

PRAYING PSALM 16

“Preserve me O God, for in You I put my trust” (Psalm 16:1).

In this Psalm David affirms his trust in God to keep him from death. 1. DAVID PRAYED FOR SAFETY (1-6). He confessed his lack of goodness apart from God, and that every good thing comes from God. He acknowledged God as the source of all blessings. 2. DAVID PRAISED GOD FOR SPECIFIC THINGS (7-8). His guidance and His presence. He rejoiced in the assurance of the resurrection. He rejoiced that on earth he could rejoice in life, fulness of joy, and pleasures forevermore. 3. HE REJOICED IN HOPE (9-11).

Verse 10 is a messianic promise: “You will not leave my soul in Sheol, nor will you allow your Holy One to see corruption.” It is a prophecy of Christ’s resurrection. Peter quoted it in Acts 2:25-28. Jesus is the first fruits of the resurrection. His resurrection guarantees our resurrection.

This psalm shows us how to pray through fear. You can pray for preservation when your life is in peril. Fear can be debilitating, especially the fear of death. In prayer, remind yourself of the eternal promises of God regarding your eternal future. You have more revelation than David. You can go to God in times of danger or sickness and affirm your trust in Him.