

**Sermon Title:** Psalms: From the Heart, Part XVII 5.17.2026

**Theme:** Focusing on the holiness of God is good for the soul. Live-streaming and sermon notes are at [trinitycg.org](http://trinitycg.org).

**Focus Question:** What are you feeding your soul?

**Sermon Points:**

**1. The *real* refuge is not a shelter but the Savior. Psalm 16:1-11.** Would you prefer a sturdy shelter or an expert guide? One goes with you, the other leaves you behind.

**2. Idolatry multiplies sorrow. (v.4)** Sin promises relief but compounds pain. David refuses to participate in idol worship. That's spiritual discernment. He understands that idolatry offends God and injures our soul. Modern idols include power, approval, and success, but the outcome is still sorrow. Be careful what you feed your soul. It doesn't forget. It seems that dementia patients still know they know Jesus. This life is mind-deep, but eternity is soul-deep.

**3. Your inheritance. (vs.5–6)** This is land-inheritance terminology from Israel's tribal divisions. He doesn't say, "My land is my inheritance." David says, "The Lord is my chosen portion." David's identity and security are tied to God's presence. **Psalm 73:26 My flesh and my heart may fail, but God is the strength of my heart and my portion forever.** As writers note, he means that God is the source of his happiness and blessing. If God is our portion, we need nothing else. The tribes of Reuben and Gad and half of the tribe of Manasseh had been allotted land east of the Jordan River. Judah received land in the southern part of Canaan. Ephraim and the other half of the tribe of Manasseh received territory west of the Jordan River in the central part of Canaan. That left seven tribes—Benjamin, Dan, Issachar, Zebulun, Simeon, Naphtali, and Asher—that still needed to have the boundaries of their land identified. Lots were then cast before God, and He directed the results to determine the allotments. What's *your* spiritual inheritance? You don't need to cast a lot for it...just set the Lord before you. What you leave for others to inherit tomorrow depends on what you invest in today.

**4. God's guidance. (v.7)** David says that God gives him counsel and His heart instructs him in the night. When you walk closely with God, His wisdom gets internalized. Your conscience becomes shaped by His voice. Lane keeping technology uses forward-facing cameras on the windshield or side mirrors to detect lane markings. When the vehicle drifts too close to a lane line, the system alerts you about potential lane departures by vibrating the steering wheel and providing steering assistance to guide the car back to the lane center. Spiritually, God's Word is your forward-facing camera that guides you back to the center of God's will.

**5. Scriptural stability. Verse 8** describes a stability principle. David sets the Lord before him. Therefore, he is not shaken. This is intentional focus. That's the discipline of attention, which is key to spiritual resilience. Those who see life from God's perspective are difficult to shake. Storms may come, but their inner world stays anchored.

**6. From refuge to prophecy. (vs.9–11)** Psalm 16 announces this stunning promise in **verse 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.** This is not temporary joy but fullness of joy. That's resurrection life language. Psalm 16 is a blueprint for the life of a believer walking closely with God. Peter quotes Psalm 16 on the Day of Pentecost and says David was speaking prophetically about the Messiah (**Acts 2:22–28**). Peter's argument is that David died and was buried, therefore, the promise about not seeing corruption must refer to someone else, who is Jesus Christ. This means the early church saw Psalm 16 as resurrection prophecy, not just personal devotion. Paul preached Psalm 16 in **Acts 13:30–37**. Paul explains that David served God in his generation, died, was buried, and his body saw corruption. Christ rose and His body did not see corruption. As Matthew Henry notes, "God had promised to David that he would raise up the Messiah of his seed. This promise could not have its accomplishment in David but looked forward to Christ." Peter and Paul used Psalm 16 as evidence for the resurrection. They viewed Psalm 16 as one of the core Old Testament proofs of the gospel. So, what's *your* refuge...The results in life or your relationship with the author of your life?

**Reflection:** Lord help me to spend my time feeding my soul a wholesome diet of peace, kindness, and self-control.