

Preserve me, O God, for in You I put my trust.
² *O my soul*, you have said to the LORD,
“You *are* my Lord,
My goodness is nothing apart from You.”
³ As for the saints who *are* on the earth,
“They are the excellent ones, in whom is all my delight.”
⁴ Their sorrows shall be multiplied who hasten *after* another *god*;
Their drink offerings of blood I will not offer,
Nor take up their names on my lips.
⁵ O LORD, *You are* the portion of my inheritance and my cup;
You maintain my lot.
⁶ The lines have fallen to me in pleasant *places*;
Yes, I have a good inheritance.
⁷ I will bless the LORD who has given me counsel;
My heart also instructs me in the night seasons.
⁸ I have set the LORD always before me;
Because *He is* at my right hand I shall not be moved.
⁹ Therefore my heart is glad, and my glory rejoices;
My flesh also will rest in hope.
¹⁰ For You will not leave my soul in Sheol,
Nor will You allow Your Holy One to see corruption.
¹¹ You will show me the path of life;
In Your presence *is* fullness of joy;
At Your right hand *are* pleasures forevermore.

Introduction

Psalm 16 is a very personal Hebrew song of joy that focuses on the goodness of the God of the Bible. It was **written by King David** and it is the first of the Psalms that is described as a **‘Mitcham’**. This word is **commonly understood in Hebrew** to mean the unveiling of some one’s **thoughts or secrets**. **In this case David is opening up his heart to his readers.**
In this Psalm David describes the **life principles that he has learnt**. These life principles led David to **“fullness of life”**. When something is full, it can’t take any more. David’s life was full of **God’s goodness** and he didn’t desire anything more. David’s joy was complete in **God alone**. The main secret in this Psalm is that God is **“real”** to David. This Psalm is full of **personal pronouns**. What this means is that David is always **identifying himself personally with God**. He is declaring that he has a **very close and personal relationship with his creator God**. These personal pronouns **express David’s delight in God**. (v.9, 11, 3,6, 11, 9.) **This Psalm can also be called a “Messianic Psalm”**. The reason for this is that it is quoted by Peter in his gospel message on the day of Pentecost in **Acts 2: v. 25-28**. **Peter said that this Psalm referred to Jesus**. Paul also **affirmed this truth** in Acts 13: v. 35 when he praised God for His grace and goodness. As far as I am concerned this Psalm is like a **“Golden Nugget”**. It is **very valuable and it won’t go out of date**. **For David, life had no real meaning to him without God**. I hope that this Psalm will draw us closer to God and enrich our relationship with our **creator-owner and with each other**.

If you are not yet a Christian, then through this Psalm you will discover that God is able to give you **something that you will never obtain for yourself.**

That is God's fullness of life.

In this Psalm I am going to identify 5 things that gave David his fullness of life.

1. God is the source of David's Life – v. 1-6.

In v. 2 there is a phrase recorded this way in the N.K.J. version of the Bible.

"My goodness is nothing apart from you".

David acknowledged what every Christian should acknowledge.

Every Christian should admit that the Holy Spirit of God, living in our hearts by faith in God's Son Jesus Christ, **is the only good thing in our lives.**

It is only as we surrender to the working of God's Holy Spirit in our lives, do good things, or to put it another way, God things, happen.

The source of all good things in our lives come from God, through His Holy Spirit.

To know God, through Jesus Christ is the highest privilege in life.

Asaph, one of the Temple singers said about God, in **Psalm 73 v.25b**

"I desire you more than anything on earth" (N.L.T.)

later on in v. 28 Asaph said **"But as for me, how good it is to be near God."**

Warren Wiersbe said in his commentary on this verse:

"If we have anything that we think is good, and it doesn't come from God, then that thing isn't good."

James 1: v. 17 says "Whatever is good and perfect comes down to us from God our Father." (N.L.T.)

Jesus said in John Chapter 10: v. 10 "The thief's purpose is to steal and kill and destroy, My purpose is to give them a rich and satisfying life." (N.L.T.)

Jesus is using the word thief to identify Satan and the world.

Jesus is saying that Satan's purpose is to steal or take away and destroy all the good things that God wants to give you in life.

It is **God's purpose to give us a rich and satisfying life.**

The source of that life is **only through Jesus Christ.**

Jesus promised to give us that rich and satisfying life, and then He died on a cross to take the punishment for our sins, that we might qualify to receive that life.

Story

Two men were going on a journey through the **vast sandy Sahara Desert.**

They rode their camels slowly across the desert, carefully following the footprints of an earlier group of people who had gone ahead of them.

Suddenly a violent sandstorm swept across the barren land and they were forced to take shelter in a nearby cave.

After the storm had subsided they could not recognize the footprints of the previous people that they were following.

One of the men threw up his hands in despair and said **"we are lost, hopelessly lost".**

Another man didn't say anything until night fell. Then he looked up into the sky and said **"No, we are not lost, the stars are still here. God is here."**

When there is **no meaning and no direction in life,** it is God who gives **content and meaning.**

David discovered that when he was empty of himself, God was able to fill him and give him content and purpose to his life.

God was David's source of spiritual life and goodness.

God needs to be our source of Spiritual life and goodness too!

2. **God was the counsel of David's life – v. 7.**

The second thing that gave David a fullness of life was being **guided by God.**

It is important that we note the second half of the verse **“even at night my heart instructs me” (N.L.T.)**

We will come back to that later.

God doesn't want us to grope around in the dark, trying to find the right way to go and the right thing to do.

God has given us his **word, the Bible, and His Holy Spirit.**

Psalms 119: v. 105 says “Your word is a lamp to guide my feet and a light for my path”. (N.L.T.)

Romans 8: v. 14 says “For all who are led by the Spirit of God are children of God.

I remember 26 years ago meeting up with a Church of Scotland evangelical pastor called Willy Still. When I was a missionary in Japan, he used to write one sentence letters to me. They were very encouraging.

One day I was in his Church and in a very difficult situation, I thought at the time that this famous preacher could give me some very good advice and guidance in my situation.

After hearing my story, he turned to me and said...

“Alistair, you have got as much wisdom as I have.... You have got the Bible and God's Holy Spirit”.

He was exactly right, and it was just what I needed to hear.

Before we leave this verse I want to pick up on David's testimony about being guided in the night seasons, or as the N.L.T. puts it **“even at night my heart instructs me.”**

An Indian Bible scholar by the name of the Reverend Doctor Theodore Williams says this;

“When we sleep, God counsels us by sensitising our conscience to do His will.

He deals with our subconscious mind and gives us the wisdom and counsel which helps us to make right decisions the next day.”

If Doctor Williams is right then we certainly need good sleep, quality sleep and pray every night that God will defragment our minds and give clarity and conviction to the thoughts that are His will for us.

God can filter out the rubbish at night while we sleep. Praise God for that!

The forces of evil work at night, but God also works at night on behalf of His children.

Don't make important decisions at night, make them after your prayer time in the morning.

3. **God was the security officer in David's life - v. 8-9.**

David was always personally aware of God's presence alongside him.

For David **“Joy”** was the outcome of having God caring for all the security needs in his life.

For David, God was his personal **“body guard”.**

David would not have survived very long in life without God's help.

God's sovereign protection was upon David's life.

Also God's sovereign protection is upon our lives too, for God's purposes to be fulfilled.

When Jesus was preparing to leave this earth, He assured His disciples that God would send the disciples another helper to replace Himself.

This helper came in the person of the Holy Spirit.

Every Christian has their own body guard in the person of the Holy Spirit.

John 14: v. 15-18. (N.L.T.)

¹⁵ “If you love me, obey my commandments. ¹⁶ And I will ask the Father, and he will give you another Advocate, who will never leave you. ¹⁷ He is the Holy Spirit, who leads into all truth. The world cannot receive him, because it isn't looking for him and doesn't recognize him. But you know him, because he lives with you now and later will be in you. ¹⁸ No, I will not abandon you as orphans—I will come to you.

4. **God gave David hope for the future – v. 10.**

One of the biggest things that gave David fullness of life, was the hope of a future with God, after death.

He believed in the resurrection of his body at some future date.

To delight in God and in His goodness and then to lose all these blessings at death would be a great tragedy.

Paul said in 1 Corinthians 15: v. 19 **“If in this life only we have hope in Christ, we are of all men the most pitiable.”**

Peter said in 1 Peter 1: v. 3 **“Blessed be the God and Father of our Lord Jesus Christ, who according to His abundant mercy has begotten us again to a living hope through the resurrection of Jesus Christ from the dead.”**

The Apostle Paul refers to this verse in Acts 13: v. 35 in order to prove the resurrection of Jesus Christ from the dead.

Although it is difficult to understand how David, at this point in his life, could have understood the death and resurrection of Jesus Christ, that is not important.

What is important to us, is where we are going to spend eternity.

Most Christians that I have spent time with, who were close to death, couldn't get to heaven quick enough, because their hope of a better future. was a reality in their lives.

I hope that you know and love Jesus as your own personal saviour.

If you do, your hope is the same as David's, and the same as mine too!

The hope is **an assurance of eternal life with Jesus.**

The Bible teaches us that all the bad things about this life will not be in the next life and all the good things that come from God will be.

Revelation 21: v. 1-8 – N.L.T.

Then I saw a new heaven and a new earth, for the old heaven and the old earth had disappeared. And the sea was also gone. ²And I saw the holy city, the new Jerusalem, coming down from God out of heaven like a bride beautifully dressed for her husband.³ I heard a loud shout from the throne, saying, “Look, God’s home is now among his people! He will live with them, and they will be his people. God himself will be with them. ⁴He will wipe every tear from their eyes, and there will be no more death or sorrow or crying or pain. All these things are gone forever.”⁵And the one sitting on the throne said, “Look, I am making everything new!” And then he said to me, “Write this down, for what I tell you is trustworthy and true.” ⁶And he also said, “It is finished! I am the Alpha and the Omega—the Beginning and the End. To all who are thirsty I will give freely from the springs of the water of life. ⁷All who are victorious will inherit all these blessings, and I will be their God, and they will be my children.”⁸ “But cowards, unbelievers, the corrupt, murderers, the immoral, those who practice witchcraft, idol worshippers, and all liars—their fate is in the fiery lake of burning sulfur. This is the second death.”

5. God gave fullness of joy to David with His presence – v. 11.

A professor of Harvard University, one of the top universities in the U.S. has called life today, the **“sensational age”**.

He says this;

“Our generation today is a pleasure hunting generation.

We want entertainments and pleasures that cater to our lusts.

But we never find satisfaction.

Man is always exploring more and more perverted forms of pleasure because he is never satisfied by the normal and the natural.

The more he has, the more he wants.

But God promises to give us pleasures that are everlasting. They will truly satisfy us.”

David discovered that the **greatest experience in life was to be in the presence of God.**

The key to knowing God's presence in a wonderful and fulfilling way can be found in John Chapter 14: v. 21. (N.K.J.)

Jesus said,

“He who has my commandments and keeps them, it is he who loves me.

And he who loves Me will be loved by my Father, and I will love him and manifest Myself to him.”

Obedience to God's word, through a personal love relationship with Jesus, is the way to enjoy God's presence and experience life's fullness of joy.

I spent two years at the Faith Mission Bible College from 1985-1987.

During that time, I learnt a lot about true Holy Spirit Revival.

Some of what I learnt came through a lady who became a Christian during that Revival in the U.K. on the island of Lewis.

She said it was the powerful presence of God, during the Revival, that **blessed her soul in an amazing way.**

When God came down on the island of Lewis many years ago, the people didn't need entertainment, the place was saturated with God's presence.

God's presence gave them fullness of joy and **they didn't need anything else.**

At the end of the day, when our life is over, all that will matter is the presence of God.

Then, if we are a believer in Jesus, we will be in God's presence, literally, forever.

However maybe today, you are not experiencing God's presence in any way at all?

David, in Psalm 16, tells you how you too can find the same fullness of life that he experienced.

He teaches four of the steps we must take to enjoy this fullness.

1. Repent from what God hates - Psalm 16: v. 2.

David is conscious of his sinfulness. He realises that there is no goodness within himself. He realises that God alone is the source of his righteousness.

To know God's fullness, we must first repent from our own self-righteousness.

Self-righteousness is the standard that you set personally to be acceptable to the God of the Bible. It always falls short of God's requirement of 100% Holiness.

Therefore, we need to change our minds about ourselves, and agree with God's word.

God's word says that there is only one righteous person and that is Jesus Christ. If we put our faith and trust in Jesus, then we are not trusting in our own righteousness. We are trusting in Jesus Christ.

Jesus Christ died for my sin and yours, so that we can be acceptable to God, through the holiness of Jesus Christ.

2. Renounce what God condemns – Psalm 16: v. 4.

David condemns those people who follow after other gods. These gods may be religious gods or they might just be the affections of our heart.

A god is anything that takes supreme place in your life. It is the most important thing, or person in your life. The God of the Bible will not share his affection with you and another god. You can't worship the God of the Bible and any other god at the same time.

The first of the 10 of God's commandments says "you shall have no other gods before me." (Exodus 20: v.3.)

You can't worship at the Buddhist Temple or the Shinto shrine and be a follower of Jesus. You must forsake these things and follow Jesus. (Mark 8: v. 34-38)

3. Take refuge in God - Psalm 16: v.1.

David trusted in God for all things. It didn't matter if David was being disciplined by God, or if he was experiencing a time of blessing by God, he trusted that God would take care of him in all situations.

To enjoy God's fullness, we need to trust Him for all of the experiences of life.

My wife counselled a young lady about 10 years ago. She had only been married for about 9 months. She conceived but lost her baby in a miscarriage.

I wasn't there for the counselling, but I do know that the young lady was encouraged. Today she lives in another country and has 5 children.

She took refuge in God, and trusted Him in her difficult circumstances.

She enjoyed God's fullness then, and is also enjoying it today.

4. **Delight yourself in God's people – Psalm 16: v. 3.**

The final thing that David recommends in order to enjoy God's fullness is to **delight yourself in God's people.**

Fellowship with God's people is not an optional extra. It is needed in all of our lives that we might enjoy God's fullness.

We can miss out on God's fullness if we are not attending Church on a regular basis and taking every opportunity to meet with Christians at other times.

We need **other people** in order to grow spiritually. (Eccl. 4:9-10,12. Heb. 10:24)

We need **accountability in our lives** in order to enjoy God's best. (Prov. 27:17)

Jesus Christ is present when we fellowship together. (Matt. 18:20)

Finally, when you delight yourself in God's people, it is a witness to the world.

Ex-policemen aren't normally friends of terrorists, but when they are both Christians, their fellowship is a great witness to the world.

I hope like David, you will know God's presence in a real and tangible way, then you will definitely enjoy God's fullness of life.