

**Holy Trinity Lutheran Church**  
**Des Moines, WA**  
**November 29, 2015**  
**Advent 1**

**Psalm 16**

**See into the Messiah's Heart**

*Psalm 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.*

Today, as we begin Advent, our preparation for the Coming of Christ, we begin a look into the Psalms. On the next few Sundays, we are going to be specifically looking at Psalms which are called Messianic psalms. Though written by men about 1000 years before Jesus came into the world, these are psalms which speak with specific detail about the Messiah, which was the Hebrew word for the Christ, which was the Greek word for the Anointed One. As a helpful aside, whenever you read or hear Messiah or

Christ, in your head you can just translate it to the Chosen One from God; it is a special reference to the Savior.

These Messianic psalms are really a treasure of Scripture, a perfect way for us to get ready for Jesus during this Christmas season in the same way that the Old Testament believers were prepared, being given a sneak peek about Jesus.

We begin that look in the name of the Father, the Son and the HS

"I wonder what he's really thinking." How many times have you wondered that in your life? Perhaps you are sitting across the desk from your boss; or you are watching an interview with a public figure on television; or you're in a sit-down with your child's teacher. The person that you are listening to is speaking, but they're really just spewing out what they are supposed to say; keeping their answers safe. And though you know there's a reason that they are doing that, you can't help but wonder, "I wonder what he's really thinking." "What's my boss really think about my work?" "What's that politician really think about his opponent?" "What does my kid's teacher really think about my child?"

Have you ever wondered that about Jesus? What was he really thinking as his disciples asked those dumbfounding questions? What was he really thinking as the Pharisees tried to trap him? What was he really thinking as the crowds of people flocked to him early in his ministry only to flee from him later on? It's an interesting question to ponder, mostly because what Jesus was likely thinking in those situations would be the exact opposite of what we would be thinking.

Our look at the Psalms begins today with Psalm 16, and it is noteworthy because it answers one of those "I wonder what he was thinking" questions about Jesus. These words were penned by King David, yet both Peter and Paul as they preached in Acts tell us that they were really spoken by the Jesus himself through David. So, as we study these words today, we are able to hear just what Jesus was really

thinking as he prepared to enter the world on that first Christmas. They allow us an opportunity to *"See into the Messiah's Heart."*

Before he was conceived of the Holy Spirit and born of the Virgin Mary, Jesus had a request of his Father. It's there in verse 1 of Psalm 16 and serves as the theme for the rest of the psalm. Jesus says, **"Keep me safe, O God, for in you I take refuge." (verse 1)**

Though he was the sinless Son of God who was neither subject to Satan's accusations nor death's curse, Jesus was coming into a world where sin was rampant, where death reigned, where the devil constantly prowled and attacked. And Jesus was coming to take our sins upon him; he was coming to battle the devil face-to-face; he was coming to become obedient to death.

And with that in his future, Jesus had a straightforward prayer. He called upon God to keep him safe and be his refuge. Though in the rest of the psalm, the speaker refers to God as Lord, in this opening line, he uses the title of God which stresses the Father's almighty power. As he prepared for his work, it would be God's power and might that he would rely on.

From that opening prayer, what we see in the rest of the Psalm are 4 distinct sections and 4 distinct thoughts from Jesus as we look into his heart. The first is this: **"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" (Psalm 16:2-4).**

III. > 1 Track Mind – Focus and determination, occasionally a negative as they lose perspective. But not in the case of Jesus.

As Jesus prepared to come into this world, he announced his dedication to his Father and the plan that God had for him. Jesus had one purpose for coming into this world; it was to carry out the will of the Father and win salvation for sinners. We can see that single-

minded focus on the Father's will in a young Jesus who said, "Didn't you know I had to be in my Father's house?" We can see that single-minded focus in Jesus who brushed aside criticism and associated with prostitutes and tax-collector and sinners who were shunned by society but who needed forgiveness. We can see that single-minded focus in Jesus who prayed "Your will be done" as he waited to be arrested and crucified.

Jesus could hold to the Father's will with single-minded focus because he was content and confident. Verses 5-6 allow us to see what gave the Savior contentment as he came to this world, **"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" (Psalm 16:5-6).**

As the Israelites prepared to enter the Promised Land long ago, each tribe of Israel looked most forward to the promise that they would be given a piece of the land which would be their own. However, there was one tribe who received no land. Those in the tribe of Levi went without an earthly inheritance as they were called to live as God's servants among the other tribes. Yet the Lord gave them a promise. He said, **"I am your share and your inheritance among the Israelites" (Numbers 18:20).** They ended up with the most precious blessing of all.

Jesus came into the world, born in a humble way. He had no land, no home, no worldly wealth. He would receive no glory, no crown, no kingdom while on this earth. Yet Jesus was content in knowing that God would provide for his needs and reward his work in a far different way. So when Jesus stood and heard his Father say, **"This is my Son, whom I love, with him I am well pleased" (Matthew 17:5),** Jesus had the most precious blessing of all; he would have his Father's blessing as his portion and inheritance.

As we continue in verses 7-8, we see that Jesus also came into this world with great confidence. **"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."**

From time to time in the Gospels, we are told of times when Jesus would go and spend time by himself, spending sleepless nights in prayer. It was that type of close relationship with his Father that gave Jesus confidence as he prepared to embark upon his work. Jesus would do nothing without his Father's counsel and instruction. He would go nowhere without God leading him. And that allowed Jesus to go into the desert to face the Devil's temptations with confidence. It allowed him to walk to Calvary's cross without being shaken.

Our final verses bring our look into Jesus' heart to a remarkable conclusion. We read: **"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" (9-11).**

As Jesus came into this world, his confidence in God's refuge and power extended even to the grave. Jesus knew that his life on earth would eventually culminate in his death. But in the clearest word in the Old Testament concerning the resurrection, Jesus expressed firm belief that God would not abandon him in death, nor would he allow the Messiah to be held in the tomb long enough for his flesh to decay. What a promise for the Messiah to harbor deep inside his heart as he bore the burden of mankind's sins on the cross.

And freed from the power of death, Jesus could find eternal security as he looked to the eternal pleasures of sitting at God's right hand.

What was Jesus thinking as he prepared to come into the world on the first Christmas? Through the words of Psalm 16, we know. The Savior came into this world single-minded and content; he came confident and eternally secure. As we look today into our Savior's heart, what a blessing it is to see what guided our Savior as he came to save us.

But it also provides an opportunity as we prepare for his coming to look into our own hearts as well. During this busy Christmas season, are you single minded in your focus on what is truly important? Are you content with the blessings that God has given you? How easy it is to get distracted by all that happens this time of year! How easy it is to become focused on gifts, family, and fun! But it goes way beyond Christmas. As you live in a world where violence and terror seems to be the norm, are you confident and secure? How easy it is to have fears/uncertainties fill our hearts! How easy it is to worry whether we are really safe and secure as we do something as routine as sitting in church or shopping in the mall!

Because we have a Savior that accomplished his mission and conquered our enemies for us, we can make these thoughts that we find in the Messiah's heart our personal proclamation as well. Jesus' life, death and resurrection brought us back to God, and so we can single-minded in our purpose here on this earth, we can be content in the promises we have from God, we can be confident as we journey through this life, we can be secure as we think about our eternity. Amen.