

October 12, 2016  
Women in the Word: Psalms  
Rhonda Telfer

**Psalm 16:**  
***I Have No Good Apart From You***

**Introduction**

- The Psalm builds beautifully, verse by verse.
- Its bookends: I have no good without You. I have all good with You.

**Verse 1 and 2: Who God is**

- Mighty Maker, Covenant God, Master.
- “I have no good apart from You.”

**Verse 3: The first good: fellow believers**

- “*The saints in the land.*” In OT terms, Israel.
- NT terms: the members of Christ's church.

**Verse 4: The contrast: unbeliever**

- outcome of their lives
- who/how they worship: sacrifice to appease, invoke names

**Verse 5-6: The next good: sustenance, satisfaction, inheritance**

- ”portion and cup”--my food and drink.
- OT “lot” was actual real estate.
- The priest had something better: privileged access to God Himself.  
Num 18:20 *And the LORD said to Aaron, “You shall have no **inheritance** in their land, neither shall you have any **portion** among them. **I am your portion and your inheritance** among the people of Israel.*
- NT inheritance: heaven, God's promised presence.

**Verse 7: A third good: His counsel**

- filling your days with His Word
- basing your heart's meditations on that Word

**Verse 8: A fourth good: defense**

- a shield before me
- at my side, ie beside me, to defend me

**Verse 9-10: All this is reason to rejoice.**

- not abandoned in life
- not abandoned in death
- The psalmist with OT promises
- glimpse of better things after this life
- prophecy of Messiah

**Verse 11: More to come**

- This, and entire psalm, is because of Christ's work

**Christ in this psalm:**

--verse 1

the Mighty One—preserves your life eternally  
The covenant keeper.  
The Lord whom we follow and obey

--verse 3

no “holy ones” without His righteousness  
He delights in us! (Heb 12:2 “the joy set before Him” and Zeph 3:17 “rejoices over you”)

--verses 5-6

Jesus is the Bread/sustenance of our life (John 6:35)  
He has earned us heaven (Eph 1:11; 1 Pet 1:4)

--verse 7

the gift of the Holy Spirit, who guides you thru His word

--verse 8

defense from our accuser/enemy; “greater is He who is in you” (1 John 4:4)

--verse 9-10 the Resurrection

Our Savior is alive: Acts 2:22-36  
We will be raised, body and soul restored

--verse 11 sums it up

Jesus makes it all possible.  
Jude 24-25:  
***“Now to Him who is able to keep you from stumbling,  
and to present you faultless  
before the presence of His glory,  
with exceeding joy,  
to God our Savior, who alone is wise,  
be glory and majesty, dominion and power,  
both now and forever. Amen”***

## Sources

Arther Weiser, The Old Testament Library: *The Psalms*, 1962.

Willem Van Gemeren, The Expositor's Bible Commentary: *Psalms*, 2008.

Matthew Henry, online Commentary on Psalm 16.

### **For Group Discussion**

1. Look for words in Psalm 16 that mean/imply happiness. What gives a believer true happiness?
2. Where do we see Jesus Christ in this psalm?
3. Discuss practical ways to live out a “delight in the saints.”
4. Read Acts 2:22-36 together.