

---

# A CONFIDENCE BOOSTER

PSALM 16



“How can I boost my confidence?” Judging by Google search results, lots of people ask that question. It’s understandable, because confidence is a fantastic feeling and a huge help in life. A survey of search results reveal that most people are looking for self-confidence, self-assurance. Various techniques are suggested: visualize yourself as you want to be; affirm yourself; do one thing that scares you every day, and so on. That’s all fairly flaky, isn’t it? Are there better ways to find better confidence?

Yes, Psalm 16 assures us that God wants us to have confidence; not self-confidence, though, but God-confidence. It’s message is: **Boost your confidence by reducing your self-confidence and increasing your God-confidence.**

## LEARNING

### **GOD GIVES US CONFIDENCE TO LIVE (1-8)**

**Preserve me, O God, for in you I take refuge** (1). Right up front, David clarifies that his confidence is not in himself but in God. He doesn’t try his best, but when that fails, tries God. No, he starts with trusting in God and goes on trusting in God. **I say to the Lord, “You are my Lord; I have no good apart from you”** (2). He cultivates that confidence by fellowship with God’s people (3) and by fleeing idolatry (4).

Listen to his confidence in God and let it wash over us and soak into us. **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. 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** (5-8). Now that’s unshakable confidence!

GET CONFIDENCE FROM GOD  
NOT SELF

Confidence in life is great, but what about the end of life? What about confidence to die?

---

---

## GOD GIVES US CONFIDENCE TO DIE (9-11)

Although God preserved David from death many times in his life, he knew he must eventually die. But he even looked ahead to that with confidence. **“My heart is glad, and my whole being rejoices!”** he sings (9). Why? Two reasons: I will be raised from the dead and I will be happy in heaven. Listen to these confident words: **My flesh also dwells secure. For you will not abandon my soul to Sheol [the place of the dead], or let your holy one see corruption.** That's resurrection. **You make known to me the path of life; in your presence there is fullness of joy; at your right hand are pleasures forevermore** (9-11). That's glorification.

WE CAN FACE DEATH WITH CONFIDENCE  
IF WE FACE DEATH WITH CHRIST.

### LOVING

This Psalm was fulfilled imperfectly in David. Like the rest of us, he didn't always have confidence in life and in death. But the Apostles Peter and Paul both tell us that this Psalm was fulfilled perfectly in the life, death, and resurrection of Christ (Acts 2:25-31; 13:35-37) and that David knew it would be when he sang it. Go through the Psalm again hearing Christ singing it about his perfect confidence in life and death. Because Christ sang this song with confidence, we can sing this song with confidence. Because of Christ, this Psalm will be fulfilled in every believer's life.

### LIVING

Boost your confidence by reducing your self-confidence and increasing your God-confidence.

---