

Life Group Guide: Psalm 16

Opening Prayer

Begin your time together by asking God to open hearts and minds to His Word and to help the group see Him as their greatest good.

Icebreaker Question

Share about a time when you felt at the "end of your rope." Where did you turn for help in that moment?

Key Scripture

Psalm 16:1-2, 5-6, 11

"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.'... 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... You make known to me the path of life; in your presence there is fullness of joy; at your right hand are pleasures forevermore."

Main Idea

We can rest secure and rejoice forever because God is our greatest good.

Discussion Questions

Part 1: God Protects Us (Verses 1-4)

1. Refuge in the Storm: David calls God his "refuge." What does it mean practically to run to God as your refuge rather than to other things? What are some common "refuges" people run to instead of God?
2. The Greatest Good: David says, "I have no good apart from you" (v. 2). How does viewing God as your greatest good (rather than just the giver of good things) change your perspective during difficult times?
3. The Lie of Sin: The sermon mentioned that "sin never comes to us and says, 'surprise, I'm here to ruin your life.'" Discuss how sin disguises itself as relief, pleasure, or comfort. What are some ways sin has promised satisfaction but delivered sorrow?
4. Personal Reflection: When life gets hard, where do you typically run first? (Your phone? Work? Food? Entertainment? Control?) What would it look like to run to God first instead?

Part 2: God Sustains Us (Verses 5-8)

5. God as Inheritance: David says "The Lord is my portion" rather than "The Lord gives me my portion." What's the difference? Why does this matter?
6. Divine Counsel: David mentions that even at night, when his mind runs wild, his heart instructs him with God's counsel (v. 7). How can we practically turn our anxious thoughts toward God's truth during sleepless nights or anxious moments?
7. At Your Right Hand: David says God is "at my right hand; I shall not be shaken" (v. 8). Share a time when you experienced God's nearness and help during a season of weakness. How did that sustain you?
8. The Sustaining Question: What currently sustains you when life gets hard—stuff or your Savior? Be honest with the group about where you need to grow.

Part 3: God Satisfies Us (Verses 9-11)

9. Joy in Difficulty: David's joy doesn't come from his circumstances but from rehearsing who God is. How can we cultivate this kind of joy even when life is hard?
10. Death Defeated: David confidently declares that even death won't separate him from God. How does the resurrection of Jesus give us hope that nothing else can provide?

11. Fullness of Joy: Verse 11 promises "fullness of joy" and "pleasures forevermore" in God's presence. How does this eternal perspective help you navigate temporary disappointments or suffering?
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Key Takeaways

1. God is our refuge - When life is hard, we need someone greater than ourselves to run to.
 2. God is our greatest good - Not just the giver of good things, but He Himself is the good we need.
 3. Sin multiplies sorrow - What promises satisfaction always ends in disappointment; only God truly satisfies.
 4. God is our inheritance - We don't just get heaven; we get God Himself for eternity.
 5. God counsels and helps us - He is near, especially in our weakness, giving strength when we have none.
 6. The resurrection changes everything - Because Jesus defeated death, we have unshakeable hope.
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Practical Applications

This Week's Challenge: Choose ONE to practice daily

Option 1: Morning Prayer Each morning this week, before checking your phone or starting your day, pray: *"Lord, show me today that You are my greatest good. Help me run to You first."*

Option 2: Refuge Inventory Write down the top 3 things you run to when stressed (social media, food, control, work, etc.). Each day, when you're tempted to run there first, pause and spend 5 minutes in prayer or Scripture instead.

Option 3: Nighttime Meditation When anxiety keeps you awake at night, instead of scrolling, rehearse Psalm 16:5-8. Remind yourself: "God is my portion. He counsels me. He is at my right hand. I will not be shaken."

Option 4: Gratitude Journal Each evening, write down one way you saw God as your protector, sustainer, or satisfier that day. At the end of the week, read through your entries and praise God for His faithfulness.

Going Deeper

For Personal Study This Week:

- Read Psalm 16 each day, focusing on a different verse or two each time
- Memorize Psalm 16:11
- Study Acts 2:22-32 and Acts 13:32-37 to see how Peter and Paul applied Psalm 16 to Jesus' resurrection

Questions for Personal Reflection:

1. If I'm honest, what do I believe will satisfy me more than God right now?
2. Where am I looking for security, stability, and satisfaction apart from God?
3. What would change in my life if I truly believed God is my greatest good?

Closing Prayer Points

- Pray for anyone in the group facing difficult circumstances or at the "end of their rope"
- Ask God to reveal areas where group members are running to false refuges instead of Him
- Thank God for being our protector, sustainer, and satisfier
- Praise Jesus for His resurrection and the hope it provides
- Ask for grace to see God as our greatest good this week

Leader Notes

- Create a safe space: Encourage honesty about where people actually run when life gets hard
- Avoid quick fixes: Don't minimize people's struggles; acknowledge that life is genuinely difficult while pointing to God's sufficiency
- Share your own struggles: Model vulnerability by sharing where you're tempted to find satisfaction apart from God
- Follow up: Check in during the week with group members about their practical application choices

- Celebrate testimonies: Next week, ask people to share how they experienced God as their greatest good

"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 16:11