



VINTAGE**CHURCH**

PSALM 16

Reading Guide

April 21 - 27

PSALM 16

*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.
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.*

DAY 1

Read through Psalm 16 once writing down what you find interesting, what you find helpful, and what you don't fully understand.

Read through the notes on Psalm 16 in the ESV Study Bible*. Write at least one paragraph highlighting what you learned from the study notes.

Reread Psalm 16, personalizing the Psalm as your own prayer. Write out that prayer.

In the *ESV Study Bible* we read: "When the faithful sing Psalm 16, they entrust themselves to the Lord and foster their confidence and contentment in his care." The Psalm encourages us to look for that care in this age, and trust in that care in the age to come. It is a Psalm appropriate at all times in our life.

DAY 2

Read Psalm 16 again.



From the start, King David cries out to a greater king for protection: “Preserve me, O God, for in you I take refuge. You are my Lord” (Ps. 16:1–2). He then humbly acknowledges God as the ultimate source of his well-being: “I have no good apart from you” (Ps. 16:2).

Later in the Psalm, David writes about some of the areas he experiences God’s blessings. Read through verses 7–11, writing down the areas David highlights. Pick out one or two and write down the ways you’ve seen similar provision in your own life. Stop and thank God for his kindness to you.

The promises of verses 10 and 11 are really quite remarkable: Death won’t be the end. Life with God will be. This hope of a joy-filled, incomprehensibly pleasurable eternity makes David both glad and secure (Ps. 16:9). Because of Jesus, we have greater reason to believe this is true.

After quoting Psalm 16, Peter says:

Brothers, I may say to you with confidence about the patriarch David that he both died and was buried, and his tomb is with us to this day. Being therefore a prophet, and knowing that God had sworn with an oath to him that he would set one of his descendants on his throne, he foresaw and spoke about the resurrection of the Christ, that he was not abandoned to Hades, nor did his flesh see corruption. This Jesus God raised up, and of that we all are witnesses. (Acts 2:29–32)

William Williams, in his hymn “Guide Me, O Thou Great Jehovah,” calls Jesus “Death of death and hell’s destruction.” Write down some ways knowing Jesus conquered death and hell for you brings you hope in him and encourages your trust in him.

Read verses 10–11 again. Based on what is promised there, write out a prayer of thanksgiving and praise to God who raised Jesus from the dead and will one bring you into his presence for eternity.

DAY 3

Read Psalm 16 again, focusing on verses 5–6.

Again, in the *ESV Study Bible* we read: “When the faithful sing Psalm 16, they entrust themselves to the Lord and foster their confidence and contentment in his care.” In verses 5–6 David demonstrates a sign of entrusting yourself to the Lord and expressing confidence in his care: contentment.

The hymn, “Be Thou My Vision,” captures the contentment of Psalm 16 well.

*Riches I heed not, nor man's empty praise,
Thou mine inheritance, now and always:
Thou and Thou only, first in my heart,
High king of heaven, my treasure Thou art.*

Spend some time meditating on verses 5–6. (For more on meditating on Scripture, see the explanation in [the reading guide for Psalm 7, Day 3](#).) (You may find it helpful to consider what it is that David



expresses contentment in and who has provided those things for him.) As you meditate on those two verses, write down your answers to these three questions:

- How does this show me something about God to praise?
- How does this show me something about myself to confess?
- How does this show me something I need to ask God for?

One of the places a lack of contentment often shows itself in our lives is as we compare ourselves and our situation with others and their situations. John Calvin captured this well when he wrote, “Not to welcome a brother’s happiness with joy is a mark of envy; and not to grieve his misfortune is inhumanity.”¹

Think of a time you responded as Calvin described. Spend some time thinking through that time and what your response revealed about what you value and hold dear. If haven’t done so already, confess your lack of contentment with God and his provision. Ask him for his forgiveness. Write down the specific ways, related to contentment, that you want to change. Ask God to help bring about that change in your life. End your prayer by writing out verses 5–6, followed by a list of the places you see this true in your own life.

DAY 4

Read Psalm 16 again, focusing on verses 3–4.

In those verses, David expresses delight in being with men and women of integrity, whose character matches the claims they make about their trust in God (verse 3). In contrast, he refuses to take part in the idolatrous behavior of those who don’t trust in God (verse 4).

This does not mean that God’s people cannot ever associate with people who don’t trust in God (see 1 Corinthians 5:9–10 and 1 Peter 2:11–12). David does, however, commit to neither take joy in nor participate in the sinful practices of those who don’t trust God.

Read verses 3–4 again. Write down the names of specific people who you would consider “the saints in the land” (Ps. 16:3). How do you benefit from time with them? When are natural times to see them? How can you intentionally find time to be with them?

Also, think of times you have experienced “the sorrows of those who run after another god” (Ps. 16:4) as a result of your behavior. If others influenced that sinful behavior, spend time reflecting on the ways they were able to influence you to behave the way you did. Think about ways you can engage in a relationship with those who aren’t followers of Jesus but not join them in their sinful practices.

Spend some time in prayer, asking God to give you deeper friendships with his “saints in the land,” those people that will point you to God and help you deepen your relationship with him. Also ask him to help you engage with those “who run after another god,” but not be so influenced by their behavior

¹ Calvin, John. *The Epistle of Paul The Apostle to the Romans and to the Thessalonians*. Trans. Ross Mackenzie. Grand Rapids, MI: Wm. B. Eerdmans, 1960. p. 274–275.



that you join them in it. End your time asking God to deepen his relationship with those who know him and draw those who don't know him to himself.

DAY 5

Read through Psalm 16 twice.

Write out at least two paragraphs reflecting on what you've learned about God, yourself, and others from Psalm 16. Write out at least one thing you hope to apply to your life from Psalm 16.

Spend at least 15 minutes sharing what you wrote with a trusted friend or family member. If they read Psalm 16 this week, ask them to do the same. End your time in prayer, thanking God for what he taught you this week.

* Purchasing an ESV Study Bible (Wheaton, Ill.: Crossway Bibles, 2008.) will aid you in your understanding of the Psalms. The first day's reading each week assumes you will have access to the notes in the ESV Study Bible. The ESV Study Bible is the most comprehensive study Bible ever published. It will help you understand not just the Psalms, but also the rest of the Bible in a deeper way. You can either buy the Bible (amazon.com, search: ESV Study Bible) or purchase online access to the notes at www.esvbible.org.

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