

PSALM 16

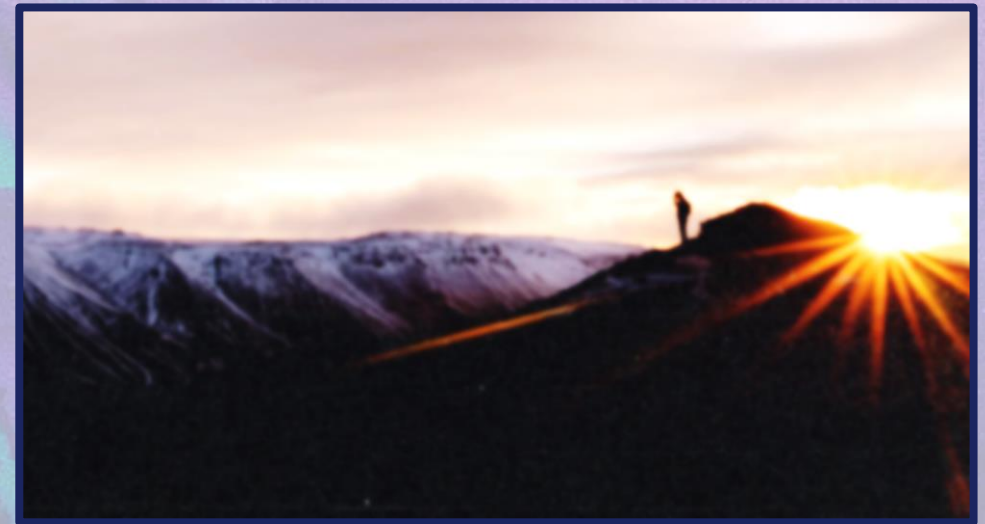
BIBLE STUDY



How would you answer a friend who asks what it means to take refuge in God?

Today's Psalm is a song of faith as David tells of his confidence in God. As you start, pray together that God would encourage you to walk in the strength that comes through consciously putting your faith in him each day.

Thank God for the beauty of words that remind us of the secret of peace and contentment when life is tough; and for the reminder that because of Jesus' sacrifice, we are not left to face death on our own.



PSALM 16

BIBLE STUDY



Read: Psalm 16

1. **Read verse 1 again.** Think about where we are frequently tempted to place our trust or to take refuge instead of in God. How do you think that seeking refuge in God could change how we live and what we focus on?
2. **Read verse 2.** What two powerful statements does David make here that help us to view our lives with a different perspective? Why is each part of the statement important as we seek to find David's secret?
3. **Verses 3 and 4** show the contrasting ways in which believers and non-believers are portrayed. What particularly stands out to you from how David describes each group – the 'saints', and 'those who run after other gods'?



4. **We don't very often call each other 'saints' nowadays** – but the word comes from one who is made holy. Why is it an accurate word for believers if we have put our trust in Jesus?
5. **Verses 5 and 6** are beautiful verses of praise and confidence in God. As believers, we have a sure inheritance, described by David as 'my portion and my cup' and 'my lot'. What is your inheritance in the Lord? In what way is it more precious than an earthly inheritance?

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6. **Look at Psalm 18 v 19.** Together with **verse 6**, how do these verses describe the life of a believer? What does this mean for you in your faith journey? When are the times when this is harder to relate to?
7. **Read verses 7-9.** How does God counsel us (**verse 7**)? Think about the Biblical use of the word 'heart' to mean the deepest part of us, our soul. How might our hearts instruct us at night – a time when we may lie awake fretting? **In verse 8**, how might we practically 'set the Lord always before me'?
8. **Peter used verses 9 – 11** in his wonderful sermon to the crowd at Pentecost (**Acts 2 : 25-28**). How was the prophecy in **verse 10** fulfilled in Jesus, and what impact does this fulfilment have on us when we face death? Why is it so important to remind ourselves of the wonder of eternal life – particularly in the western world?

9. **What is the path of life described in verse 11?** Can you think of a time when you have experienced joy in God's presence – despite life being difficult?



PSALM 16

GOING DEEPER

Read the psalm again to yourself

- Consider some of the decisions that have been part of the journey of faith that David has gone through before he can sing this testimony.
- He has decided to commit to God – in doing that, there has been a cost. What is the cost of being a follower of God?
- He has learned of the good things that God delights to pour into the lives of believers – what are those good things?
- How could your life model the costs and the benefits (inheritance) of following God to those around you?



PSALM 16

PRAY



**PRAY TO
CLOSE
USING
VERSES
FROM
PSALM 16**

‘Keep me safe, O God, for in you I take refuge’. Teach me again this week what that means in my life. Help me learn to turn to you for safety when waves of fear or worry batter me.

‘Apart from you I have no good thing surely I have a delightful inheritance’. Father, thank you for your blessings. Teach me how to be content and how to recognise the good gifts you delight to shower on those who belong to you.

‘I will praise the Lord, who counsels me’. As I go into the next days, help me to hold fast to the counsel of this psalm, which teaches me that you love me; that you have given me a secure inheritance as your precious child in whom you delight; and that you will not let me be shaken if I hold you in the place of honour in my life.