

# Psalm 16

THE SUFFICIENCY OF GOD AND OUR SATISFACTION  
JULY 7, 2024

## **Who or what fills my cup?**

Psalm 16:5 ... *"The Lord is my chosen portion and my cup; you hold my lot."*

Jesus alone is sufficient to provide good for us in this life and the life to come.

## **Who or what is always before us?**

Psalm 16:8 ... *"I have set the Lord always before me; because he is at my right hand, I shall not be shaken."*

Jesus alone is sufficient to protect us through every circumstance.

## **Who or what is guiding us through the path of life?**

Psalm 16:11 ... *"You make known to me the path of life; in your presence there is fullness of joy; at your right hand are pleasures forevermore."*

Jesus alone is sufficient to lead us to everlasting life.

## Praying The Psalms

From: *Praying the Bible* by Donald Whitney (p. 45-54)

*By praying the Psalms back to God, we learn to pray in tune with the Father, Son, and Holy Spirit.*

- Ben Patterson

“God gave the Psalms to us so that we would give the Psalms back to God. No other book of the Bible was inspired for that expressed purpose ...

Have you considered the Psalms from this perspective? That is, for our good and his glory, God wants us to praise him. And, indeed, all those indwelt by his Spirit yearn to praise him. But we have no way of knowing what sort of praises are worthy of our glorious God. So he revealed in the Psalms the praises that express the yearnings his Spirit produces in us and which are appropriate for and consistent with his glory. As we pray the Psalms, therefore, we are returning to God words that he expressly inspired for us to speak and sing to him ...

Another reason the Psalms adapt so easily to prayer is that God has inspired a psalm for every sigh of the soul. Within the breadth of 150 psalms, you can find the entire range of human emotion. You will never go through anything in life in which you cannot find the root emotions reflected in the Psalms. Exhilaration, frustration, discouragement, guilt, forgiveness, joy, gratitude, dealing with enemies, contentment, discontentment—you name it: they are all found in the book of Psalms ...

But the main reason why the psalms work so well in prayer is that the very purpose God put them in his Word to us is for us to put them in our words to him.”