



9/23/25

As I'm preparing to teach the women's study this week, I'm realizing something really important... We are not battery operated. We are electrically powered. We don't run by ourselves on a battery and then go back to God to be recharged when our batteries run out. We need to be plugged into the power at all times, or we will be able to do nothing. Jesus is the source of our power. The Holy Spirit is the power cord. As we look at Psalm 16 today, I want to keep that in mind.

*Blessings,
Jonna*

Psalm 16 ~

Vs. 1-2 ~ "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.'"

I pray for You to be my protection and my refuge where I go for safety... because I have no good apart from You. I have no power, no safety, no protection from anyone or anywhere else but You. It is never that I live in my own strength until things get too hard and then I cry out to You. I never have the strength I need within my own heart. I need YOU! I know YOU understand that. I'M the one who needs to understand that!

Vs. 3-4 ~ "As for the saints in the land, they are the excellent ones, in whom is all my delight. The sorrows of those who run after another god shall multiply; their drink offerings of blood I will not pour out or take their names on my lips."

2 Timothy 2:22 says, "So flee youthful passions and pursue righteousness, faith, love, and peace, along with those who call on the Lord from a pure heart." Who are the saints in the land? Those who call on You from a pure heart. I pray that I will be a light to those who go after false gods, but I will not lean on them for help. Following them will lure me into pursuing unrighteousness, doubt, hatred and apathy, and contention. Only sorrow comes from that.

I praise You, Lord, because You give me power to run with You AND You give me other believers to lock arms with and run together. We can encourage each other and support each other as we are plugged into You, the same source of all our strength together. We are never alone. This is delightful.

Vs. 5-6 ~ "The Lord is my chosen portion and my cup; You hold my lot. The lines have fallen for me in pleasant places; indeed, I have a beautiful inheritance."

So if I'm not involving myself in the things like those who run after other false gods, where do I get my fill, my power? "The LORD, Yahweh, is my portion." Yahweh, the personally invested God of the universe is everything I need for sustenance. The sorrows of those who go after other gods will only multiply. But those who go after You, O Lord, will find a beautiful inheritance... an eternal inheritance. The road that leads to You is narrow and the road that leads to destruction is wide. But the road that leads to You leads to LIFE, and pleasant, wide boundary lines. The road that leads to destruction leads to eternal imprisonment. So any suffering I face here on this earth is only temporary. Let me never forget that. Let me keep my eyes fixed on You.

Vs. 7-8 ~ "I bless the Lord who gives me counsel; in the night also my heart instructs me. I have set the Lord always before me; because He is at my right hand, I shall not be shaken."

I bless You, Lord, because You DO give me counsel. The question is, am I willing to listen? When do my anxious thoughts invade my mind? For so many, it's the worst at night. Not for me. I fall asleep almost the moment I close my eyes... but so often when I wake up the anxious thoughts pummel me! It's in those moments I need to instruct my heart where my feelings, thoughts, and desires live.

What do I need to tell my heart to do? First... I need to remind myself that I CAN'T FIX IT!!! I have no power in myself!!! I need to remind myself to set the LORD always before me... set the source of my refuge, protection, safety, power, and peace before me... and NOT the concern. Let the concern be filtered through my God... and not my God filtered through the concern. When my eyes are set on Him, He is the source of my strength and I am NOT shaken. When I set my eyes on the problem, and when I think I have to handle it in the strength of man, I am totally shaken. Praise Your name, Lord! I don't have to be shaken! With You, I will not be moved!

Vs. 9-10 ~ "Therefore my heart is glad, and my whole being rejoices; my flesh also dwells secure. For You will not abandon my soul to Sheol, or let Your holy one see corruption."

This is why my heart can be glad rather than anxious... You hold me close. I am safe with You. This is why my whole being can rejoice and not be shaken... You are my source of power. You hold me on solid ground. You keep me from falling. Some might accuse me and say You're just my crutch. I say... You're my wheelchair! You keep my soul, spirit, AND body secure.

I never have to worry because I am never alone. You have promised that You will never abandon me and You keep ALL Your promises.

David wrote these words, that You would not abandon his soul to Sheol or let him, Your holy one, see corruption. And this is so true... but I don't know if David understood that he was also pointing to a prophecy of the Messiah, Jesus Christ. In order for me not to be abandoned to hell and see corruption, I needed someone to take my punishment for me. That was Jesus. Paul pointed this scripture to Jesus in Acts 13 when he spoke of Jesus as the fulfillment of the prophecies, including this one. How far is God willing to go to keep me from hell and corruption? He was willing to take it on Himself in my place. Let me remind myself of the GOSPEL when I begin to question my circumstances.

Vs. 11 ~ "You make known to me the path of life; in Your presence there is fullness of joy; at Your right hand are pleasures forevermore."

What do I receive when I am plugged into my power source? God makes known to me the path of life, and not the path of corruption. With Him I am not blind, because He lights my path. He IS the light. I have no light apart from Him. And that's just fine! He never abandons me to blind darkness!

For the ones who run after false gods, multiplied sorrows wait for them. For me... being plugged into Him, means that I'm in His presence, face to face! And with His presence comes true pleasure, true delight. Let me never think I will find delight and pleasure apart from God. But also, let me always remember that He WANTS me to experience genuine, lasting pleasure and delight in His presence... not only in the eternal life to come, but also today... as His Spirit seals me, fills me, and strengthens me.

This is who You are, my Lord... This is what I need to instruct my heart to remember...

- *You are my refuge.*
- *You are my good.*
- *You are my CHOSEN portion. I choose You.*
- *You are my beautiful inheritance.*
- *You are my counselor.*
- *You are the one who holds me secure.*
- *You never leave me alone... ever.*
- *You are my joy.*
- *You teach me the path of life.*
- *You keep me in Your presence and fill me with Your joy.*
- *I will have pleasure and delight with You for all eternity!*

Let me never go anywhere else or to anyone else to provide for me what only You can provide. I bless Your name!!!