

WEEK 1

God is My Refuge

PREPARATION

Psalm 16:1-11



This psalm was written by David, but his circumstances at the time are not known.

- 16:1 A refuge is a place of shelter from danger, trouble, etc.
- 16:2 God is the only source of well being (cf. Ps 73:25).
- 16:3 In the Septuagint, the Greek word chosen to translate the Hebrew word 'saints' is the same as the New Testament word, where it speaks of all Christians. In the Old Testament it is usually applied to heavenly beings, but the addition of 'in the land' makes it clear that here it should be taken in its NT sense. David finds his friends from among God's people.
- 16:4 This verse speaks of the situation of those who follow other gods. Libations of blood were the sacrifices poured out on the altars of counterfeit gods. By not taking up their names David is saying he would not appeal to them or worship them.
- 16:5-6 The portion or inheritance refers to what the Lord had given his people in terms of land and of himself. When the Israelites came back to Canaan from Egypt the land was portioned out by Joshua, Eliezer the priest and the tribal heads (Joshua 14:1-5). This was done by dividing the land into sections and then each section was allocated by casting lots. A 'lot' was a two sided disc believed to be under the control of God when thrown. The results of the throw were used to determine God's will (Proverbs 16:33). Once allocated, the boundaries of the piece of land were marked out, and to alter them was to alter God's gift (Deuteronomy 19:14). Numbers 18:20 speaks of God himself being the inheritance of the priests who had no land to call their own. In the same way God is David's heritage.

LESSON AIMS

To teach that God is the only source of true security, both in this life and the future.



- 16:7 God counsels rather than coerces. Night time is when troubles loom large and keep people awake. There is no note of anxiety in this verse, rather a calm confidence that God will bring David to the right decision.
- 16:8 See Psalm 73:23. God is at David's right hand in the sense of standing beside him to help, perhaps in a court or in a battle.
- 16:8-11 See Acts 2:25-32.

QUESTIONS



1. What would you expect to inherit from your parents when they die? What entitles a person to their inheritance? So, according to this psalm, what is our inheritance and what entitles us to get it?
2. What help does this psalm give for those times when we are troubled?



FOCUS ACTIVITY

Home Base Divide the group into 2 teams. Give each member of one team a piece of red wool and each member of the opposing team a piece of blue wool. The piece of wool represents the team member's 'life'.

The aim of the game is for members to collect the opposite team's pieces of wool and return to their home base without losing their own lives. Wool is obtained from an opposing team member by placing both hands on their shoulders to tag them. Once a team member has been tagged he/she must return to their home base to pick up another piece of wool. No one can be tagged when they are at their home base. Leaders can run around during the game to provide further danger and obstacles to avoid. After a set period of time has elapsed, call the game to a halt and count up the number of pieces of wool collected. The winning team is the one that has collected the most.

Link into the Bible study by pointing out things may be tough, like in the game, but being with God is like being at our home base. God is the only place where we find true security for both this life and the next.



ACTIVITY

Photocopy page 11 for each group member.

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Psalm 16:1-11

There are no clues to this puzzle. First crack the code with the help of the given letters. When you have finished, the shaded words will complete the Bible verse at the foot of the page.

19	3	18	18		12	3	7		5	24	13
						I					
22		3		26		7	13	9	23		23
23	26	14	3	14	26		26		9		9
16		26		26	14	26	4		21		3
12			20	23	26	9	16	4	26	7	7
10	26	9	23			7			1	22	26
		4	9	4	5	10				23	
8	3	4	1		24			18	22	23	1
9			24		23	22	15		4	22	
16		7	S	A	F	E		6		19	
12	26	9	18				2	24	26	7	16
22		13		9	11			7			23
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1	2	3	4	5	6	7	8	9	10	11	12	13
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From which verse in Psalm 145 does this come?