

Preserve me, O God, for in you I take refuge.
I say to the Lord, "You are my Lord;
I have no good apart from you."

(PSALM 16:1-2)

STRUCTURE

- v. 1-3** The strength of believers is praised.
- v. 4** Unbelievers are punished.
- v. 5-9** Believers live peaceful lives.
- v. 10-11** Believers do not experience eternal death.

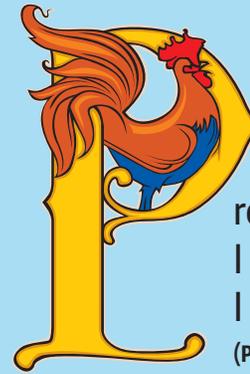


AT A GLANCE

"HEART" (v. 7) in Hebrew, the word for "kidney" (thought to be the seat of conscience). "Heart" is used in verse 9.

FROM THE TOP "Miktam" — likely a musical or liturgical term.

INWARDLY DIGEST Verse 4 draws us into meditation on the First Commandment as we read Psalm 16 in its entirety.



Preserve me, O God, for in you I take refuge.
I say to the Lord, "You are my Lord;
I have no good apart from you."

(PSALM 16:1-2)

STRUCTURE

- v. 1-3** The strength of believers is praised.
- v. 4** Unbelievers are punished.
- v. 5-9** Believers live peaceful lives.
- v. 10-11** Believers do not experience eternal death.



AT A GLANCE

"HEART" (v. 7) in Hebrew, the word for "kidney" (thought to be the seat of conscience). "Heart" is used in verse 9.

FROM THE TOP "Miktam" — likely a musical or liturgical term.

INWARDLY DIGEST Verse 4 draws us into meditation on the First Commandment as we read Psalm 16 in its entirety.

CHRIST IS HERE

Christ Jesus is the Holy One who did not see corruption (v. 10), who has set the Lord before Himself, and in doing so shows us how to live in confident faith also.



CHRIST IS HERE

Christ Jesus is the Holy One who did not see corruption (v. 10), who has set the Lord before Himself, and in doing so shows us how to live in confident faith also.



This psalm is a miniature hermeneutics lesson. Medieval theologians often used a fourfold tool for understanding Bible passages. Their four modes of interpretation can be summarized thus: “The literal teaches of deeds, the allegorical teaches us what to believe, the moral teaches us how to act, and the anagogical teaches us where we are going.” While this psalm is about David praying for preservation (literal), we also see that it is clearly and ultimately about Christ, who is neither abandoned nor sees corruption (allegorical). So too David paints his successes in piety and devotion to God, not in a boastful way, but as a way of showing how his piety can be imitated, as it imitates that of Christ (moral). When we read about the beautiful inheritance that is prepared for those who have been faithful to God, we cannot help but imagine our incorruptible glory that we will experience “forevermore” in God’s presence (anagogical).

This psalm is a miniature hermeneutics lesson. Medieval theologians often used a fourfold tool for understanding Bible passages. Their four modes of interpretation can be summarized thus: “The literal teaches of deeds, the allegorical teaches us what to believe, the moral teaches us how to act, and the anagogical teaches us where we are going.” While this psalm is about David praying for preservation (literal), we also see that it is clearly and ultimately about Christ, who is neither abandoned nor sees corruption (allegorical). So too David paints his successes in piety and devotion to God, not in a boastful way, but as a way of showing how his piety can be imitated, as it imitates that of Christ (moral). When we read about the beautiful inheritance that is prepared for those who have been faithful to God, we cannot help but imagine our incorruptible glory that we will experience “forevermore” in God’s presence (anagogical).

USE IN THE CHURCH

Antiphon: v. 2b, 1a (“I have no good apart from you, my refuge; preserve me, O Lord”)

In the Daily Office: Sundays at Matins; Matins on Holy Saturday; Matins for Martyrs and Confessors

At the Divine Service:
Psalm for Holy Saturday (ant: v. 10)

One-Year:
Psalm for Easter Sunrise and Trinity 5 (ant: v. 11)

Three-Year:
Introit antiphon for Easter 3B (v. 11b); introit verses for Holy Trinity (v. 8–11)

Psalm for Easter Day (ant: v. 10), Proper 8C (ant: v. 11) and Proper 28B (ant: v. 11b&c)

USE IN THE CHURCH

Antiphon: v. 2b, 1a (“I have no good apart from you, my refuge; preserve me, O Lord”)

In the Daily Office: Sundays at Matins; Matins on Holy Saturday; Matins for Martyrs and Confessors

At the Divine Service:
Psalm for Holy Saturday (ant: v. 10)

One-Year:
Psalm for Easter Sunrise and Trinity 5 (ant: v. 11)

Three-Year:
Introit antiphon for Easter 3B (v. 11b); introit verses for Holy Trinity (v. 8–11)

Psalm for Easter Day (ant: v. 10), Proper 8C (ant: v. 11) and Proper 28B (ant: v. 11b&c)

SPIRITUAL CARE

- In praise of Christ’s resurrection (SEE ACTS 2:25).
- Against false worship.
- Against false preachers and teachers.
- In praise of God’s kingdom.
- Rejoicing over election to salvation.
- To draw present confidence from our future hope.

SPIRITUAL CARE

- In praise of Christ’s resurrection (SEE ACTS 2:25).
- Against false worship.
- Against false preachers and teachers.
- In praise of God’s kingdom.
- Rejoicing over election to salvation.
- To draw present confidence from our future hope.

PSALM PRAYER

PSALM

16

We pray to You, O Lord, almighty Father, that as You have given us understanding, show us also the way to eternal life, that we may be filled with joy in Your presence, with eternal joys at Your right hand; through Jesus Christ, our Lord. Amen.

PSALM PRAYER

PSALM

16

We pray to You, O Lord, almighty Father, that as You have given us understanding, show us also the way to eternal life, that we may be filled with joy in Your presence, with eternal joys at Your right hand; through Jesus Christ, our Lord. Amen.