

# Heart of a Champion: Psalm 16

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## Scripture

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.

- Psalm 16 (NIV)

## Reflection Questions

1. A question that arises is "how do I make God my refuge?" It's easy to picture a physical refuge protecting us from some danger, but how can we make God—whom we can't see—our refuge?
2. David implies that God must compete with lesser God's for our devotion. What are some of those false God's and what do they promise? How do they contribute to our suffering?
3. David's confidence is strengthened by remembering the character of God? What are some of God's attributes described in Psalm 16? How does knowing God's character strengthen us?
4. How does God make known to us the path he has laid out for us? How do we know when we are walking in on that path? What are the consequences of leaving that path?



### Group Life @ Middletown

If you are interested in taking part in a sermon-based discussion group or other small group, visit [middletownchristian.org](http://middletownchristian.org) or contact Tracy Spann, [tspann@middletownchristian.org](mailto:tspann@middletownchristian.org) to learn more.

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