



Godspeed

Cherry Creek  
Presbyterian Church

Dr. Brad Strait  
February 12, 2022  
Psalm 16

Key Sources:  
Matt Canlis, R.C. Sproul,  
C. S. Lewis, N.T. Wright,  
Cloversites



Godspeed:  
Pace and  
Stability



# GODSPEED

*The Pace of Being Known*



“Learning to live at 3 mph.”



Finding our PLACE

Being PRESENT

Godspeed

Finding our PLACE

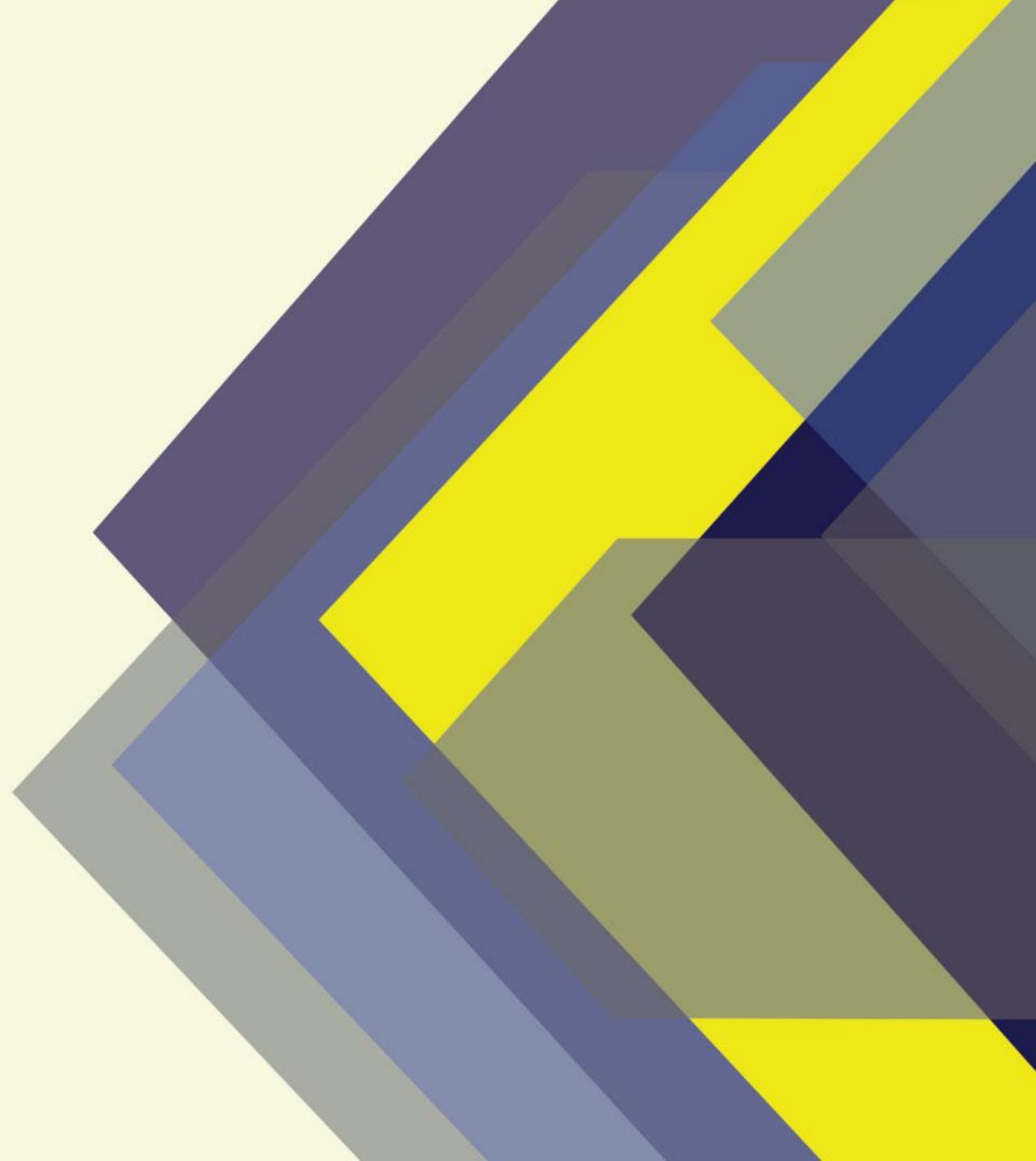
Being PRESENT

Enjoying  
God's PACE

Resting in STABILITY

Godspeed

Our world is  
always  
chasing  
safety  
and joy.



# *Katelyn Ohashi*



# *Katelyn Ohashi*



A photograph of a city street scene, showing the lower legs and feet of several people walking on a crosswalk. The pavement is dark asphalt with white painted stripes. A manhole cover is visible in the bottom left corner. A large, semi-transparent graphic overlay in shades of blue and yellow is positioned on the right side of the image, partially covering the street scene.

Psalm 16

# Godspeed

# *Psalm 16 is about SECURITY*

v.1 “safe”

“my refuge”

v. 5 “secure”

v.6 “pleasant places”

v.8 “I will not be shaken”

v.9 “rest secure”

v.10 “you will not abandon me”

v.11 “you make known to me the path”

# *Psalm 16 is about JOY*

v.2 “apart from you I have no good thing.”

v. 3 “my delight”

v.6 “pleasant places”

“a delightful inheritance”

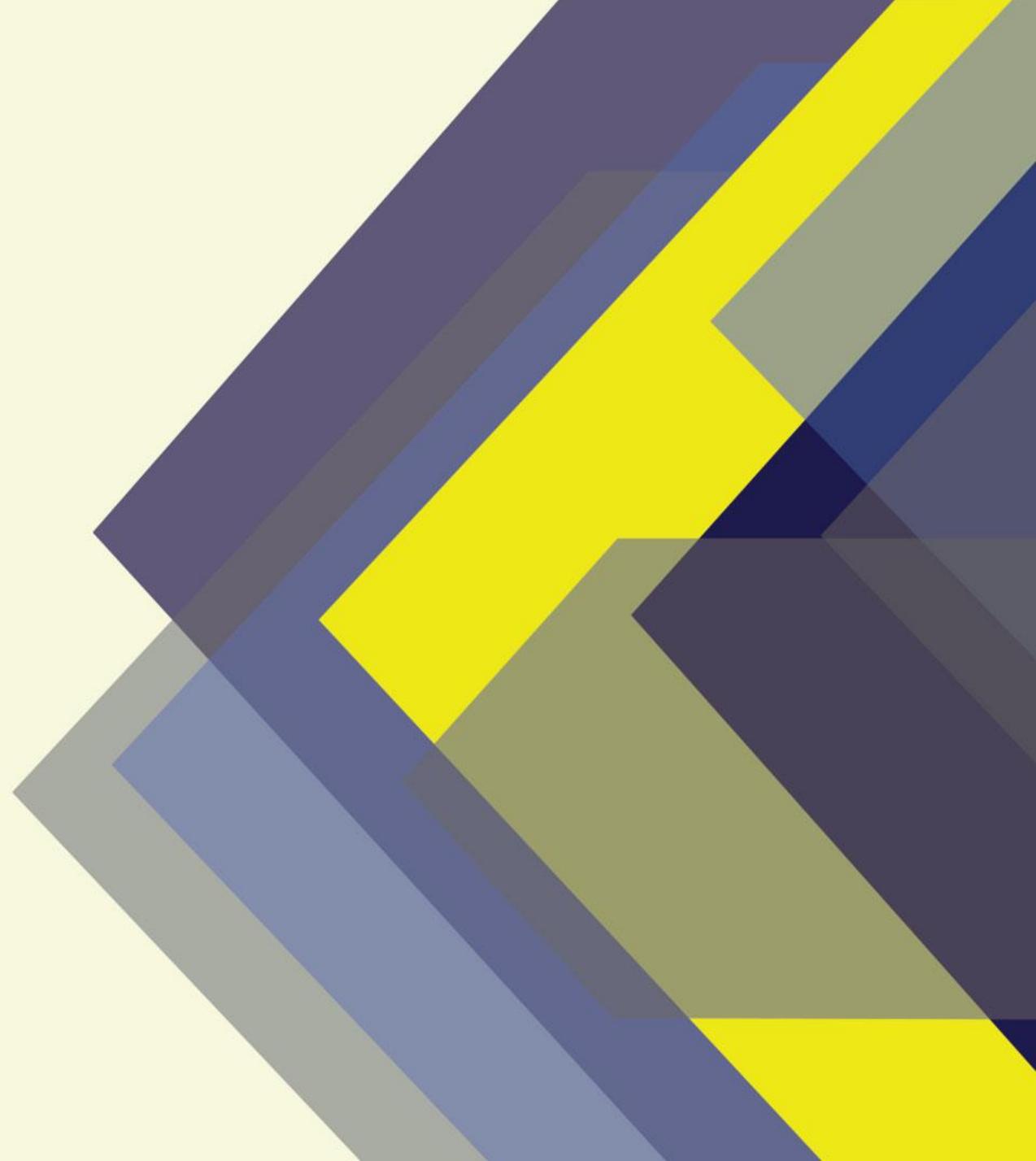
v.9 “my heart is glad”

“my tongue rejoices”

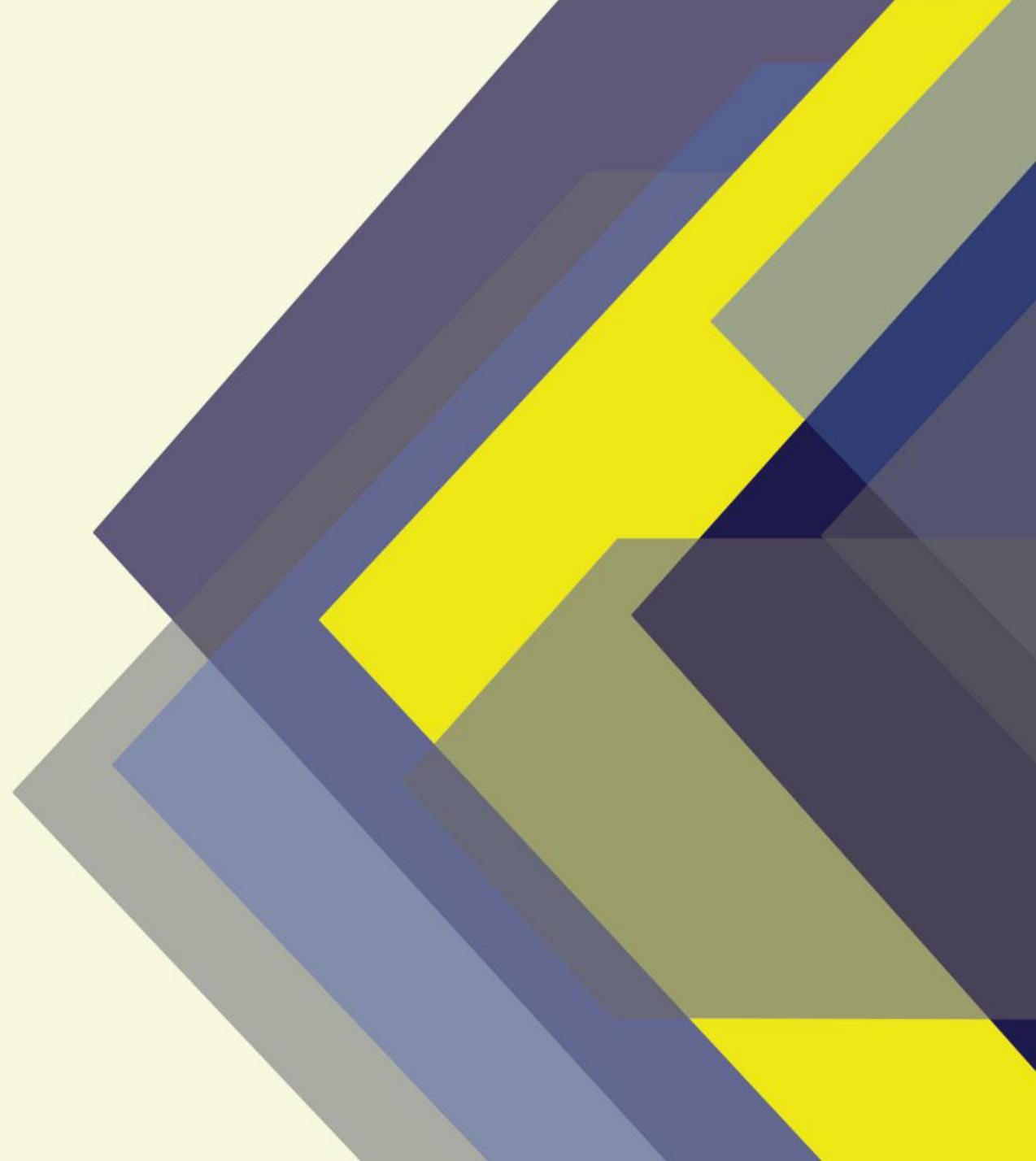
v.11 “you fill me with joy in your presence”

“eternal pleasures”

How do we  
gain joy and  
security?



At least in part, by slowing down to God's pace and resting there.

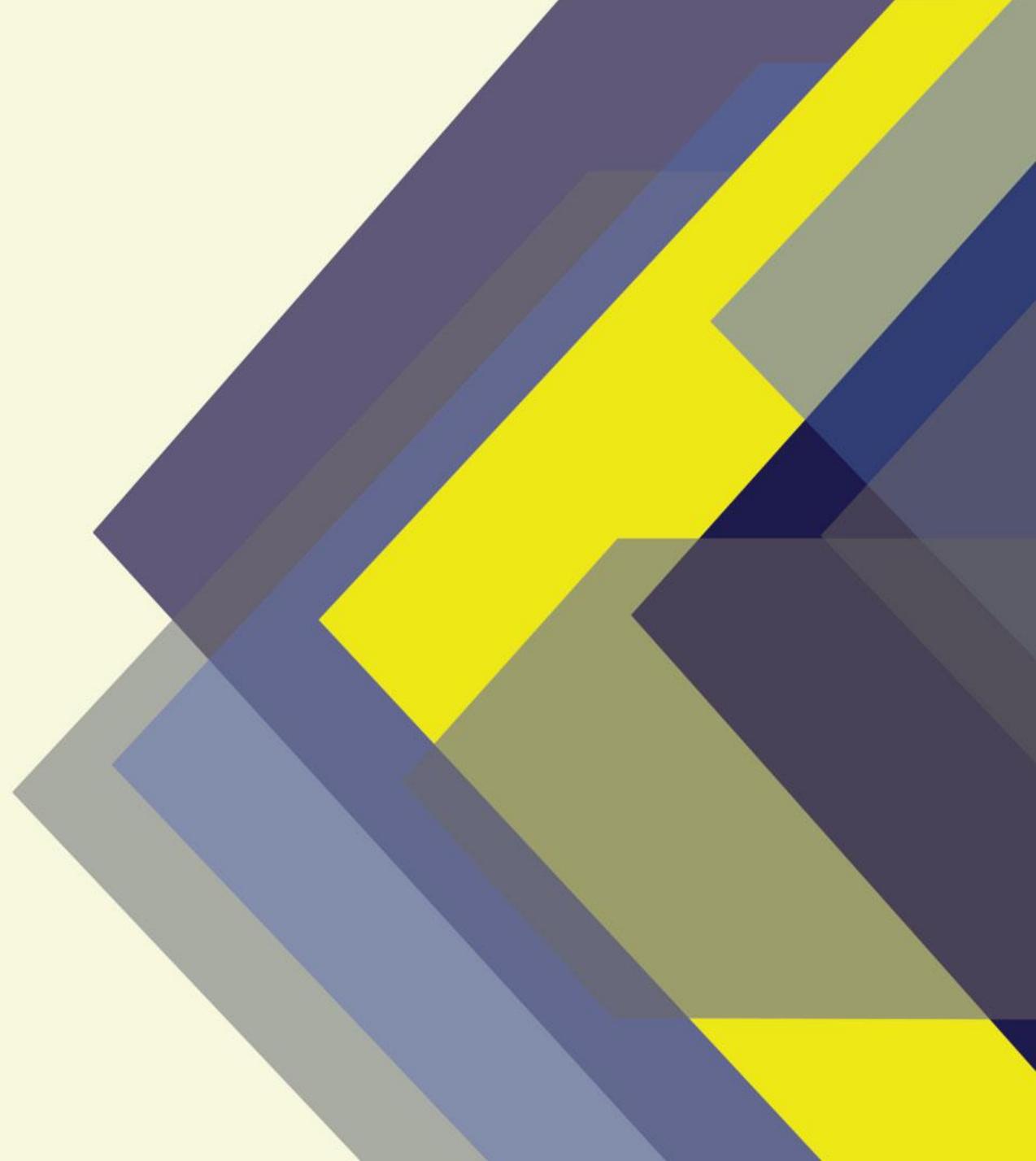


## *Psalm 16:1*

<sup>1</sup> Keep me safe (*“hedge me in”*), my God,  
for in you I take refuge (*“I stop running”*).

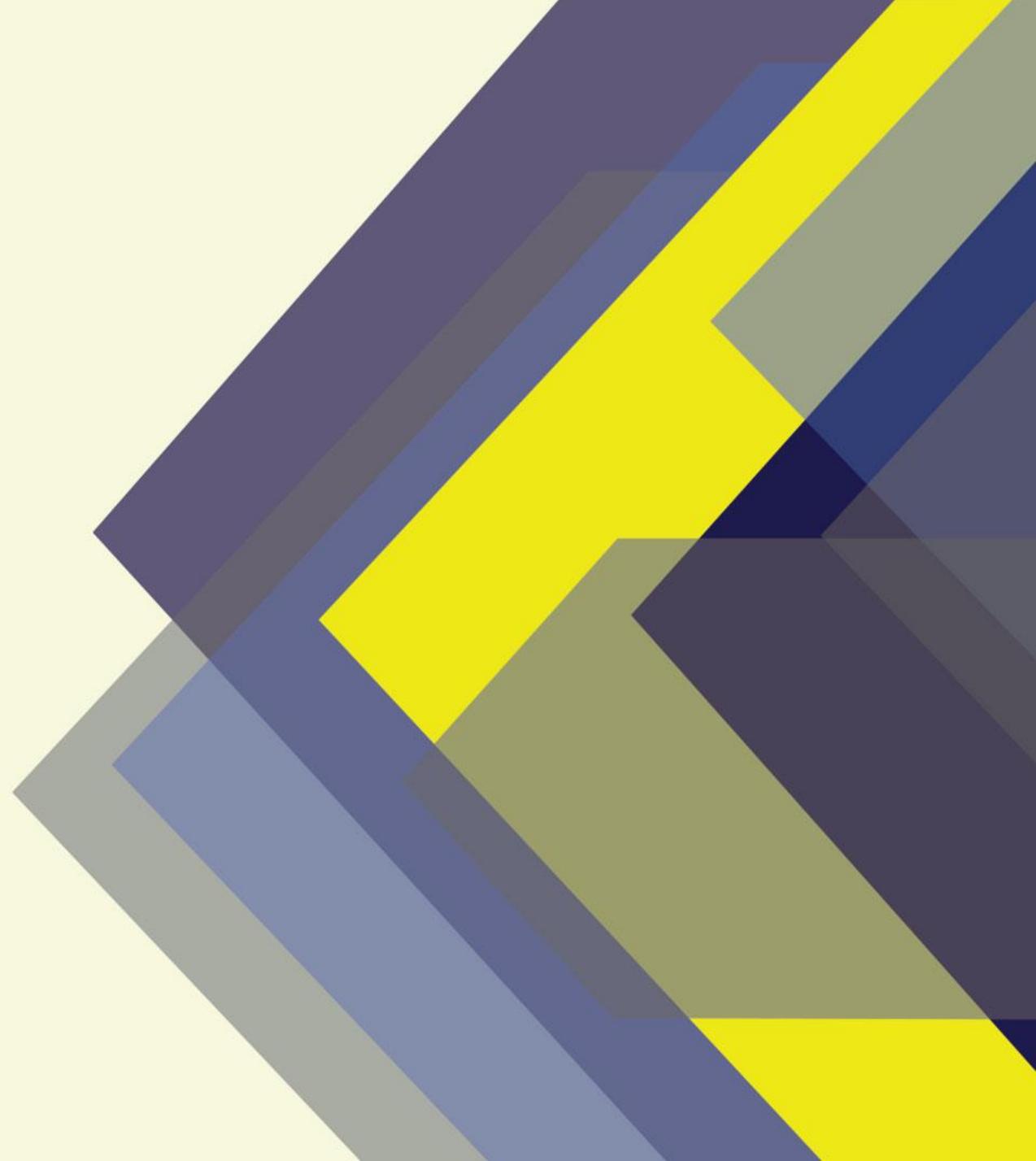
“Hurry is the great enemy of spiritual life in our day. You must ruthlessly eliminate hurry from your life.”

-Dallas Willard



“For many of us in  
the modern  
Western World  
it takes us all our  
lives to learn to go  
slowly enough.”

-N.T. Wright



## Psalm 16:2

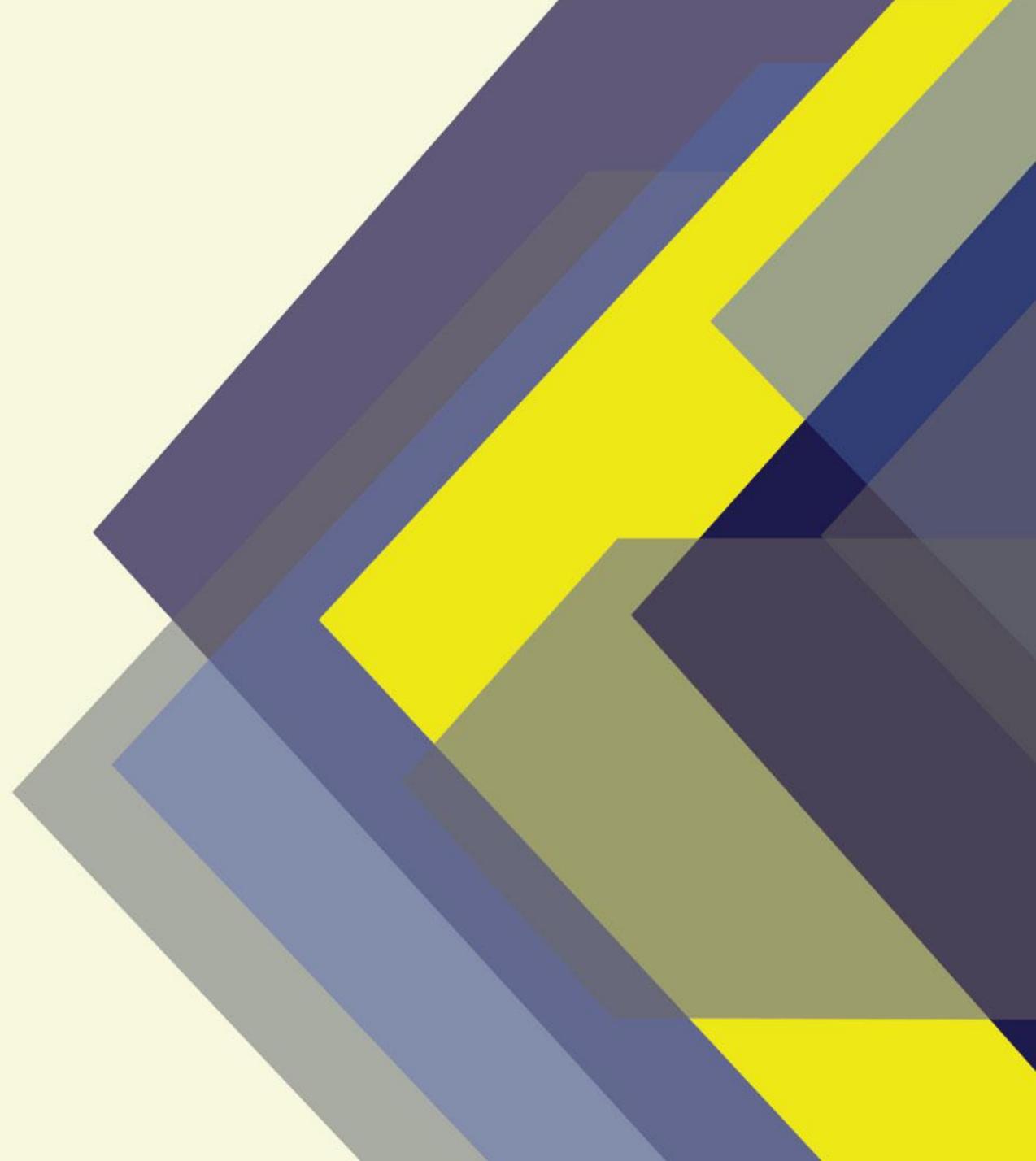
<sup>2</sup> I say to (*“I finally understand”*) the Lord,  
“You are my Lord; apart from you I have no  
good thing.”

## *Psalm 16:3*

<sup>3</sup> I say of (*“I finally understand”*) the holy people who are in the land,  
“They are the noble ones in whom is all my delight.”

“Very quickly you see people’s faults. But to see people’s virtues takes longer. To know them takes time.”

-Godspeed



## Psalm 16:4

<sup>4</sup> Those who run after (*“to hurry after”*) other gods will suffer more and more (*“their wounds will continue to grow”*).

I will not pour out libations of blood to such gods or take up their names on my lips.

## Psalm 16:5

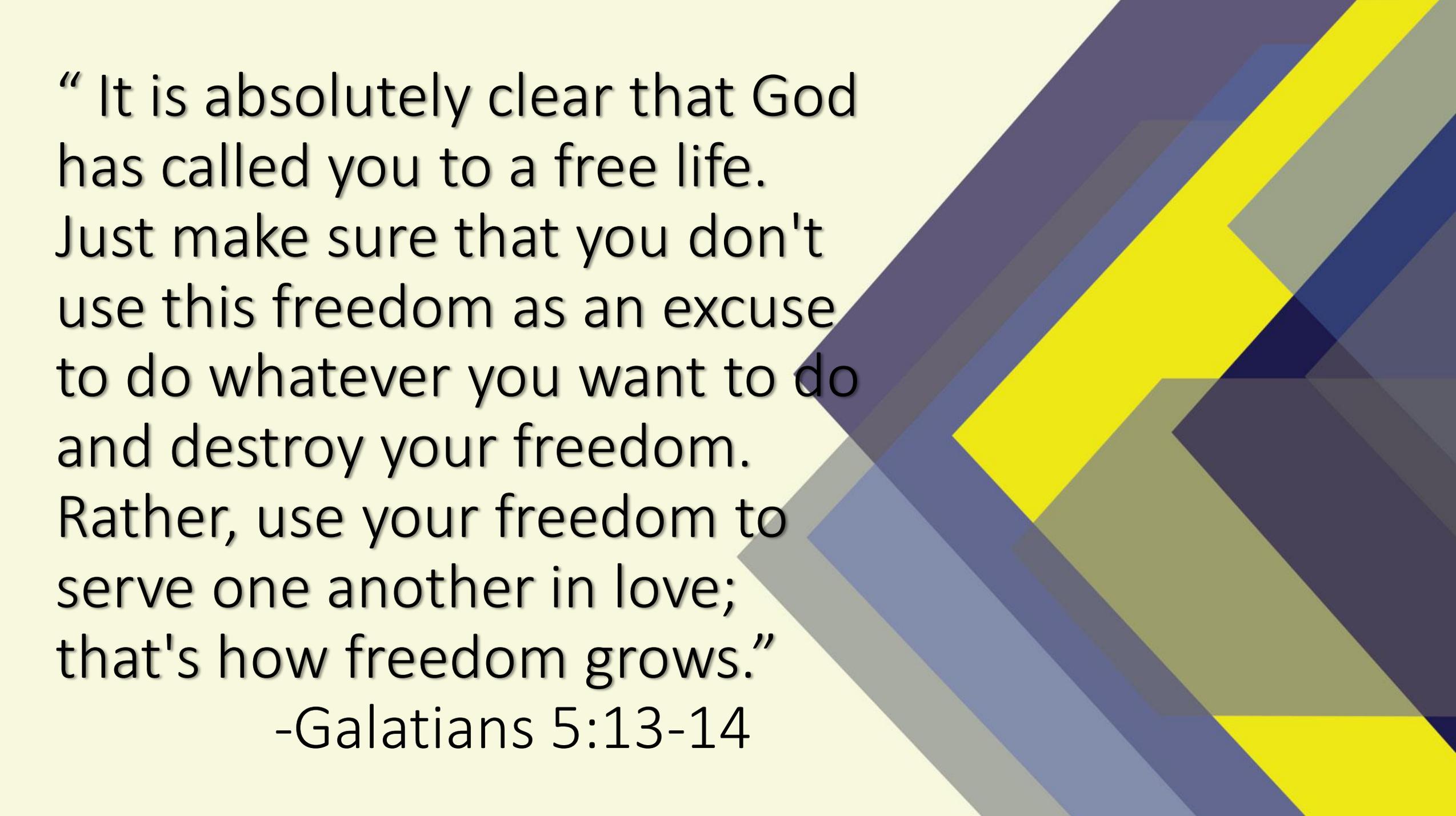
<sup>5</sup> Lord, you alone are my portion (*“my piece of land, my field”*) and my cup; you make my lot (*“my stones, my place”*) secure.

## Psalm 16:6

<sup>6</sup> The boundary lines (*“the ropes, the restraints, the field markers”*) have fallen for me in pleasant places; surely I have a delightful inheritance (*“joyous estate, perfect portion”*).

## Psalm 16:7

<sup>7</sup> I will praise the Lord, who counsels me  
*(“sets my speed and direction”)*;  
even at night my heart instructs me *(“my  
guts are reined in”)*.



“ It is absolutely clear that God has called you to a free life. Just make sure that you don't use this freedom as an excuse to do whatever you want to do and destroy your freedom. Rather, use your freedom to serve one another in love; that's how freedom grows.”

-Galatians 5:13-14

## Psalm 16:8

<sup>8</sup> I keep my eyes always on the Lord.  
With him at my right hand, I will not be  
shaken (*“I find steadiness, I will not slip or  
fall”*).

## Psalm 16:9-10

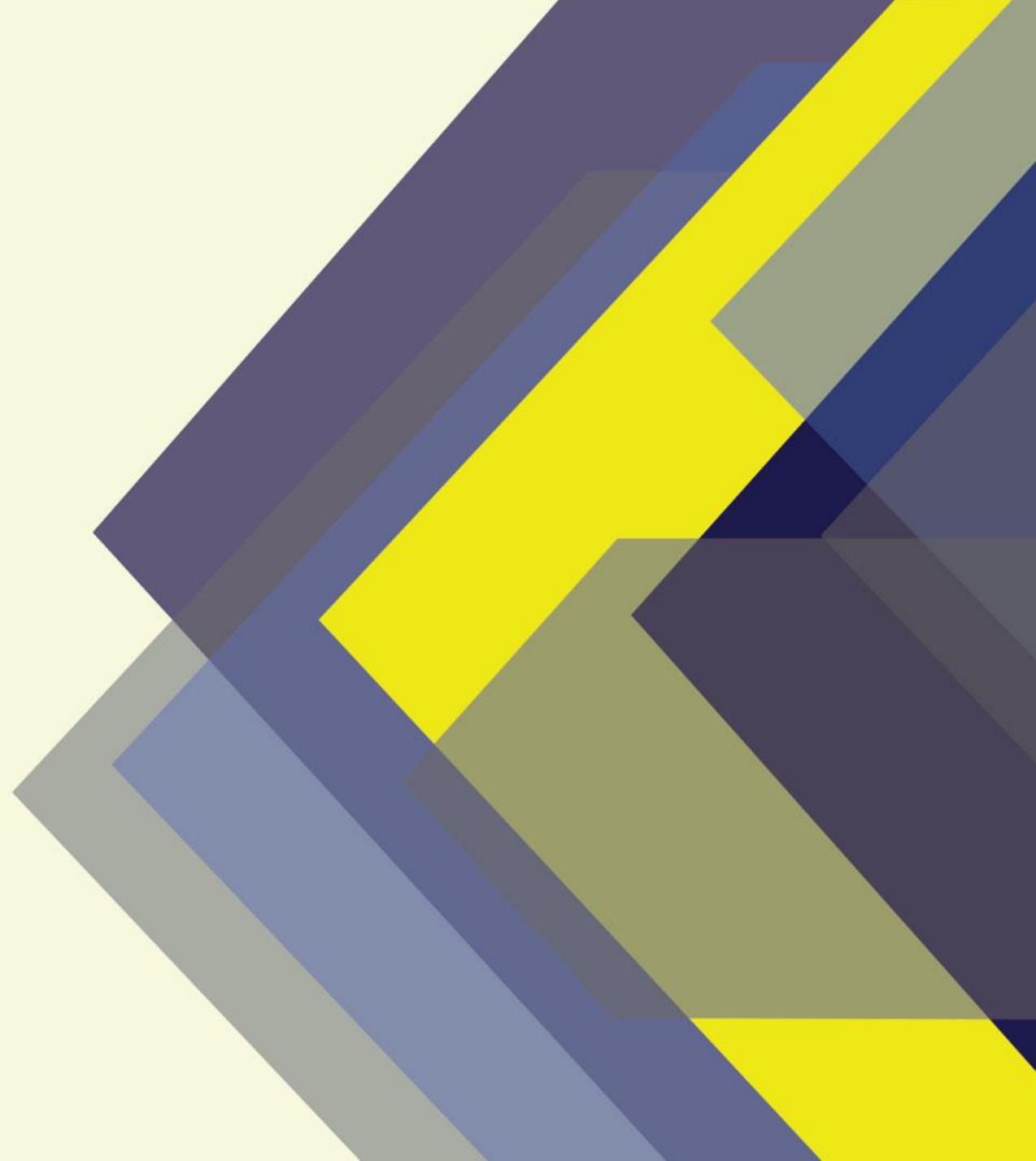
<sup>9</sup> Therefore my heart is glad and my tongue rejoices; my body also will rest secure (*“set down roots, find stability, find a home”*),  
<sup>10</sup> because you will not abandon me to the realm of the dead, nor will you let your faithful one see decay.

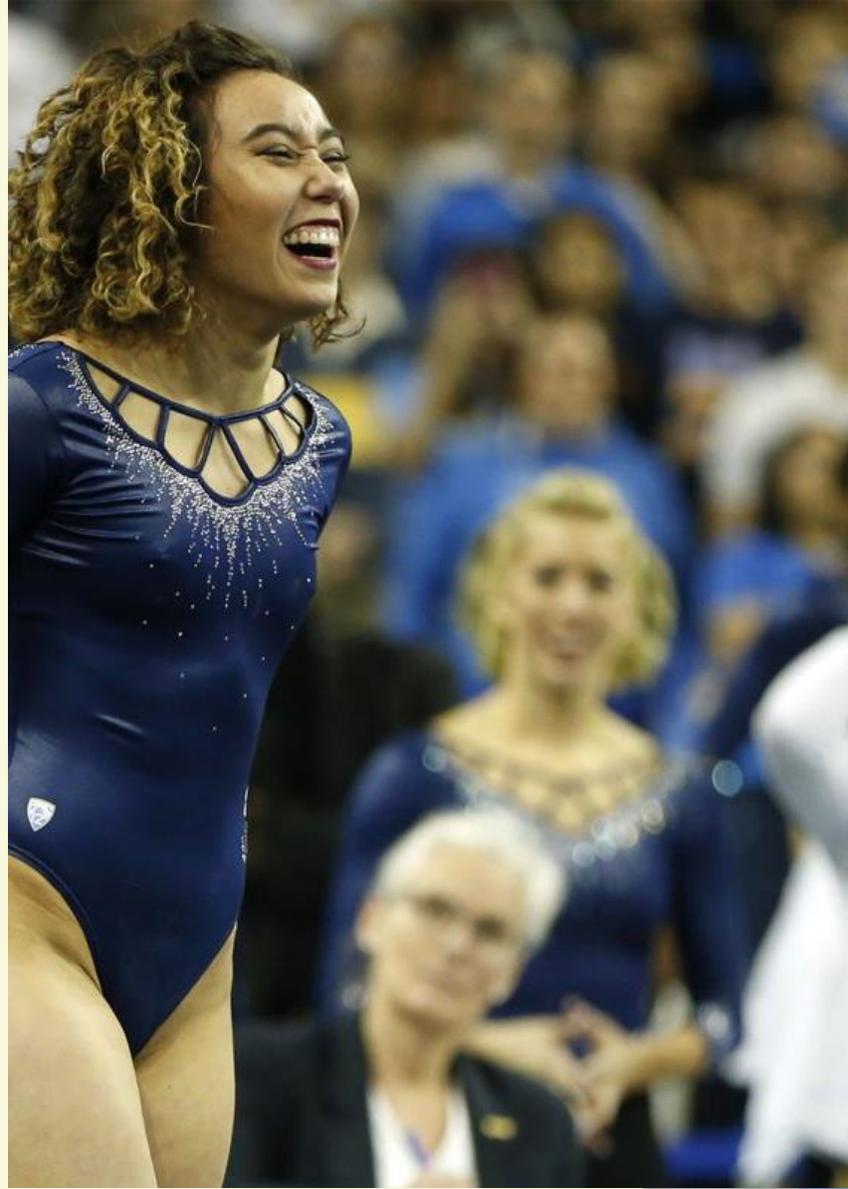
## Psalm 16:11

<sup>11</sup> You make known to me the path  
*(“the right pace on the right road”)* of life;  
you will fill me with joy in your presence,  
with eternal pleasures at your right hand.

“We are hardwired  
to be connected.  
We damage  
ourselves if we  
don’t go at that  
pace.”

-N.T. Wright





A photograph of a city street scene with a graphic overlay. The background shows the lower legs and feet of several people walking on a paved surface with white crosswalk stripes. A manhole cover is visible in the bottom left corner. A large, stylized graphic overlay in shades of blue and yellow is positioned on the right side of the image. The word "Godspeed" is written in a white, serif font with a drop shadow, centered within the graphic overlay.

Godspeed