

Treasuring the Blessings of God

Psalm 16:1-11

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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.

Psalm 16:1-11, cont.

**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.**

Psalm 16:1-11, cont.

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.

Preserve Me!

- **“Preserve” or “keep” or “treasure”**
- **John 5:14-.15: “And this is the confidence that we have toward him, that if we ask anything according to his will he hears us. And if we know that he hears us in whatever we ask, we know that we have the requests that we have asked of him.”**
- **You and I need to be treasured by someone**
- **We express faith: “In You I take refuge”**

1. Realize that God Himself is the chief blessing of life, 16:1-4

- I say to the Lord, “You are my Lord; I have no good apart from you.” (16:2)**
- Brother Lawrence (1614-1691), Lay Brother in a Carmelite Monastery in Paris**
- Brother Lawrence: “The time of busy-ness does not with me differ from the time of prayer; and in the clatter of my kitchen, while several persons are calling for different things, I possess God in as great tranquility as if I were upon knees at the blessed sacrament.”**

1. Realize that God Himself is the chief blessing of life, 16:1-4

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- Brother Lawrence: “Practicing the Presence of God”**

1. Realize that God Himself is the chief blessing of life, 16:1-4

- I say to the Lord, “You are my Lord; I have no good apart from you.” (16:2)
- Brother Lawrence: “Practicing the Presence of God”
- “All my springs are in you” (Psalm 78:7)
- David also delighted in other believers
- The cure for loneliness is to be met by our brothers and sisters in the Lord
- He realized that faith in God meant a rejection of worldly religion and worldly values

2. Reflect in faith on the way God has blessed you in the past, 16:5-8

- Recognition: “The Lord is my chosen portion and my cup; you hold my lot” (16:5)**
- Blessing: “The lines have fallen for me in pleasant places; indeed, I have a beautiful inheritance” (16:6).**
- Instruction: “I bless the Lord who gives me counsel; in the night also my heart instructs me” (16:7).**
- How has God been preparing you for eternity?**

3. Anticipate the future that God has prepared for you, 16:8-11

“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.” (16:8-9)

- Faith brings confidence**

Psalm 46:1-5

God is our refuge and strength, an ever-present help in times of trouble. Therefore we will not fear, though the earth is transformed and the mountains are toppled into the depths of the seas, though its waters roar and foam and the mountains quake in the surge. There is a river whose streams delight the city of God, the holy place where the Most High dwells. God is within her; she will not be moved. God will help her when morning dawns.

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- Inner joy, outward praise, better health**

3. Anticipate the future that God has prepared for you, 16:8-11

- **Faith bring confidence**
- **Inner joy, outward praise, better health**
- **“For you will not abandon my soul to Sheol, or let your holy one see corruption” (16:10)**
- **Eternal life, glorified body – not decayed**

Job 19:25-27

“But I know that my Redeemer lives, and that at the last He will stand upon the earth. Even after my skin has been destroyed, yet in my flesh I will see God. I will see Him for myself; my eyes will behold Him, and not as a stranger. How my heart yearns within me!”

3. Anticipate the future that God has prepared for you, 16:8-11

- **Faith bring confidence**
- **Inner joy, outward praise, better health**
- **Eternal life, glorified body – not decayed**
- **“You make known to me the path of life; in your presence there is fullness of joy; at your right hand are pleasures forevermore” (16:11).**
- **“Surely goodness and mercy shall follow me all the days of my life, and I will dwell in the house of the LORD forever” (Psalm 23:6)**