

Ps 16 (ESV) A MIKTAM OF DAVID. ⁽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.” ⁽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.

1. I love this Psalm because in it we find a satisfied man

- A. Not because everything was going great – it wasn’t
It is believed David was being pursued by King Saul when he wrote this
 - 1). His life was in danger – he had no permanent place to lay his head – cut off from his family
 - 2). YET he is satisfied – I see that and I want to be like that – so I want to know how

2. The importance of this Psalm is seen in the second word - Miktam

- A. Miktam has been explained in several ways – I find one very interesting
 - 1). Some think it comes from a word describing writing that is engraved (such as in stone)
 - a). Application would be – these truths are extremely important
Truth that is to be preserved and never forgotten – engraved in the heart and mind
 - b). Why? Because of the radical changes these truths will make in one’s life

3. This is a Psalm that alludes to Christ

Ps 16:10 (ESV) For you will not abandon my soul to Sheol, or let your holy one see corruption.

- A. Peter and Paul both use this verse referring to the resurrection of Jesus Christ
- B. But the Psalm is primarily about David’s relationship with God – that is what we will focus on

4. Outline: Two simple points

- A. The atmosphere the satisfied believer dwells in: God saturated
- B. The blessings that flow from God into that kind of lifestyle

I. THE ATMOSPHERE THE SATISFIED BELIEVER DWELLS IN

Intro: Watch how God centered – how God saturated David is – verse after verse we see it

- A. When I say that the believer is to live a God focused – God saturated life – is that bit over the top
I don’t think Jesus would think so: Lk 10:27 (ESV) And he answered, “You shall love the Lord your God with all your heart and with all your soul and with all your strength and with all your mind...”
 - 1). We will never do that perfectly – why we need a Savior – but we are to be aiming our life at that
- B. So let’s see what characterized David’s life at this point – that made him so satisfied

The Satisfied Believer is a Person of Prayer

Ps 16:1 (ESV) Preserve me, O God, for in you I take refuge.

1. David was a man who knew where to run when life heated up – why?

- A. Because this was a lifestyle for David – good times or bad times – David was a man who sought God
Ps 42:1 (ESV) As a deer pants for flowing streams, so pants my soul for you, O God.
- B. The satisfied believer is one who is devoted to prayer – Colossians 4:2
Col 4:2 (ESV) Continue steadfastly in prayer, being watchful in it with thanksgiving.
 - 1). Remember how Jesus put it in the parable of the persistent widow? – “pray or faint”
 - a). Pray and be overcomers in the Christian life – fail to pray and be overcome
 - b). Circumstances will overwhelm you

Your flesh will begin to rise up and overrule godly desires – leaving you cold and apathetic

Point: So trouble hits and David did what he always did – turned it over to God

A. I trust you to preserve me – I take shelter in you – I find safety in your truth and your promises

2. Application: If you want to be content/satisfied you can't neglect prayer

A. Let's think it through. What steals satisfaction? Anxiety! What stops anxiety? Prayer

Php 4:6 (ESV) do not be anxious about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God.

The result: Php 4:7 (ESV) *And the peace of God, which surpasses all understanding, will guard your hearts and your minds in Christ Jesus.*

B. This world daily brings things into our life to create worry and steal joy

1). Haven't you learned you aren't big enough to carry that? But God is!

Why God commands: 1 Pe 5:7 (ESV) casting all your anxieties on him, because he cares for you.

2). The contented believer develops the habit of anxiety defeating prayer

a). Anything that causes anxiety we take it to God and leave it there

b). The result is peace – creating an atmosphere where satisfaction/contentment can flourish

So the Satisfied Believer is a Person of Prayer

The Satisfied Believer Lives Their Life Under The Control Of God

Ps 16:2 (ESV) I say to the LORD, "You are my Lord..."

1. Many are willing to say "You are Lord" – Few can say "You are MY Lord"

A. Lord – Adonai – speaks of God's sovereign authority over a life – it speaks of submission and surrender

2. This is a verse the blessings of this Psalm hinge upon

A. The blessings of the Christian life come to those who follow Christ as Lord

See it here: Ps 23:1–2 (ESV) The **LORD** is my shepherd; I shall not want. ⁽²⁾ He makes me lie down in green pastures. He leads me beside still waters.

1). Psalm 23 is so full of blessing – it is a picture of satisfied/contented sheep

2). But those sheep are there because they followed where the Shepherd was leading

a). They didn't do whatever they wanted – would have ended up in all kinds of trouble

b). Because they followed – they were lead into that great rest and satisfaction

Point: God wants to lead you to those green pastures – beside those still waters

A. But if you don't go His way you'll never get there – just makes sense doesn't it!

Transition: At the end of this verse you see the balance of a healthy spiritual life

3. The balanced Christian life

Ps 16:2 (ESV) I say to the LORD, "You are my Lord; *I have no good apart from you.*"

A. The blessed life is lived out in obedience to the Lord – there is no other way

At the same time we understand we are saved and blessed because of His goodness not ours

B. There is always the temptation when you live for God to get proud – judgmental – look at me!

1). If the devil can't tempt you to the extreme of license – I can live any way I want

He will try to push you to the opposite extreme of self-righteousness – God owes me blessing

C. **PROPER BALANCE:** We understand obedience is essential – but we guard our hearts against pride

1). Why am I obedient? Because God has changed my heart

a). He has put those new desires to live for Him there – He gave me the power to obey

Phil 2:12-13 (NLT) Dearest friends, you were always so careful to follow my instructions when I was with you. And now that I am away you must be even more careful to put into

action God's saving work in your lives, obeying God with deep reverence and fear. (13) For God is working in you, giving you the desire to obey him and the power to do what pleases him.

Point: If I live a life that is godly – it is because God has had grace towards a rebel

- A. If there is any good in me it is because He has had mercy towards me a sinner
- B. So for anything good He gets the credit – I'll take the blame for all the bad

Satisfied believer is: Devoted to prayer. Surrendered to Christ but humble

The Satisfied Believer Delights In God's People

Ps 16:3 (ESV) As for the saints in the land, they are the excellent ones, in whom is all my delight.

1. A love for God's people is a proof of salvation – evidence of a heart change

1 Jn 3:14 (ESV) We know that we have passed out of death into life, because we love the brothers. Whoever does not love abides in death.

- A. I hated Christians before I was saved – changed radically – you're alright now!

Matthew Henry: When we take God for our God, we take his people for our people.

- B. Bring this into the NT and this person would be involved in the church

- 1). They understand they can't be spiritually strong on their own

Heb 10:24-25 (NIV) And let us consider how we may spur one another on toward love and good deeds. (25) Let us not give up meeting together, as some are in the habit of doing, but let us encourage one another--and all the more as you see the Day approaching.

- a). When we get together we spur one another on toward love and good deeds - holiness
We encourage one another – we keep each other on track through accountability
- b). I'm inspired and challenged by your passion – how the Lord is using you
 - 1a). Being with you helps me say Yes to God and No to sin
- c). The writer to Hebrews says this is so important – even more so as that day is approaching
 - 1a). That day of Christ's return – it's going to get harder – we need each other

Point: I've never seen a strong believer who has isolated themselves from the church

- A. Eventually the fire in their heart grows cold – that light dims – indifference an apathy conquer

Satisfied believer: Devoted to prayer. Surrendered to Christ. Delights in God's people (Fellowship)

The Satisfied Believer Guards Their Hearts from Idols

Ps 16:4 (ESV) 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.

1. Idol = anything you place above God in the affections of your heart

Arthur Wallis: An idol may be defined as any person or thing that has usurped in the heart the place of pre-eminence that belongs to the Lord.

- A. Is a constant fight – Devil brings to us the toys and distractions of the world
Our flesh screams “I want that!”

- 1). But the satisfied believer has learned to take notice when their heart is being tugged
They learn to guard themselves – to keep that distraction in check

- B. They also know they need help in doing this

Je 17:9 (ESV) The heart is deceitful above all things, and desperately sick; who can understand it?

- 1). My heart my try to hide sin – rationalize it – I need the Lord's help
- 2). I love David's prayer – you find it – Lord you show me

Ps 139:23–24 (ESV) Search me, O God, and know my heart! Try me and know my thoughts! ⁽²⁴⁾ And see if there be any grievous way in me, and lead me in the way everlasting!

- a). Help - You search my heart – show me anything that is cooling my love for you
- b). Uncover it – point it out so I can pluck it out before it can take root

Point: You can't enjoy these blessings and have a divided heart that leads you away from God

- A. This believer puts God first and fends off any other idol trying to move God out of the center of their life
 - 1). Whether that be money, possessions, power, career, reputation, a relationship
 - 2). Nothing wrong with any of that unless it starts pushing God out of the center of your life
 - a). It will start to slowly creep in – taking over things like your prayer life
Use to be a time of intimacy now you're thinking of that idol instead – that hobby etc.
 - b). Bible school teacher – Ping Pong – closed eyes to pray – had to stop playing!
- B. Why John closes his first epistle with this
 - 1 Jn 5:21 (ESV)** Little children, keep yourselves from idols.
 - 1). An idol offers pleasure but will devastate you spiritually

Devoted to prayer. Surrendered to Christ. Delights in God's people. Guards their heart from idols

Intro: I love the next one – one of the great blessings of Christianity

The Satisfied Believer Is Content In the Lord (He has become their treasure)

Ps 16:5 (ESV) The LORD is my chosen portion and my cup; you hold my lot.

Psa 16:5 (NLT) LORD, you alone are my inheritance, my cup of blessing...

1. David says YOU are my portion and my cup! And that is enough!

- A. Have you discovered that yet? He truly is enough to satisfy you.
 - 1). If you had nothing else but Him it would be sufficient
- B. What rest – what stable joy! If He is your satisfaction then your source of joy never changes
 - 1). It is never threatened – the world can do nothing to touch it
 - 2). Everybody and everything will let me down – He never will!
- C. Listen to the words of Paul – chained in prison – awaiting sentencing which could mean death
 - Turn: Php 4:11–12 (ESV)** ...I have learned in whatever situation I am to be content. ⁽¹²⁾ I know how to be brought low, and I know how to abound. In any and every circumstance, I have learned the secret of facing plenty and hunger, abundance and need.
 - 1). Here is a man who has had everything ripped away from him
His belongings – his freedom – and maybe his life
 - 2). His response – I'm Good! I'm content! How Paul? Look a few verses earlier
Php 4:4 (ESV) Rejoice in the Lord always; again I will say, rejoice.
 - a). His contentment wasn't based on the temporal things of the world
When those were all taken away – his source of joy remained – Jesus Christ!

Point: David being chased by King Saul – says “Lord you are my portion! That is enough”

Paul chained in prison says “Lord I rejoice in you. You are enough”

- A. What rest! I have all I need! Everything else is just icing on the cake

Question: Have you spent enough time with God and His Son to discover they really are all you need

- A. Where you can honestly say: ***I will trust you to give me everything I need***
AND I will thank you when I don't get everything I want – I trust your love for me!
 - 1). You are my portion and I am rich

2. David sums up this thought in v. 6

Ps 16:6 (ESV) The lines have fallen for me in pleasant places; indeed, I have a beautiful inheritance.

- A. My boundaries are good Lord = that is just trusting in God's loving sovereignty!
- 1). Lord you choose the boundary lines – you choose what is good for me
You choose what I should have and what I shouldn't
You choose what I need – even if that is being chased by Saul right now! You choose!
- Thought:** What a way to live! Lord I trust you in everything – I trust your love
- A. Even when it seems those boundary lines are in the wrong place – I TRUST YOU that they're not
- Thought:** When He becomes the joy and passion of our life – everything else becomes easier
- A. Let's work our way back through the Psalm
- 1). It will make being devoted in prayer easier – why? It's spending time with Him!
 - 2). It makes surrendering to His Lordship easier – I surrender to the one I love and trust
 - a). The one I know only has my best in mind
 - b). I can put anything into His hands and rest – I trust your decision whatever that is
 - 3). It makes being with God's people a delight – because they lift Him up
 - 4). It makes fending off idols easier – I know true treasure (Him) not interested in fool's gold
- B. Ask God to help you in this – “Lord help me to fall in love with your Son”
- 1). Give me the grace to surrender my heart fully to Him – to not save my life from YOU
 - 2). This is such a key to the Christian life – Falling madly in love with Him!

3. David looks forward to the future

Ps 16:6 (ESV) The lines have fallen for me in pleasant places; indeed, *I have a beautiful inheritance.*

- A. Amen! Me too! I am extremely rich – I just don't look like it yet – I'm waiting but it's coming soon
- Ro 8:16–17 (ESV)** The Spirit himself bears witness with our spirit that we are children of God, ⁽¹⁷⁾ and if children, then heirs—*heirs of God and fellow heirs with Christ...*
- B. Here is the hope of the believer – no matter what the difficulties – this is but a vapor
- 1). I am racing towards glory and it is going to be incredible!
 - 2). If that is true why should I let all this mist upset me so much! No thanks
- C. You have the greatest treasure – Him – why get frustrated over all the lesser things you don't have
- 1). Be like being a car guy – Somebody gives you a mint 53 Corvette
And your fretting because you didn't get the Yugo that was rusting out in the back too!
- Transition:** So the life that enjoys incredible contentment is a God focused – God saturated life
- A. A life given to prayer – surrender – fellowship with other believers
A life that guards itself from the pull of idols and truly believes Jesus is enough
- B. Now David turns to the blessings that flow into this lifestyle – the payoff is worth it!

II. THE BLESSINGS THAT FLOW INTO THIS GOD SATURATED LIFESTYLE

This Believer Enjoys The Lord's Guidance

Ps 16:7 (ESV) I bless the LORD who gives me counsel; in the night also my heart instructs me.

1. This believer wants to know God's will and wants to know God's way

- A. The promise is that this person will be counseled by God! Instructed by Him!
- 1). He speaks to them in the Bible – He comes to them in the meditations at night
 - a). God fellowships with them as a Father with their child
He shares His heart with them – His will!
- C. This is really what you want – the best we can do is make educated guesses at life
- 1). We guess wrong a lot! How many “Do overs” would you like
 - a). We choose – we get ourselves into trouble – steals our joy and causes worry

- Question:** Why wouldn't we want to surrender to the only one that knows what tomorrow brings?
Who tells you all of my planning for you will work out for your good in the end
- A. The one who never says "Oops" Did not see THAT coming!
 - B. I'd love to have a whole bunch of do overs! God has never needed one!

This believer is blessed with guidance

This Believer Is Blessed With God's Presence and Stability

Ps 16:8 (ESV) I have set the LORD always before me; because he is at my right hand, I shall not be shaken.

1. I have set the Lord always before me. How?

- A. He told us – through prayer – obedience – fellowshiping with those who love Him
By guarding his heart against anything that would remove God from His proper place
By drawing near to Him until we are satisfied in Him – He is our portion
 - 1). This is not a Sunday Christian then Monday-Saturday not so much
 - 2). This is not a Chameleon Christian that changes with their surroundings
Around Christians "Praise the Lord" – around the world they live and sound like the world
 - a). This person is in a loving relationship with Christ that influences everything in their life

2. The blessing – this person enjoys the presence of the Lord

- A. Because God is alive in their life in the present – not living off of His touch 10 years ago
 - 1). There is an incredible stability – they are not shaken by circumstances
He is with me – why should I be worried – He loves me – I will be OK!
- B. His presence in our life changes everything
 - 1). That realization when storms hit – you are not alone!

Question: Don't you love this? Whether you're in the car – walking in the mall - wherever

- A. He is with you? And when you KNOW that there is great peace and stability

This believer is blessed with guidance – with God's presence that leads to great stability

This Believer Is Blessed With The Joy That Only God Can Give

Ps 16:9 (ESV) Therefore my heart is glad, and my whole being rejoices; my flesh also dwells secure.

1. Therefore my heart is glad – I guess!

- A. His life is being guided by God so he's not making a ton of mistakes – always scrambling
- B. He's enjoying the presence of God – and the stability that brings – not shaken
- C. He's content in Christ – I have all I need!
- D. Therefore – my heart is glad – God is with me! I'm enjoying Him!
 - 1). This is the fruit God grows naturally in the life that walks with Him
 - a). The Spirit filled life = controlled by Him – or as David puts it "My Lord"
 - b). What fruit grows? "Love, joy, peace"
 - 2). Look at how Peter describes this joy
1 Pe 1:8 (ESV) ...Peter calls it a... joy that is inexpressible and filled with glory...
 - 3). David says this two verses later
Ps 16:11 (ESV) You make known to me the path of life; in your presence *there is fullness of joy...*
 - a). What a blessing that is – in this life that can be so exhausting – so joy stealing
For those who live for God there is this intense joy available

This believer is blessed with guidance – with God’s presence that leads to great stability – with great joy

This Believer Is Blessed With A Security As They Look Forward

Ps 16:9–10 (ESV) ... my flesh also dwells secure. ⁽¹⁰⁾ For you will not abandon my soul to Sheol, or let your holy one see corruption.

Intro: This is used for Jesus – but we’ll stick to what it meant to David here

1. He’s not afraid of ending up in eternal punishment – why?

- A. He’s close to the Lord – He’s trusting Him – there is a true relationship here – Father/Son
- B. That is the blessing of walking with the Lord – you have this tremendous sense of security
 - 1). Sin – disobedience always robs that assurance – it breeds doubt
 - 2). The believer walking with God does not fear the future – the grave won’t win this thing

Transition: Then David finishes up

Ps 16:11 (ESV) You make known to me the path of life; in your presence there is fullness of joy; at your right hand are pleasures forevermore.

- A. You have made known to me the path that leads to life NOW and its ultimate expression later
- B. It is a life that is filled with Joy NOW with its ultimate expression later
 - 1). I’m heading to be with my Lord who sits at the right hand of the Father

To experience pleasure forevermore – no more death, pain, tears, broken dreams

Here is what is waiting: “Take the deepest enchantment that you have ever known, the loftiest ecstasy that you have ever felt. Take that moment when you felt most totally alive. Then intensify that instant a millionfold, and perhaps you will be getting within range of imagining what heaven is like.”

CONCLUSION

1. A life filled with satisfaction is available – but only through Him

- A. You cannot find it in the world – what it offers will always be threatened – always let you down
 - 1). If you will just give yourself to Him – abandon yourselves to His love
You’ll see how incredible being a Christian really is – the joy, peace, satisfaction and contentment
 - 2). I pray today will be that day we all finally try Christianity the way the Bible says to live it out
 - a). To really start to follow Him wholeheartedly – THEN He will lead you into blessing