

Psalms 16  
Week 1, v.1

The main content of the book of Psalms is prayer, praise and worship. The Hebrew title of the book is “Praise” or the “Book of Praise”. Most of the book of Psalms was written by David.

Ps 16:1 (A Mikhtam of David.) Preserve me, O God, for I take refuge in Thee.

Preserve <shamar> to hedge about (as with thorns), i.e. guard; generally, to protect, attend to

Preserve: to keep something protected from anything that would cause its current quality or condition to change or deteriorate or cause it to fall out of use

A hedge forms a barrier or boundary. To hedge about is a means of protection against something, to guard against something. Some people plant thorny hedges purposefully around their properties to discourage intruders.

One of the world’s largest hedges is the **Meikleour Beech Hedge, Perthshire – Scotland, 120 feet tall, 580 feet long.**

When you think of a thorny hedge as protection, it can do two things: one is to keep danger from coming in, the other is to keep someone or something from going out. God, as our Protector, keeps us from unnecessary danger coming into our lives but also keeps us from walking into unnecessary danger if we abide in Him and seek His direction.

Just a personal thought – it is interesting that in an attempt to humiliate Christ at His crucifixion, a crown of thorns was placed on His head. What an appropriate picture of what His death would afford His children – the ultimate protection of Christ Jesus Our Lord and Savior - not only the forgiveness of sin, but the way out of temptation through His protection.

Ps 17:5 Hold up my goings in thy paths, that my footsteps slip not. (KJV)

Ps 97:10 Hate evil, you who love the LORD, Who preserves the souls of His godly ones; He delivers them from the hand of the wicked.

1 Cor 10:13 No temptation has overtaken you but such as is common to man; and *God is faithful, who will not allow you to be tempted beyond what you are able, but with the temptation will provide the way of escape also, that you may be able to endure it.*

1 Cor 1:9 *God is faithful, through whom you were called into fellowship with His Son, Jesus Christ our Lord.*

2 Peter 2:9 [then] *the Lord knows how to rescue the godly from temptation, and to keep the unrighteous under punishment for the day of judgment,*

David flees to God for protection. He finds refuge in Him.

What comes to mind when you think of the word refuge? Why would you need a refuge?

Refuge: a shelter or protection safe from something threatening, harmful or unpleasant; a place of safety, a harbor or retreat.

Refuge <chacah> to flee for protection; figuratively, to confide in:--have hope, make refuge, (put) trust.

Where do you flee for protection? David finds refuge – meaning he places his hope and trust – in God for his safety. Where is your hope for the future placed? Do you have the confidence of David that your protection and security lays in your relationship with God?

Think of the times when you have fled to God for protection. What was happening that prompted you to seek Him? Where you able to lay your troubles at His feet and trust Him completely?

We cannot call upon God unless we believe in the saving grace of His Son. Only then, as His children, are we able to access His protection and take refuge in His strength.

Ro 10:14 How then shall they call upon Him in whom they have not believed? And how shall they believe in Him whom they have not heard? And how shall they hear without a preacher?

Ps 9:10 *And those who know Thy name will put their trust in Thee; For Thou, O LORD, hast not forsaken those who seek Thee.*

What is the most important thing we can do for those we know who are fearful or struggling or suffering?

Have you seen a child who is shy or fearful hide behind their parents' legs? Why do they do this? Because they know there is safety in remaining close to their Mom or Dad. They know that their parents love them and will look out for them to protect them from harm.

God is our Father in heaven who has redeemed us from destruction. Because of His love for us, we have the privilege to call Him Father. He has saved us for His glory and honor. He is the one to go to for protection. He is the one to look to for our hope. Are you committed to His divine care? Do you feel the need for His protection at all times? What do you do about it?

Look at the example of Christ in John 12:27. "Now My soul has become troubled; and what shall I say, 'Father, save Me from this hour'? But for this purpose I came to this hour. Where did Christ go for protection? Whom did He trust for His deliverance?"

Ps 25:2 **O my God, in Thee I trust**, Do not let me be ashamed; Do not let my enemies exult over me.

Ps 31:23 O love the LORD, all you His godly ones! **The LORD preserves the faithful**, And fully recompenses the proud doer.

Ps 37:28 For the LORD loves justice, And does not forsake His godly ones; **They are preserved forever**; But the descendants of the wicked will be cut off.

Ps 9:10 And those who know Thy name will put their trust in Thee; **For Thou, O LORD, hast not forsaken those who seek Thee.**

Ps 25:20 Guard my soul and deliver me; Do not let me be ashamed, for I take refuge in Thee.

Ps 84:12 O LORD of hosts, How blessed is the man who trusts in Thee!

### Application

Read through Psalms 16.

What does it mean to preserve something?

Whom does David look to for his protection?  
for your protection?

Whom or what do you look to

In what specific ways have you seen God's protection in your life? What dangers has He kept you from?

What does the Bible say about God's protection?

Psalms 17:5 –

Psalms 97:10 –

1 Cor 10:13 –

1 Cor 1:9 –

2 Pet 2:9 –

Look up the word refuge. What is the definition?

Is God's protection available to everyone?

Ro 10:14 –

Psalms 9:10 –

What is the most important way you can help someone who is fearful or suffering?

How would God have you apply Ps 16:1 to your life this week?