

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.