

LESSON 6

THE CONSTANT DELIVERER AND COMPANION

Psalm 16

A Miktam of David.

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

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

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

⁴The 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.

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

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

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

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

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

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

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

WELCOME: *Fixing Our Focus*

Leader: Ask the members to share as many quotes as they can – whether personally made or sourced from memory – that speaks about confidence. If the group has at least seven members present, you may opt to divide them into smaller groups.

Examples:

- “Optimism is the faith that leads to achievement. Nothing can be done without hope and confidence.” – Helen Keller
- “Confidence comes from knowing what you’re doing. If you are prepared for something, you usually do it. If not, you usually fall flat on your face.” – Tom Landry

WORSHIP: *Adoring Our God*

Suggested songs:

In Christ Alone by Stuart Townend and Keith Getty

Here I Am to Worship by Tim Hughes

WORD: *Understanding the Word*

Introduction

Have you ever had the feeling that everyone is against you? Friends betrayed you to your face. Closest family members left you hanging. Those you have identified for years as trustworthy companions devalued your worth in public. For some members of the worldwide Body of Christ, these are their realities day in and day out*. Others can never imagine that these can happen to them, yet the Bible is explicit in saying that the worse is to come (2 Timothy 3).

At times when our belief of genuine relationship is shaken to the very core of our being, to whom do we go to? Is there anyone trustworthy to run to?

*Visit <https://www.opendoors.ph/en/> for more information.

Leader: Lead in reading Psalm 16 aloud together. Then read the paragraph on the “Key Verse.”

Key Verse: Verses 5-6 are the key to understand this psalm— The Lord is my chosen portion and my cup; you hold my lot. The lines have fallen for me in pleasant places; indeed, I have a beautiful inheritance.

Psalm 16:1-6. Theme: _____

1. David wailed to God for the preservation of his life. What are his reasons for taking refuge in God (vv. 1-2)?
2. You probably are familiar with the life of King David. What do you think were the possible threats to his life that caused him to pray this prayer?
3. In your opinion, how does God feel when a person trusts him and/or entrusts his life to God? Explain your answer.
4. The people of Israel have failed David several times. Why do you think he was still able to call them “saints,” “excellent ones” and “in whom is all my delight” (v. 3)?

- List the differences between those who run after idols and those who trust in God (vv. 4-6).

<i>Those who run after another God</i>	<i>Those who trust in God</i>

- When David said, “The lines have fallen for me in pleasant places,” (v. 6), what did he mean? Was he feeling lucky? Was he contented? Explain your answer.

In the space above, write what you think is the theme of verses 1-6.

Psalm 16:7-11. Theme: _____

- How did David respond to the truths he learned about the life of one who trusts in God (vv. 7-9)? Explain each response, if necessary.
- Explain the symbolism of God being at the right hand of David (v. 8).

3. Compare verses 9 and 11. What causes David's "whole being" to rejoice and for him to experience "fullness of joy?"

4. Peter quoted verse 10 in his sermon in Acts 2:25-31. How did Peter apply this psalm in his sermon?

5. Read verse 11 again and fill in the blanks to summarize the psalm:
 - God's guidance ("You make known to me") =

 - God's presence ("in your presence") =

 - God's protection ("at your right hand") =

In the space above, write what you think is the theme of verses 7-11.

WALK: *Applying the Word*

Questions for Adults

1. Whom or what do you consider as your refuge? If Jesus Christ is not your primary go-to in times of troubles and victories, how can you ensure that your chosen refuge will not become an idol?
2. Are there any reasons that prevent you from being confident in running to the Lord? Share and talk about it/ them with your small group or prayer partner. Set a special time in the day to pray that Jesus Christ will take it (them) out of your life.
3. Have you, or someone you know, been hurt and somehow find it difficult to forgive? Pray that as you make God your refuge,

he will heal you in the process. Pray also for that friend who has forgiveness issues. Be careful not to talk about the person in your growth group. Silently pray for him/her.

4. Pray for GCF (Prayer requests supplied by the Leader).

Questions for the Youth

1. There are people, whether friend or family, in whom you can entrust your life with. There may also be communities, either online or in real life, that you belong to where you can be authentic and real because you feel safe and secure in them. What makes you feel safe and secure with these people or communities?
2. King David felt safe only in God's presence. He was sure that God will not abandon him. How do you feel when you enter God's presence? What makes you feel that way?
3. What are things that prevent you from fully entrusting yourself to God? How can you overcome these?

Questions for Children

1. What is a friend for you? What are they supposed to do? Write down how you view friendship.
2. Have you lost a friend? Did you ever feel like you were alone or all by yourself before? God is with you. He will never leave you nor forsake you. Pray to God and ask Him to give you comfort and strength.
3. Do you know of anyone who is sad or going through a tough time? Write down the names of your friends or even members of your family. Pray for each one that they will trust in the Lord.
4. There are kids who do not have parents and at a young age have to work really hard to survive. Don't forget to pray for them. They too feel lonely and sad. Pray that they will find Jesus and that you can be a blessing to them as well.