

Psalm 16 RSV

Preserve me, O God, for in thee I take refuge.

I say to the LORD, "Thou art my Lord; I have no good apart from thee."

As for the saints in the land, they are the noble, in whom is all my delight.

Those who choose another god multiply their sorrows; their libations of blood I will not pour out or take their names upon my lips.

The LORD is my chosen portion and my cup; thou holdest my lot.

The lines have fallen for me in pleasant places; yea, I have a goodly heritage.

I bless the LORD who gives me counsel; in the night also my heart instructs me.

I keep the LORD always before me; because he is at my right hand, I shall not be moved.

Therefore my heart is glad, and my soul rejoices; my body also dwells secure.

For thou dost not give me up to Sheol, or let thy godly one see the Pit.

Thou dost show me the path of life; in thy presence there is fulness of joy, in thy right hand are pleasures for evermore.

For Reflection and Prayer:

Was there a word, a phrase, image, or feeling that 'shimmered' as you listened? Allow it to land in your heart. Stay with it. Savor it.

Reflect on what you heard. What effect does it have on you? What meaning does it hold for you? What does the Holy Spirit seem to be conveying to you? Talk it over in your prayer.

Perhaps you want to draw or color your prayer or journal the conversation.

As the time of prayer comes to a close, share some moments of quiet with Jesus, simply resting safely in his presence.

Psalm 16 The Message

Keep me safe, O God, I've run for dear life to you.

I say to God, "Be my Lord!" Without you, nothing makes sense.

And these God-chosen lives all around - what splendid friends they make!

Don't just go shopping for a god. Gods are not for sale. I swear I'll never treat god-names like brand-names.

My choice is you, God, first and only. And now I find I'm your choice!

You set me up with a house and yard. And then you made me your heir!

The wise counsel God gives when I'm awake is confirmed by my sleeping heart.

Day and night I'll stick with God; I've got a good thing going and I'm not letting go.

I'm happy from the inside out, and from the outside in, I'm firmly formed.

You canceled my ticket to hell - that's not my destination!

Now you've got my feet on the life path, all radiant from the shining of your face. Ever since you took my hand, I'm on the right way.