

Psalm 16 QUIET TIME

Northstar Church • D28 Lab
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A brief meditation on **Psalm 16**, to show how to have a "quiet time" and also to teach you how to work through a Psalm for prayer, for guidance and submission.

Preserve me, O God, for in you I take refuge.
I say to the LORD, "You are my Lord;
I have no good apart from you."
As for the saints in the land, they are the excellent ones,
in whom is all my delight.
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.
The LORD is my chosen portion and my cup;
you hold my lot.
The lines have fallen for me in pleasant places;
indeed, I have a beautiful inheritance.
I bless the LORD who gives me counsel;
in the night also my heart instructs me.
I have set the LORD always before me;
because he is at my right hand, I shall not be shaken.
Therefore my heart is glad, and my whole being rejoices;
my flesh also dwells secure.
For you will not abandon my soul to Sheol,
or let your holy one see corruption.
You make known to me the path of life;
in your presence there is fullness of joy;
at your right hand are pleasures forevermore.
(Psalm 16 ESV)

"I have no good apart from you."

An important declaration and constant reminder for us all. Good only comes from God.

"Every good gift and every perfect gift is from above, coming down from the Father of lights with whom there is no variation or shadow due to change." (James 1:17 ESV)

"As for the saints in the land, they are the excellent ones, in whom is all my delight."

What company do we keep and cherish? The beauty of the bride of Christ should be compelling and difficult to resist. It's one reason why Christians wind up filling their lives with

Christians.

Do not be deceived: "Bad company ruins good morals." (1 Corinthians 15.33)

"The sorrows of those who run after another god shall multiply..."

It's a fact. Idolatry brings misery, and miserable people reveal the presence of idols. If they are miserable due to circumstances, their idol has been their expectation of how they ought to be treated. The absence of contentment shows a heart that has put on athletic shoes for running...

"The LORD is my chosen portion and my cup; you hold my lot."

What is a "portion?" It's an assigned amount. When you are served, what you are given is what you eat. When do you want bigger portions? When the food is good? Smaller portion? Asparagus. David's thought here is that if he has God, he has all he needs. God is his portion.

Reminds me of..

"My flesh and my heart may fail, but God is the strength of my heart and my portion forever." (Psalm 73.26)

"The lines have fallen for me in pleasant places; indeed, I have a beautiful inheritance."

Because David sees God as his portion, what God has given is his satisfaction. David announces that the "boundary lines" - his assigned territory in this life - are acceptable.

"I have set the LORD always before me.." (v8-11 are quoted in Acts 2.25-28 as proof from Paul that Jesus was the Messiah, v10 quoted in Acts 13.35 as Paul preached in Antioch of Pisidia)

Seeing our life through the lens of God's love gives us renewed confidence:

- Of His nearness ("at my right hand")
- We stand fast in shifting times. ("I will not be shaken.")
- Produces joyfulness ("heart is glad")
- Vitality and health ("whole being rejoices")
- Certainty for our future blessing

Before we conclude, let me offer some practical thoughts on having a quiet time and meditation on the scriptures. It's like a gas station. *Can't keep circling the pump.*

- Make time.
- Find places.
- Get creative.

- Guard it.
- Be real.
- Go public.

"Path of life.. fullness of joy..."

I love that Jesus said He is the **Way**, the truth and the life. Jesus is the Path, and God has made Him known. I also love that God's presence is joy. Perhaps that's why the writer of Hebrews said:

"..looking to Jesus, the founder and perfecter of our faith, who *for the joy that was set before him* endured the cross, despising the shame, and is seated at the right hand of the throne of God." (Hebrews 12:2)

Wrap-Up

We begin with a scripture; we end with Jesus. Open your Bible and let it lead you to Jesus. Open your eyes and let them lead you to Christ. Open your ears! All of life and beauty and truth and peace are found in Him and lead to Him.

"And beginning with Moses and all the Prophets, he interpreted to them *in all the Scriptures the things concerning himself.*" (Luke 24.27)

"For from him and through him and to him are all things. To him be glory forever. Amen." (Romans 11.36)