Good morning, Church. In our Psalm this morning, it’s as though we are looking right into David’s prayer journal. David declares to himself—preaches to himself--truths about who God is and who he is in God. Church, sometimes our souls need that kind of thinking, that kind of talking with ourselves. Sometimes, we need to fine tune our hearts to realign them with God, a hard reset, if you will. In his personal reset, David begins with “Preserve me, oh God.” It is almost as if David writes this Psalm during a time of trouble (and David endured many troubles, as we all know). However, the tone of the psalm is not of despair or complaint. Maybe, we can read this as a prayer to “preserve me from worldly influence.” Maybe, David prays as we should learn to pray every day. The whole of the psalm, Family, is to bring us to a place of contentment and security. We are to experience through its lines a settled joy because of confidence in our Lord.

In the Psalms, we see that David knows how to speak to, minister, to his own soul: “You are my Lord,” he writes in verse 2. He confidently sings, “Yahweh, you are my ‘master.’” This declaration expresses his surrender to and trust in the Lord. Puritan John Trapp said of this psalm, “This was a most powerful plea, for to trust God is the highest honor we can do Him, it is to set the crown upon His head.” And David goes on to talk about God as the source of goodness. In verse 3, the psalmist declares God’s delight in His people. In verses 4-6, David confirms the folly of idolatry and the blessing of God’s people. And then, sort of a shift occurs in David’s attention in verse 5: “Lord, you alone are my portion and my cup; you make my lot secure.” Here, Family, David expresses two essentials that the church needs more of, satisfaction with God and confidence in God—His Word, His worth, His voice, and His presence. He is our great inheritance. He enables us to walk, serve, and rest in hope (\*1Peter 1:3-4). Like David, we can be satisfied and confident in God because of our inheritance and the stabilizing influence

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\*1Peter 1:3-4

3 Praise be to the God and Father of our Lord Jesus Christ! In his great mercy he has given us new birth into a living hope through the resurrection of Jesus Christ from the dead, 4 and into an inheritance that can never perish, spoil or fade. This inheritance is kept in heaven for you . . .

He has on us. This inheritance means living in the freedom of His love. Many of us are familiar with the story of Mary and Martha, good friends of Jesus (\*Luke 10:38-42). One busied herself serving Jesus while the other sat at His feet and took in His words. When Martha asks Jesus for support in securing help from Mary, Jesus assures her that Mary has chosen the “one [needed] thing,” “the good part.” Many of us are in the shape we are in because other things have distracted us from the “one thing,” “the good part.” We somehow don’t live in the freedom of His love. We may have surrendered our interest and attention to the counterfeit promises of the worldly. So, our confidence is shaken; our security and contentment are damaged. Perhaps, we left the door to temptation cracked, and we live with secret sin and anxiety. Perhaps, we live less than confident, less than satisfied because we have neglected “the good part.”

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\*Luke 10:38-42

38 As Jesus and his disciples were on their way, he came to a village where a woman named Martha opened her home to him. 39 She had a sister called Mary, who sat at the Lord’s feet listening to what he said. 40 But Martha was distracted by all the preparations that had to be made. She came to him and asked, “Lord, don’t you care that my sister has left me to do the work by myself? Tell her to help me!”

41 “Martha, Martha,” the Lord answered, “you are worried and upset about many things, 42 but few things are needed—or indeed only one.[a] Mary has chosen what is better, and it will not be taken away from her.”

Have you been restless in hopelessness when our inheritance is His rest in His hope? Can I give you a few life-changing words? REPENT,RESET, AND RESETTLE. Repent of your sin. Reset your eyes, your attention, your priorities, your mind, your heart to experience the good part: Christ (\*Psalm 16:5-11). David reset himself, allowing the ministry of the Holy Spirit to tune his heart to the heart of God and sings of confidence and satisfaction.

Remember, Church, an inheritance is not earned. It is given and, then, must be received. Repent, reset, and then resettle (Proverbs 3:1-8—see passages in support of this message at the end of the text). In all your ways, acknowledge God. He will bring healing and satisfaction. Honor Him by trusting Him. Family, if we can trust our souls to Jesus for our Heavenly inheritance, we can trust Him moment to moment. We can be confident in Him. Our confidence in Him is not wishful thinking. It is based upon our God’s revelation of Himself and the promises of His Word (\*\*Ephesians 1:3). Our confidence is based on His faithfulness: “Your lovingkindness, O’ Lord, extends to the heavens, your faithfulness reaches to the skies.” We can be confident in His

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\*Psalm 16:5-11

5 Lord, you alone are my portion and my cup;

you make my lot secure.

6 The boundary lines have fallen for me in pleasant places;

surely I have a delightful inheritance.

7 I will praise the Lord, who counsels me;

even at night my heart instructs me.

8 I keep my eyes always on the Lord.

With him at my right hand, I will not be shaken.

9 Therefore my heart is glad and my tongue rejoices;

my body also will rest secure,

10 because you will not abandon me to the realm of the dead,

nor will you let your faithful[a] one see decay.

11 You make known to me the path of life;

you will fill me with joy in your presence,

with eternal pleasures at your right hand.

\*\* Ephesians 1:3

3 Praise be to the God and Father of our Lord Jesus Christ, who has blessed us in the heavenly realms with every spiritual blessing in Christ.

willingness to forgive. We can enjoy confidence and security in His presence. And, Church, all these truths should motivate our faithfulness to Him: “Lord, you alone are my portion and my cup; you make my lot secure” (Psalm 16:5). Family, when our confidence and security fail, the failure happens because we drink from the wrong cup. Chose “the good part.” Repent, reset, resettle. HE is our portion.

Passages in support of this message:

Proverbs 3:1-8

3 My son, do not forget my teaching,

but keep my commands in your heart,

2 for they will prolong your life many years

and bring you peace and prosperity.

3 Let love and faithfulness never leave you;

bind them around your neck,

write them on the tablet of your heart.

4 Then you will win favor and a good name

in the sight of God and man.

5 Trust in the Lord with all your heart

and lean not on your own understanding;

6 in all your ways submit to him,

and he will make your paths straight.[a]

7 Do not be wise in your own eyes;

fear the Lord and shun evil.

8 This will bring health to your body

and nourishment to your bones.

Psalm 16

1 Keep me safe, my God,

for in you I take refuge.

2 I say to the Lord, “You are my Lord;

apart from you I have no good thing.”

3 I say of the holy people who are in the land,

“They are the noble ones in whom is all my delight.”

4 Those who run after other gods will suffer more and more.

I will not pour out libations of blood to such gods

or take up their names on my lips.

5 Lord, you alone are my portion and my cup;

you make my lot secure.

6 The boundary lines have fallen for me in pleasant places;

surely I have a delightful inheritance.

7 I will praise the Lord, who counsels me;

even at night my heart instructs me.

8 I keep my eyes always on the Lord.

With him at my right hand, I will not be shaken.

9 Therefore my heart is glad and my tongue rejoices;

my body also will rest secure,

10 because you will not abandon me to the realm of the dead,

nor will you let your faithful[b] one see decay.

11 You make known to me the path of life;

you will fill me with joy in your presence,

with eternal pleasures at your right hand.