Transforming Gratitude: Refuge
Psalm 16
October 12, 2025
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Psalm 16:1-11: 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 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. (NIV)

Our Vision: Connect with Christ, Church, and Community

1. _____ the need for greater gratitude

_____: Watch out, be very careful! Guard your soul diligently that you do not forget what God has told you to do, and what he has done for you! Do not let His Word fall away from your heart as long as you live; instead, teach it to your children!
Deuteronomy 4:9 (JOT)

_____ God's goodness: …Dress in the wardrobe God picked out for you: compassion, kindness, humility, quiet strength, discipline. Be even-tempered, content with second place, quick to forgive an offense… Colossians 3:12-13 (MSG)

2. _____ transformative gratitude

_____: Keep me safe, O God, for I have come to you for refuge. I said to the LORD, "You are my Master! Every good thing I have comes from you…." Troubles multiply for those who chase after other gods…. Psalm 16:1-4 (NLT2)

_____ strength: Lord you are the substance of my life and my cup of blessing. You renew my sense of the future and I am secure in you… You anticipate the trouble ahead…For this reason, I will not be shaken! Psalm 16:5-6a, 8 (JOT)

_____ the darkness: I'm happy from the inside out, and from the outside in, I'm firmly formed. You canceled my ticket to hell— that's not my destination! Psalm 16:9-10 (MSG)

3. _____ our gratitude

_____: Give away your life; you'll find life given back, but not merely given back—given back with bonus and blessing. Giving, not getting, is the way. Generosity begets generosity."
Luke 6:38 (MSG)

Spiritual Action Step:
How is your level of gratitude? Do you feel you deserve more? How are you trying to fill your heart and life? King David also said: *The LORD is the stronghold of my life-- of whom shall I be afraid.* (Psalm 27:1 NIV) God does not want us to be fearful, empty, or exhausted. Yet, we exhaust ourselves by running after the things of this world. We live in fear because God is not our stronghold! Jesus reminds us to come to him and he will give us rest! Let the power of the Holy Spirit fill you with God's presence by asking for God's help and strength! This week, read Psalm 16 and Luke 6 to allow the Holy Spirit to fill your cup with grace, hope, but especially, thankfulness!

Translations: NIV: New International Version; JOT: Jon's Own Translation; NLT2: The New Living Bible, 2nd edition; MSG: The Message.