

## Lesson 19 / Psalm 16/46

### New International Version

#### Psalms 16

- 1 Keep me safe, O God, for in you I take refuge.
- 2 I said to the LORD, "You are my Lord; apart from you I have no good thing."
- 3 As for the saints who are in the land, they are the glorious ones in whom is all my delight.
- 4 The sorrows of those will increase who run after other gods. I will not pour out their libations of blood or take up their names on my lips.
- 5 LORD, you have assigned me my portion and my cup; you have made 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 have set the LORD always before me. Because he is 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 grave, nor will you let your Holy One see decay.
- 11 You have made known to me the path of life; you will fill me with joy in your presence, with eternal pleasures at your right hand.

#### Psalms 46

- 1 God is our refuge and strength, an ever-present help in trouble.
- 2 Therefore we will not fear, though the earth give way and the mountains fall into the heart of the sea,
- 3 though its waters roar and foam and the mountains quake with their surging.   Selah
- 4 There is a river whose streams make glad the city of God, the holy place where the Most High dwells.
- 5 God is within her, she will not fall; God will help her at break of day.
- 6 Nations are in uproar, kingdoms fall; he lifts his voice, the earth melts.
- 7 The LORD Almighty is with us; the God of Jacob is our fortress.   Selah
- 8 Come and see the works of the LORD, the desolations he has brought on the earth.
- 9 He makes wars cease to the ends of the earth; he breaks the bow and shatters the spear, he burns the shields with fire.
- 10 "Be still, and know that I am God; I will be exalted among the nations, I will be exalted in the earth."
- 11 The LORD Almighty is with us; the God of Jacob is our fortress.   Selah

### New Living Translation

#### Psalms 16

- 1 Keep me safe, O God, for I have come to you for refuge.
- 2 I said to the LORD, "You are my Master! All the good things I have are from you."
- 3 The godly people in the land are my true heroes! I take pleasure in them!
- 4 Those who chase after other gods will be filled with sorrow. I will not take part in their sacrifices or even speak the names of their gods.
- 5 LORD, you alone are my inheritance, my cup of blessing. You guard all that is mine.
- 6 The land you have given me is a pleasant land. What a wonderful inheritance!
- 7 I will bless the LORD who guides me; even at night my heart instructs me.
- 8 I know the LORD is always with me. I will not be shaken, for he is right beside me.
- 9 No wonder my heart is filled with joy, and my mouth shouts his praises! My body rests in safety.
- 10 For you will not leave my soul among the dead or allow your godly one to rot in the grave.
- 11 You will show me the way of life, granting me the joy of your presence and the pleasures of living with you forever.

#### Psalms 46

- 1 God is our refuge and strength, always ready to help in times of trouble.
- 2 So we will not fear, even if earthquakes come and the mountains crumble into the sea.
- 3 Let the oceans roar and foam. Let the mountains tremble as the waters surge!   Interlude
- 4 A river brings joy to the city of our God, the sacred home of the Most High.
- 5 God himself lives in that city; it cannot be destroyed. God will protect it at the break of day.
- 6 The nations are in an uproar, and kingdoms crumble! God thunders, and the earth melts!
- 7 The LORD Almighty is here among us; the God of Israel is our fortress.   Interlude
- 8 Come, see the glorious works of the LORD: See how he brings destruction upon the world
- 9 and causes wars to end throughout the earth. He breaks the bow and snaps the spear in two; he burns the shields with fire.
- 10 "Be silent, and know that I am God! I will be honored by every nation. I will be honored throughout the world."
- 11 The LORD Almighty is here among us; the God of Israel is our fortress.   Interlude

## Amplified Bible

### Psalms 16

**1** KEEP *and* protect me, O God, for in You I have found refuge, *and* in You do I put my trust *and* hide myself. **2** I say to the Lord, You are my Lord; I have no good beside *or* beyond You. **3** As for the godly (the saints) who are in the land, they are the excellent, the noble, *and* the glorious, in whom is all my delight. **4** Their sorrows shall be multiplied who choose another god; their drink offerings of blood will I not offer or take their names upon my lips.

**5** The Lord is my chosen *and* assigned portion, my cup; You hold *and* maintain my lot. **6** The lines have fallen for me in pleasant places; yes, I have a good heritage. **7** I will bless the Lord, Who has given me counsel; yes, my heart instructs me in the night seasons. **8** I have set the Lord continually before me; because He is at my right hand, I shall not be moved. **9** Therefore my heart is glad and my glory [my inner self] rejoices; my body too shall rest *and* confidently dwell in safety, **10** For You will not abandon me to Sheol (the place of the dead), neither will You suffer Your holy one [Holy One] to see corruption. **11** You will show me the path of life; in Your presence is fullness of joy, at Your right hand there are pleasures forevermore.

### Psalms 46

**1** GOD IS our Refuge and Strength [mighty *and* impenetrable to temptation], a very present *and* well-proved help in trouble. **2** Therefore we will not fear, though the earth should change and though the mountains be shaken into the midst of the seas, **3** Though its waters roar and foam, though the mountains tremble at its swelling *and* tumult. Selah [pause, and calmly think of that]!

**4** There is a river whose streams shall make glad the city of God, the holy place of the tabernacles of the Most High. **5** God is in the midst of her, she shall not be moved; God will help her right early [at the dawn of the morning]. **6** The nations raged, the kingdoms tottered *and* were moved; He uttered His voice, the earth melted. **7** The Lord of hosts is with us; the God of Jacob is our Refuge (our Fortress and High Tower). Selah [pause, and calmly think of that]!

**8** Come, behold the works of the Lord, Who has wrought desolations *and* wonders in the earth. **9** He makes wars to cease to the end of the earth; He breaks the bow into pieces and snaps the spear in two; He burns the chariots in the fire.

**10** Let be *and* be still, and know (recognize and understand) that I am God. I will be exalted among the nations! I will be exalted in the earth!

**11** The Lord of hosts is with us; the God of Jacob is our Refuge (our High Tower and Stronghold). Selah [pause, and calmly think of that]!

## The Message

### Psalms 16

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

**2** I say to GOD, "Be my Lord!" Without you, nothing makes sense.

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

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

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

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

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

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

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

**10** You canceled my ticket to hell— that's not my destination!

**11** 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.

### Psalms 46

**1** God is a safe place to hide, ready to help when we need him.

**2** We stand fearless at the cliff-edge of doom, courageous in seastorm and earthquake,

**3** Before the rush and roar of oceans, the tremors that shift mountains. Jacob-wrestling God fights for us, GOD of angel armies protects us.

**4** River fountains splash joy, cooling God's city, this sacred haunt of the Most High.

**5** God lives here, the streets are safe, God at your service from crack of dawn.

**6** Godless nations rant and rave, kings and kingdoms threaten, but Earth does anything he says.

**7** Jacob-wrestling God fights for us, GOD of angel armies protects us.

**8** Attention, all! See the marvels of GOD! He plants flowers and trees all over the earth,

**9** Bans war from pole to pole, breaks all the weapons across his knee.

**10** "Step out of the traffic! Take a long, loving look at me, your High God, above politics, above everything."

**11** Jacob-wrestling God fights for us, GOD of angel armies protects us.