

Psalm 16: 1-11 (ESV) – The Lord is My Portion and Cup

Main point: You have a beautiful inheritance – God’s precious presence forever.



Open with a short prayer, inviting God to teach us.

Background: Probably a musical psalm, written by David, with a title usually thought to be “The Golden Psalm,” denoting one of surpassing excellence. Psalm 16 also served as one of the scriptural bases for Peter’s message on the day of Pentecost (Acts 2:25f) and Paul’s address at Antioch (Acts 13:35-38) because the entire psalm can be read as a description of Christ’s life in submission to and glorification of the Father.

Focus of the study:

- 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.” ...
- 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.

Questions:

1. In verse 1, what does the speaker say he will do? “In you, I...”
 - a. v. 1: **take refuge** in God. This is also translated, “I have taken shelter in you.” How do you “take shelter” when you need it?
 - i. in a storm, in the wind, ducking into a doorway if needed; like chicks running beneath a mother hen
2. Verse 2: What else does the writer say he’ll do?
 - a. **pledge allegiance** to God alone: “you are my Lord.” Who is the writer saying this to?
 - i. No, he says it directly to God, from his soul
3. What does the writer say he does, in v. 5?

- a. He **chooses God**: “The Lord is my chosen portion and my cup.” *What does it mean to choose someone over everyone else?*
 - i. You pledge and are faithful to them forever.
 - ii. *The cup imagery is interesting, isn’t it? What are some other ways that cups appear in the Bible?*
 - 1. Psalm 23: “My cup ... runneth over” – *I wonder what that poetic image says to you, a cup running over?*
 - a. a sense of abundance, supplying all that we need
 - b. *What does the writer do in v. 7? **Blesses the Lord.***
 - i. *What does it mean to “bless” the Lord?*
 - 1. Give thanks to God, praise God – *for what?*
 - a. life; family; guidance; assurance; love; peace; etc.
 - c. *What does the writer do in v. 8? “I have **set the Lord** always before me.”*
 - i. *What does it mean when something is set right in front of you? If you’re on a skinny pathway and you’re walking behind someone who is in front of you, what is happening? (**You might want to get up and pantomime this.**)*
 - 1. The person in front leads, chooses the safe steps carefully, is trustworthy
 - 2. You are trusting, following
4. *Because of all these things that the speaker does – takes refuge in God, pledges allegiance to God, chooses God, blesses God, follows God’s lead – what are the promises that result?*
- a. v. 5: God “holds your lot”
 - i. *I wonder what that means?*
 - 1. Your destiny, your fortunes are in his hands
 - b. v. 6: you have a beautiful inheritance
 - i. *What is an inheritance?*
 - 1. something you get from your father or mother: *why? Because you are their child.* Could be a characteristic, like inheriting your mother’s dark hair or your father’s blue eyes
 - 2. Something precious, valuable, lasting
 - 3. Your precious inheritance (or “goodly heritage”) = All of God’s kingdom, as his child!
 - c. v. 7: God gives counsel
 - i. *According to this promise, Who guides us and teaches us?*
 - 1. the Holy Spirit of God
 - d. v. 8: you shall not be shaken
 - i. *Why? Because God is with you at your right hand!*
5. *Now, the big finish: “therefore...” What are the results of these awesome promises?*
- a. v. 9: my heart is glad (heart)
 - b. my whole being rejoices (soul)
 - c. my flesh dwells secure (body)
 - i. *How do those three things (glad, rejoicing, secure) feel?*
 - d. v. 10: God will not abandon your soul to Sheol – you are protected from the depths of hell, from the pit
 - e. v. 11: God will make known to you the path of life – *how does that affect you right now?*
 - i. He is with you always, showing the way
 - f. v. 11: *God will give you fullness of joy and pleasures forevermore – where?*

- i. in his presence, at his right hand
6. *What does it mean to be in God's presence? Does that happen to us today? How do you know? How does it feel?*
7. *Who fulfilled all these promises to God perfectly?*
 - a. Jesus himself
8. *What was the result?*
 - a. Resurrection and seated at the right hand of God

When we commit ourselves to God and his path and his presence, the promises are numerous and overwhelming: assurance of his goodness, guidance, and protection through life's trouble and even through death itself.

- Ask for any prayer requests for today.
- Close in prayer, naming people and needs listed.
- End with a song, e.g., first verse of Amazing Grace

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