] out in the temporal, [ended] up with a perspective of the eternal.”

David Acknowledged That God Was His Lord

8. **Psalm 16:2-4** - *“I said to the LORD, ‘You are my Lord; apart from you I have no good thing.’ As for the saints who are in the land, they are the glorious ones in whom is all my delight. The sorrows of those will increase who run after other gods. I will not pour out their libations of blood or take up their names on my lips.”*
9. David was saying that God was the LORD, and that he recognized that the true and living God was his Lord, his Master, and his Sovereign Ruler!
10. Pastor Gary said: “We can’t lay claim to the peace of God unless we [first] make [him] Lord. Too many times in life people want God to rescue them, but they don’t want God to rule them.... If he rules you he’s really Lord, and if you don’t submit to his rule, you’ve not made him your Lord. Sometimes we just want to approach God as a fix-all. Like [saying to] God, ‘Fix my mess, but I don’t really want you to be Lord of my life.’ ”
11. Pastor Gary said: “I’ve often found in my personal life, that when fear and worry creep in it’s really a Lordship issue... When I’ve tried to manage things on my own, [and] figure things out all by myself, or when something is out of my control and I begin to imagine the worst, [that’s] when fear and worry set in. But when I quiet myself and still my soul before the Lord, and I get on my face before God and I seek his face, and I acknowledge that he is my Lord and my Master and my Sovereign Ruler, [that’s when] his peace begins to spill over into my heart.”

12. **Philippians 4:6-7** - *“Do not be anxious about anything, but in everything, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus.”*
13. **Psalms 46:1-3** - *“God is our refuge and strength, an ever-present help in trouble. Therefore we will not fear, though the earth give way and the mountains fall into the heart of the sea, though its waters roar and foam and the mountains quake with their surging.”*
14. David counted his blessings from the Lord!
15. Pastor Gary said: “Do not lose sight of the goodness of God in the midst of your difficulties.”
16. **James 1:17** - *“Every good and perfect gift is from above, coming down from the Father of the heavenly lights, who does not change like shifting shadows.”*
17. **Psalms 13:6** - *“I will sing to the Lord, for he has been good to me.”*

David Accepted The Lot God Had Assigned Him

18. **Psalms 16:5-6** - *“LORD, you have assigned me my portion and my cup; you have made my lot secure. The boundary lines have fallen for me in pleasant places; surely I have a delightful inheritance.”*
19. David in no way meant to indicate that his lot in life was a bad thing, rather, he used positive words like secure, pleasant, and delightful!
20. David praised the Lord for the blessing of a wonderful and full life, and he was content right where he was!
21. Sadly, many people today aren't content in life, so they routinely play the “I wish...” or the “If I only...” game.
22. Pastor Gary said: “I've come to learn over the years that until [people] can become content where [they] are, that often the change [in their situation or circumstance] doesn't come, [because] God is still trying to teach [them] right where [they] are. When [people] rest there and settle that in [their] heart and say, “Okay, Lord, this may not be where I want to be, but I'm content and I'm thankful for your goodness in my life. And surely I have a wonderful

inheritance... Then it's up to God if he wants to change [their] circumstances. But [they] need to first rest and be content in all situations."

23. **Philippians 4:11-13** - *"... I have learned to be content whatever the circumstances. I know what it is to be in need, and I know what it is to have plenty. I have learned the secret of being content in any and every situation, whether well fed or hungry, whether living in plenty or in want. I can do everything through him who gives me strength."*

David Adored The God Who Counseled Him

24. **Psalms 16:7-8** - *"I will praise the LORD, who counsels me; even at night my heart instructs me. I have set the LORD always before me. Because he is at my right hand, I will not be shaken."*
25. David was so immersed in God's Word during the day, that even at night, God instructed him while he was asleep!
26. It's okay to seek godly counselors from time to time, but human advice is no substitute for the wisdom and counsel of God!
27. **Isaiah 9:6b** - *"And he will be called Wonderful Counselor, Mighty God, Everlasting Father, Prince of Peace."*
28. **Psalms 119:24** - *"Your statutes are my delight; they are my counselors."*

David Anticipated What God Had In Store For Him

29. **Psalms 16:9-11** - *"Therefore my heart is glad and my tongue rejoices; my body also will rest secure, because you will not abandon me to the grave, nor will you let your Holy One see decay. You have made known to me the path of life; you will fill me with joy in your presence, with eternal pleasures at your right hand."*
30. David transitioned from the temporal to the eternal, because the psalm concludes with his thankfulness over the eternal hope he had in the Lord.
31. David knew and understood that he wasn't going to live forever, and the prophet Nathan, in a message to David from the Lord, told him that he was going to die someday.

- a. [2 Samuel 7:12](#) - *“When your days are over and you rest with your fathers...”*
32. This Scripture is known as a Messianic reference, and the apostle Peter quoted these verses in [Acts 2:27](#), on the Day of Pentecost.
33. David was writing about a time - approximately 1,000 years into the future - when Jesus, the Holy One, would not be abandoned to the grave!
34. The doctrine of “Soul Sleep,” which is taught by Jehovah’s Witnesses, is a false doctrine.
35. The Bible makes it clear that this is a false teaching.
 - a. [2 Corinthians 5:6-8](#) - *“... we are always confident and know that as long as we are at home in the body we are away from the Lord... We are confident, I say, and would prefer to be away from the body and at home with the Lord”*
36. [John 11:25-26](#) - *“Jesus said to [Martha], ‘I am the resurrection and the life. He who believes in me will live, even though he dies [physical death]; and whoever lives and believes in me will never die [but will have spiritual life]...’ ”*

Discussion Questions

1. Review the introduction to the study guide with your group to provide the appropriate background.
2. Read [Psalm 16](#) to provide the foundation for this study.
3. Share examples of times when the Lord was your refuge.
4. Read and discuss the Scriptures Pastor Gary shared. (See #6 above)
5. What are some of the ways you recognize that the Lord is your Master and Sovereign Ruler?
6. Spend time talking about Pastor Gary’s comments. (See #10 and #11 above)
7. Read and discuss [Philippians 4:6-7](#) and [Psalm 46: 1-3](#).

8. Allow the people in your group to share their experiences about the goodness and the rich blessing of God in their life.
9. Read and discuss [James 1:17](#) and [Psalm 13:6](#).
10. How content are you with the lot the Lord has assigned to you?
11. Spend time talking about Pastor Gary's comments regarding being content. (See #21 and #22 above)
12. Read and discuss [Philippians 4:11-13](#).
13. How do the Scriptures act as a counselor in your life? (See #24 through #28 above)
14. What are some of the ways you live that demonstrate that you are looking forward to all that the Lord has in store for you?
15. Close your time in prayer as the Holy Spirit leads.

* Unless noted, all Scriptures quoted are from the New International Version (NIV 1984).