

Another Monday....

This prayercast is for you. I hope it finds you well. Today you may be in a pleasing, quiet, peaceful season in your life and if so, for that, we praise our God. You may be so-so, nothing major, nothing very happy, nothing very sad and it may sometimes feel a little dull. That is ok. But be on watch in the so-so season and guard your heart. You may find yourself in a darker, challenging season. Today, we will reassure you from the Word that there is hope, hope that comes from God. He has not forgotten us.

It is Monday Morning. That alone may be overwhelming. Another week is here and begins a time of busyness, whether you work at a job or work in your home. It seems we are always moving or dealing with churning thoughts. Take a moment, right now, breathe in, breathe out, and quiet your mind, quiet your thoughts and listen now as we turn to, and meditate on, Psalm 16.

Psalm 16 is described as a "miktam of David."

The word "Miktam" is a word of uncertain origin, some think it refers to something related to an inscription, while others think it means something that is golden and yet, other definitions say it is related to a word meaning to cover. Miktam is used for six Psalms. Psalm 16, and again in 56 through 60.

The songs labeled as "miktams" could have been considered of enough value to be stamped or engraved upon tablets for long-term preservation. As some scholars see the word miktam as meaning "golden," a definition like that would assign great value to a song so labeled. A miktam could be "a psalm as precious as stamped gold"; if so, like today's top-selling songs that are "certified gold" of today.

We know David wrote many of his psalms in times of peril, so some think the idea is of covering the lips in the sense of secrecy, as if this were a secret or silent psalm given in a time of crisis.

Or maybe this is one of six golden psalms inscribed on David's heart.

I often wonder about David when he was writing the Psalms when he cried out to God, or the ones when he praised Him with such deep emotion. He could not have known how many of us would also speak these words he had written. So many people in the years to come. How many would find themselves in a similar place, in distress or seeking peace and contentment or in kinship with him, just loving our Great God.

In Psalm 16, perhaps David has found the secret of contentment and a great sad-gladness even in pressing times; he helps us focus too on what is to come as this golden psalm also powerfully predicts Jesus and our future with Him.

Psalm 16 leaves me with a feeling of contentment and joy. I hope it does the same for you. Let us turn now, to the Word of God.

*Psalm 16*

*Keep me safe, my God,*

*for in you I take refuge.*

<sup>2</sup> *I say to the Lord, "You are my Lord;  
apart from you I have no good thing."*

<sup>3</sup> *I say of the holy people who are in the land,  
"They are the noble ones in whom is all my delight."*

<sup>4</sup> *Those who run after other gods will suffer more and more.  
I will not pour out libations of blood to such gods  
or take up their names on my lips.*

<sup>5</sup> *Lord, you alone are my portion and my cup;  
you make my lot secure.*

<sup>6</sup> *The boundary lines have fallen for me in pleasant places;  
surely I have a delightful inheritance.*

<sup>7</sup> *I will praise the Lord, who counsels me;  
even at night my heart instructs me.*

<sup>8</sup> *I keep my eyes always on the Lord.  
With him at my right hand, I will not be shaken.*

<sup>9</sup> *Therefore my heart is glad and my tongue rejoices;  
my body also will rest secure,*

<sup>10</sup> *because you will not abandon me to the realm of the dead,  
nor will you let your faithful one see decay.*

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

Though David may have written this psalm from a time of trouble, he asked for preservation, and in faith he knew that he would not be moved and he had eternal confidence in being eternally restored.

*"With him at my right hand, I will not be shaken."*

*"You make known to me the path of life"*

All things were seen as subject to God's will; that which a person experienced in life, was the portion assigned by God. He is One who will not, who cannot be, ignored. Those who reject the one true God can expect an increasing pile of sorrows. David warns about a life dishonoring God. Acknowledging your need for Him, as David does, allows us to see God as true and lasting security and the only security we will ever need.

We also see God as the ultimate source of good in our lives.

The tone of this psalm is not despair or complaint; it is **settled joy**. Despite all his troubles in his life, David had a lasting, consistent, "praising confidence" in his God.

So in our times of trouble, or times of “so-so,” we too, can ask God to keep us safe and guide us through many, many Mondays. Take refuge and be secure. Find your own settled joy within your boundaries. And remember that you only have to look beside you to find the Lord there.

He cares so much about our distress that He will even help us work on our troubles; at night when we sleep, He speaks. Have you ever gone to bed with confusion and uncertainty only to wake with a clear idea of what needs to be done? He speaks because He cares for you.

Let us listen once more for the settled joy in words in Psalm 16....

*Keep me safe, my God,  
for in you I take refuge.*

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apart from you I have no good thing.”*

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But more than anything else in this special psalm, we find our comfort, we find joy in hearing him say, that God will never abandon us, he is with us, for eternity.

Let’s end in prayer together.

*Father God,  
Oh My Heart,*

*We love and honor You. Your promises to us are so good. You have swallowed up death. You have allowed our boundary lines to fall in pleasant places. Lord, You always give me hope. You always bring me my own “settled joy” even when the road ahead is uncertain or difficult. I am not alone.*

*I never have to look far to find You. You are at my side, always, all day and You even whisper encouragement to me at night.*

*Forgive me when I fail You, Lord. I am sorry for those times and for the pain I have caused You. Let me learn to seek You always. You have revealed to me the path of life to me and in addition to that, through Your Son, You have given me eternal life.*

*How can I thank you enough? How can I find the words to praise Your Great Name? My words will fail so instead, I will pause for a silent moment here to simply honor you and to remember all that you have done...*

*Abba, hear our struggles now. We ask You to move and intervene for us. We offer all our troubles to You and ask for you to show us how and when to move or to stop, sit and wait for You.*

*Lord, we simply stand in awe of You. You are our joy.  
Amen*

