

Intro

Several years ago, I went on a family vacation to Seaside, FL. It was my first time there and as we were riding through, I was looking around thinking “this place looks so familiar.” I thought and thought trying to figure out if I had dreamed it or something. Eventually, it came to me. About a week before this trip I had watched a movie, *The Truman Show*. I Googled where the movie was filmed and, sure enough, it was Seaside, FL. I had, in fact, been there, virtually, watching Jim Carrey live his life on the screen. If you’ve ever watched *The Truman Show* you know that the whole premise is that Truman is the main character of a T.V. show that he doesn’t know that he is a part of. He was born into a world contained inside a large dome that caters to him. He thinks he is living in the same freedom as everyone else, but it’s not real freedom. He is imprisoned in a false hope of life, and it’s not until the end of the movie when he realizes that he is trapped and discovers actual freedom as the rest of the world experiences it.

Psalm 16 is a rich declaration of ultimate security and freedom found in the one, true God, but it also shows us the prison of chasing after false hopes and idols. My prayer for us today is that we would all see that **while idolatry leads to sorrow, there is true life found in Christ.**

Main Point: Jesus is the path to true life

Psalm 16: A Miktam of David.

- What’s a Miktam? Scholars are still up in the air on what a Miktam is, so I’m going to choose to believe that it’s a power ballad: David’s knock, knock, knockin’ on heaven’s dawaw!
- But seriously, Tim’s mentioned several times while we’ve been in the Psalms, that these are essentially prayers, set to song. So, as we read through them, we are getting a glimpse into the personal prayer lives of the psalmists, but we also have prayers to use as we engage with God.

1 Preserve me, O God, for in you I take refuge.

- This is David’s only plea in this psalm. The rest of the psalm is full of declarations to God, but here we see him begging the Lord to preserve him. It’s not clear what the specific situation is, but what is clear is that David is in need and is looking to God for rescue. We can all relate to this neediness in our own lives.
 - **“Preserve me”** - Guard me (keep me, protect me, keep me safe and alive)
 - **“O God”** - People run to all kinds of things for comfort and hope, but there is only one that is eternally powerful, and that’s God. There are counterfeits, false gods, and we’ll talk about those in a few minutes, but here David is asking the one, true God to preserve him.

- “...in you I take refuge”
 - **Refuge** - 1. shelter or protection from danger or distress 2. a place that provides shelter or protection
 - **Illustration:** Last week, Nora and I were planning to go for a walk before our Bible study. When we walked outside we saw rain in the distance. We started down the road hoping that the rain would stay at a distance, but it quickly moved towards us. So, we made our way back to the house, and started our study. In one of the Psalms, like this one, we read that God is our refuge. I asked her if she knew what the word “refuge” means, and she wasn’t sure. I was able to tell her that when the storm was blowing in, we took refuge in our house. Our house became a safe place from the storm. This made sense to her. She has not yet lived long enough or experienced enough to know the real darkness of this world, but so many of us have. We have felt the brokenness in and around us. We’ve been hurt. We’ve felt hopeless, BUT God is a safe place in the midst of it. His Word is true. In His presence is hope, and life, and true joy.
 - Only God can be a sure refuge. He is the only one who will never let us down. He holds all power. He is unshakeable. He is secure.

²I say to the LORD, “You are my Lord;
I have no good apart from you.”

- LORD - YHWH (Yahweh). This is God’s holy name.
 - David is declaring to Yahweh “You are **my** Lord”
 - “My Lord” - David is not simply claiming that Yahweh is “the” Lord, but “my” Lord, “his” Lord. *There is possession in his statement.* Yahweh doesn’t just guide the world, he guides David’s world. Yahweh doesn’t just give commandments, he gives David commandments. Yahweh is not just salvation, he is David’s salvation. Yahweh is not just a refuge, He is David’s refuge. He is David’s Lord. David’s Master.
 - It is one thing to claim that Yahweh is Lord, but is he my Lord? Is he your Lord?
 - One day, every knee will bow and every tongue will confess that Jesus Christ is Lord, but it is possible to believe he exists and still be in rebellion against his lordship. He is Lord, but many don’t want his lordship over their lives. The Christian life is one of not just believing

that he is powerful or existent, but one of trusting him, and submitting to his lordship.

- **When He is our Lord**, our Master, He tells us who we are and why we exist. He gives us a way to live and ultimate hope. We trust him to provide for and guide us.
- If Jesus is your Lord, that means that all of the good things that David lays out in this psalm are true for you, but if he is just a lord or someone else's lord, some powerful figure that doesn't really affect you much, then verse 4 is your current reality. We'll get there in a minute.
- **"I have no good apart from you"**
 - **We are needy.**
 - We're born into this world in sin, broken, and needy. Left to our own devices, and strength, what we produce is bad fruit. When we live apart from God, the result is always bad.
 - We can try all we want to produce good in our lives and what we will get is futility. Our attempts at good fall short.
 - **Isaiah 64:6a** We have all become like one who is unclean, and all our righteous deeds are like a polluted garment.
 - **He is worthy.**
 - God is perfect. He is good, not just as a trait, but he is the embodiment of good. He is the definition of good. When we are in him and with him, he works through us to produce good fruit. His ways are good. We can only ever be found righteous through faith in his good work. He is righteous, and when we place our faith in him and repent, and walk in his ways, we receive his righteousness.
 - He provides our goodness. We cannot do that for ourselves.
 - People + nothing = bad
 - Jesus + nothing = good
 - People + Jesus = people made good

³As for the saints in the land, they are the excellent ones,
in whom is all my delight.

- Saints = God's people.
 - **"Excellent ones"** - They are excellent, because the excellent One has made them his.

- **“Delight”** - David delights in the gift of God’s people. Do you delight in God’s people?
 - It’s often difficult for us to see the blessing that we receive in having a family of believers. We tend to focus on all of the issues and fail to see the beauty. This is a family of imperfect people who have been rescued by a perfect Saviour. We have one another for support, care, love, accountability, and so much more. We aren’t perfect, but we are being conformed more and more into the image of our Lord. Charles Spurgeon had these things to say about the church:
 - “If I had never joined a church till I had found one that was perfect, I should never have joined one at all; and the moment I did join it, if I had found one, I should have spoiled it, for it would not have been a perfect church after I had become a member of it. Still, imperfect as it is, it is the dearest place on earth to us.”
 - “The church is not an institution for perfect people, but a sanctuary for sinners saved by grace—who, though they are saved, are still sinners and need all the help they can derive from the sympathy and guidance of their fellow believers. The church is the nursery for God’s weak children where they are nourished and grow strong. It is the fold for Christ’s sheep—the home for Christ’s family.”
- Philemon vs. 6 | and I pray that the sharing of your faith may become effective for the full knowledge of every good thing that is in us for the sake of Christ.
- Let me just say that this life is too short, and our unity is too important to hold grudges and not seek reconciliation. Let’s have an eagerness to maintain unity like Ephesians 4:3 speaks of.

⁴ 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.

- This is the result of rejecting the lordship of Yahweh. David doesn’t want any part in worship of anything other than Yahweh, and neither should we. He uses this imagery of idol worship that people in his time would recognize. People had to appease their gods, so they would do whatever

they had to, including self harm or human sacrifice. It was never enough. They were enslaved in their idolatry, and had to keep feeding into it.

- That last statement sounds familiar, doesn't it? Idolatry is slavery. We all have and will engage in idolatry, because that is what sin is. When we sin, we are believing that something else is better than God and his ways. We are bowing down at a lesser altar. Something else is being glorified instead of God. We are looking to created things for salvation, forgiveness, meaning, providence, love, joy, hope, peace, etc, and we will only be let down and left wanting. Our sorrows will multiply. We were not made to worship lesser gods. What they offer are lies and we are deceived.
 - **Idol of Comfort** - maintaining comfort is the goal
 - **Idol of Security** - whatever it takes to feel secure
 - **Idol of Money/Possessions** - selfishness
 - **Idol of Pleasure** - Life becomes about experiences
 - **Idol of Acceptance** - whatever it takes to be accepted
 - **Idol of Significance** - whatever it takes to achieve
- **Illustration:** Going back to *The Truman Show*...this is like being in that dome. Sin is self deception. Our actions declare a belief that something else can provide what only God can, and it always ends badly. Truman thought he was living in real life, but started to notice that some things just weren't quite right. Why does the same car drive by on schedule throughout the day? Why does my wife turn to address what seems like an audience at really odd times? Something isn't quite right. The same is true when we are living in sin. We believe that it will give us satisfaction of some kind, but we always walk away knowing that something isn't quite right. We can keep returning to the self deception, or we can turn to Jesus.
- **"Sorrows...multiply"** - Worshipping God rarely leads to an easy life, but idolatry always leads to sorrows. We hurt others and harm ourselves. This verse brings to mind the results of the original sin.
 - **Genesis 3:16** | To the woman he said, "I will surely multiply your pain in childbearing; in pain you shall bring forth children. Your desire shall be for your husband, and he shall rule over you."
- **The reality is:** We don't have to appease our God. He did all of the work for us. In Christ we are not under a heavy, oppressive hand. He has set us free to live for him out of gratitude, not duty. Out of delight, not demand. He surely does have a right path for us to follow, but it's for our good and his glory. Not so we can earn

salvation, but so we can enjoy it. What he promises is not slavery, but freedom. In him we don't have sorrows multiplied, but peace in the midst of suffering.

⁵ The LORD is my chosen portion and my cup;
you hold my lot.

⁶ The lines have fallen for me in pleasant places;
indeed, I have a beautiful inheritance.

- **“Portion”, “Cup”, “You hold my lot”, “The lines have fallen in pleasant places”** - All of this language is pointing to inheritance. What David receives. He was the youngest of 8 sons, though David would be king, he wasn't going to receive much if any inheritance from his earthly father, BUT in God he has a great inheritance, as do we.
- **“Beautiful inheritance”** - What is our inheritance in Christ?
 - We get him. Relationship with him.
 - We get forgiveness
 - We get salvation
 - We get the Holy Spirit
 - We get eternity with the Lord in a new heaven and new earth
 - We get freedom from slavery to sin
 - We get contentment
 - We get peace
 - We get hope
 - We get true love
 - We get adoption into the family of God
 - We get a new identity and standing: In Christ

⁷ I bless the LORD who gives me counsel;
in the night also my heart instructs me.

- **“Bless the LORD”** - worship and praise the LORD
- **“Gives me counsel”** - The LORD is where David's direction comes from
- **“In the night”** - Times of quiet and clarity, away from distraction, focused on hearing from the Lord.
- **“My heart instructs me”** - David's understanding of “the heart” would have essentially been the core of his being that drives his beliefs and actions. If his counsel comes from Yahweh, then he is being driven with eternal power from on high. This is good. This is the Christian life. We don't trust our hearts as they are, we trust our hearts when they are set on God and his counsel and wisdom.

⁸ I have set the LORD always before me;
because he is at my right hand, I shall not be shaken.

- **“Set the LORD always before me”** - Yahweh is the focus of David’s attention. He is the goal. He is the end. He is the aim. He is the lens through which David sees the world. He is leading. He is the shepherd.
 - We have both a Lord and example in Jesus. He has done the work for us to receive salvation and, as saved people, we can look at what he does and says to do, and know what we should be doing. We follow his lead.
 - **Hebrews 12:1-2** | Therefore, since we are surrounded by so great a cloud of witnesses, let us also lay aside every weight, and sin which clings so closely, and let us run with endurance the race that is set before us,² **looking to Jesus**, the founder and perfecter of our faith, who for the joy that was set before him endured the cross, despising the shame, and is seated at the right hand of the throne of God.
- **“At my right hand...not be shaken”** -
 - The right hand is symbolic of the hand of power. The LORD is in the most prominent spot in David’s life and gives security and steadiness.

⁹ Therefore my heart is glad, and my whole being rejoices;
my flesh also dwells secure.

- David is not living in rebellion against God. Therefore, he doesn’t have sorrow upon sorrow, but rather gladness and true joy. We all have access to this same gladness and joy, and isn’t that what we all desire? We get that in Jesus.
- **“Secure”** - We all wrestle with insecurity of various kinds. When we take refuge in God we find the only true security. In him we are eternally secure, which gives us security in the everyday things of life. **Jesus tells us that he will lose nothing of what the Father has given him. As we walk through the valley of the shadow of death, we need not fear, because He is with us.**

¹⁰ For you will not abandon my soul to Sheol,
or let your holy one see corruption.

- We see **two things** happening here:
 - 1. We can trust that when we are in Christ, when he is our Lord, that he will not abandon our souls to death, but that we get eternity with him.
 - 2. David may not have realized it, but the Lord was using him to proclaim the gospel hundreds of years before Jesus walked the earth. Both Peter

(in Acts 2) and Paul (in Acts 13) reference this passage when preaching the good news of Jesus. Jesus was the Holy One of God. He is the only human to ever exist without sin, and though he died for our sins, he never became corrupted by sin, and he did not stay in the grave, but rose, and is now ruling and reigning over all creation. We are able to escape the grave and corruption because the Holy One did first.

- **Acts 13:36-39** | ³⁶For David, after he had served the purpose of God in his own generation, fell asleep and was laid with his fathers and saw corruption,³⁷ but he whom God raised up did not see corruption. ³⁸Let it be known to you therefore, brothers, that through this man forgiveness of sins is proclaimed to you, ³⁹and by him everyone who believes is freed from everything from which you could not be freed by the law of Moses.

¹¹ You make known to me the path of life;
in your presence there is fullness of joy;
at your right hand are pleasures forevermore.

- **John 14:6** | Jesus said to him, “I am the way, and the truth, and the life. No one comes to the Father except through me.
- This is the summation of the whole psalm. When we find our refuge in God, he gives us the path of life now and forever, full and true joy, and eternal pleasures in himself.

Response Time

- Pray
- Participate in Communion
- Pursue Baptism
 - Baptism Day - August 30, 2026
- Give

Community Group Questions

1. We make idols out of almost anything. Comfort, fulfillment, success, significance, pleasure and many more things can become the center of our worship. What idol(s) are you most tempted to worship?
2. What is the result of this type of idolatry?
3. In what ways has Jesus shown himself to be better than our/your idols?
4. What is the result of trusting in Jesus rather than idols?