

# Further up, Further in

## Resources for Continued Study



LOOKOUT  
MOUNTAIN  
Presbyterian Church

### “THE PATH OF LIFE”

For individual study or group discussion

Psalm 16 describes what life in Christ looks like. David writes from a place of deep trust, joy, and confidence in the Lord. But this psalm also points beyond David to Jesus Christ. In the New Testament, Peter and Paul both explain that Psalm 16 ultimately finds its fulfillment in Christ's death and resurrection (Acts 2:25–31; 13:35–37). Because Jesus conquered death, all who belong to him can walk **the path of life** with confidence and hope. David reminds us that only when the Lord is our refuge and portion can we release what we've been grasping, rest where we've been placed, and rejoice in what is coming.

#### Release what we've been grasping. (vv. 1–4)

David begins with a declaration of dependence: “*Preserve me, O God, for in you I take refuge.*” He recognizes that every good thing comes from the Lord alone. In contrast, verse 4 says those who chase after other gods only multiply their sorrows. We may not bow to carved idols today, but we often cling to other things for security and satisfaction: success, approval, comfort, control, or possessions. These things promise life but cannot deliver it. Eventually, they leave us empty and anxious. The Gospel invites us to release our grip on lesser gods because in Christ we already have the greatest treasure. Jesus gives himself for us so that we no longer need to search for meaning apart from God. When the Lord is our refuge, we are finally free to stop grasping for what cannot save us. As one commentator concludes: “*Desire shapes destiny.*”

- Read Acts 2:22–32. How does Peter say Psalm 16 is fulfilled?
- Read Jeremiah 2:11–13. What are some common substitutes for God that people turn to today. Why do those “*broken cisterns*” ultimately leave us feeling empty?

#### Rest where we've been placed. (vv. 5–7)

David describes the Lord as his “*chosen portion and my cup*” (v. 5). Because God is his inheritance, David can say, “*The lines have fallen for me in pleasant places*” (v. 6). Contentment grows when we trust that God assigns our portion. Instead of constantly comparing ourselves to others or longing for different circumstances, we learn to rest in God's goodness and guidance. Even in difficult seasons, the Lord counsels and instructs his people. In Christ, believers receive an eternal inheritance that cannot fade away. Since our future is secure in him, we can faithfully serve where God plants us today.

- How often do you remind yourself of who God is and what he has done for you? How might it impact your prayer life if you follow David's example and remind yourself that “*the lines have fallen for me in pleasant places?*”
- What is the beautiful inheritance that David talks about in verse 6?
- Heidelberg Catechism Q&A 27–28 teaches that God upholds and governs all things by his providence so that we can be patient in adversity, thankful in prosperity, and confident about the future. How does David's confidence that “*the Lord is my chosen portion*” (v. 5) help us rest where God has planted us instead of constantly longing for different circumstances?

#### Rejoice in what is coming. (vv. 8–11)

The final verses of Psalm 16 overflow with confidence and joy. David knows that God will not abandon him to death. Ultimately, his hope points to Jesus, whose body did not see corruption because he rose from the grave. Because Christ lives, believers can face both suffering and death without fear. C.S. Lewis captures the wonder of our hope in Christ's triumph when he writes, “*The New Testament writers speak of Christ's achievement in rising from the dead as the first event of its kind in the whole history of the universe. He is the 'first fruits,' the 'pioneer of life.' He has forced open a door that has been locked since the death of the first man. He has met, fought, and beaten the King of Death. Everything is different because He has done so. This is the beginning of the New Creation: a new chapter in cosmic history has opened.*”<sup>2</sup> Resurrection hope changes how we live now. We are secure in God's presence, and we know that the path ahead leads to “*fullness of joy; at your right hand are pleasures forevermore*” (v. 11). Psalm 16 reminds us that true life is found in Christ alone. As we take refuge in him, we can release what we have been grasping, rest where we have been planted, and rejoice in the eternal joy that is coming.

- In verse 10, David expresses a confidence in God that the Lord will take care of him and preserve him even in death. Read Acts 13:32–39. How does Jesus' resurrection apply this promise to us?

DATE: June 14, 2026

SPEAKER: Chad/Brian

SERIES: Summer in the Psalms

PASSAGE: Psalm 16

## Family Dinner Table

### Demas and the Dangerous Detour

“*The Lord is my chosen portion and my cup...  
The lines have fallen for me in pleasant places.*”  
Psalm 16:5–6

In Psalm 16, David's joy is rooted in the unshakable hope of God's continued presence. His delight rests in God alone: “*You are my Lord; I have no good apart from you*” (v. 2) The NT story of Demas provides a sobering contrast. Demas once traveled and ministered alongside the Apostle Paul, but later Paul wrote, “*Demas, in love with this present world, has deserted me*” (2 Tim. 4:10). In *Pilgrim's Progress*, John Bunyan imagines Demas standing beside a silver mine, calling pilgrims to turn aside for earthly treasure. Hopeful is tempted, but Christian refuses, warning that many have ruined themselves chasing riches and losing sight of the King.<sup>3</sup> Consider Psalm 16 and how it asks us the same question: What is your portion? What captures your heart? When our joy is rooted in temporary treasures, sorrow eventually multiplies. But when the Lord himself is our inheritance, we can rest content, knowing we already possess a treasure that cannot fade away.

- Read Colossians 3:1–4. Demas loved “*this present world*” and turned away from Paul. What does it practically look like to “*set your minds on things above*” while still living faithfully in the world?
- Read Matthew 6:19–24. What are some “*silver mines*” in our culture that tempt Christians to drift from wholehearted devotion to Christ? How can we learn to treasure the Lord above temporary gain?

### PRAY FOR HOME MISSIONS

InterVarsity at UTC, supported ministry partner

### PRAY FOR WORLD MISSIONS

David and Eowyn Stoddard, supported missionary partners with MTW

<sup>1</sup>Christopher Ash. *The Psalms: A Christ-Centered Commentary*, Vol.1. 2024, Crossway. 167

<sup>2</sup>C.S. Lewis. *Miracles*. 1996, New York: Touchstone. 188–191.

<sup>3</sup>John Bunyan. *The Pilgrim's Progress*, ed. C. J. Lovik. 2009, Wheaton, IL: Crossway. 155–57