

Sermon Title: Psalms: From the Heart, Part XVI 5.3.2026

Theme: Treasuring our relationship with God. Live-streaming and sermon notes are at trinitycg.org.

Focus Question: Are the *results* or the *relationship* your refuge?

Sermon Points:

1. The real refuge is not a shelter but the Savior. Psalm 16:1-11. It helps to read this Psalm by seeing that David is looking: *above* (vs. 1-2) to God, who is the highest good; *around* (vs. 3-4) at those who follow God versus following idols; *within* (vs. 5-8) by not delighting in gold but in God; and *beyond* (vs. 9-11) toward eternal life. As one writer notes, David rests assured that he was “born for undying life...” If your mortal life is God-filled, then your eternity will be God-filled. **(v.1)** David isn’t trusting circumstances, strength, or strategy. His safety is God Himself. To take refuge in God is not about hiding in a safe place your entire life but leaning into a spiritual posture with your life. Protection flows from our *relationship* with Him, not just *intervention* by Him. *Following* God is not just asking Him to fix our problems. Are you *following in His steps* or *asking Him for stuff*?

2. A radical confession. (v.2) David is saying that everything good in life is from a relationship with Almighty God. This cuts against modern thinking that fulfillment comes from self-discovery. Biblically speaking, goodness is not independent from God; it flows from Him. Remove God and the foundation of goodness collapses.

3. Delight in God’s people. (v.3) David delights in the people of God. One mark of spiritual maturity is when you genuinely love being around other Christians. Healthy believers eventually say: “I don’t just love God—I love God’s family.” That’s how churches grow from gatherings into spiritual families.

4. Idolatry multiplies sorrow. (v.4) Sin promises relief but compounds pain. David refuses to participate in idol worship. That’s spiritual discernment. Idolatry offends God and injures our soul. Modern idols look different (power, approval, success), but the outcome is the same: multiplied sorrow.

5. Your inheritance. (vs.5–6) Inheritance language is covenant language. This is land-inheritance terminology from Israel’s tribal divisions. It echoes what happened under Joshua when Israel received its territories. Instead of saying, “My land is my inheritance.” he says, “The Lord is my chosen portion.” David’s identity and security are not tied to security and status—they’re tied to God’s presence. That’s Messianic thinking.

6. God’s guidance. (v.7) David says that God gives him counsel and His heart instructs him in the night. This reflects something mature believers experience: When you walk closely with God, His wisdom gets internalized. Your conscience becomes shaped by His voice. That’s the fruit of a life spent with the Lord.

7. Scriptural stability. (vs. 8) David sets the Lord before him, therefore he is not shaken. This is intentional focus. That’s discipline of attention, which is a key to spiritual resilience. Those who see life from God’s perspective become very difficult to shake. Storms may come, but their inner world stays anchored.

8. From refuge to prophecy. (vs. 9–11). 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 in **Acts 2:22–28**. Peter’s argument is simple but powerful: David died and was buried, therefore, the promise about not seeing corruption must refer to someone else. That “someone else” 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 did see corruption. Christ rose and His body did not see corruption. As Matthew Henry notes about verse 35 in reference to Psalm 16:10, “God had promised to David that he would raise up the Messiah of his seed, who should therefore be a man, but should not, like other men, see corruption. 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. That’s a big deal theologically. They viewed Psalm 16 as one of the core Old Testament proofs of the gospel message. So, what’s *your* refuge? The results in life or your relationships with the author of your life? Live in Christ and you’ll spend eternity with Him.

Reflection: Lord, help me to stay focused on my relationship with You as my true refuge.