

Psalm 16 — No Good Apart From You

Psalm 16:2 (with 16:5–6 · 16:11) · For posting on YouTube & Facebook. Use the overview for the description; add the prompt and links wherever they fit.

VIDEO OVERVIEW (post-ready)

"I say to the LORD, 'You are my Lord; **I have no good apart from you**'" (Psalm 16:2). Sit on that second half. Not "most of my good," not "my best good" — *no* good. Nothing David would call good exists for him outside of God. And notice: he isn't cornered or desperate. He's thinking clearly, and what he sees is that every good thing in his life has one source — and it isn't him. Now put that next to what Jesus told his friends in the upper room this week: "I am the vine; you are the branches... **apart from me you can do nothing**" (John 15:5). Same claim, same exclusivity — now on the lips of the Lord David was praying to. And Jesus doesn't stop at fruit: the abiding life is where prayer gets answered and love has somewhere to live (15:7, 9), and where joy finally gets full (15:11) — exactly where Psalm 16 lands: "in your presence there is fullness of joy" (16:11). David said it as a confession; Jesus says it as an invitation. So here's the question to carry around this week. Most of us could pray Psalm 16:2 in a crisis. Could you pray it on a good day, when everything's fine and you've got a hundred good things in your hands? That's the real test of where you think your good comes from.

GO DEEPER — STUDY PROMPT FOR VIEWERS

Read **John 15:1–11** out loud, and every time Jesus says "abide," stop and write down what he says happens *without* it — what the branch simply cannot do on its own. Then read **Psalm 16** and mark every good thing David says he has: a portion, a cup, a lot, an inheritance, counsel, security, joy, pleasures forevermore. Put the lists side by side and ask one question of David's: is there a single item on it he could get anywhere but God? Then pray **Psalm 16:2** out loud on an ordinary day and see whether you mean it.

KEY PASSAGES REFERENCED

Elsewhere in John: John 15:4–5 ("abide in me... apart from me you can do nothing") · John 15:7, 9, 11 (prayer, love, and full joy all located in abiding) · John 1:16 ("from his fullness we have all received, grace upon grace")

Other Gospels: Matthew 19:17 ("There is only one who is good")

Rest of Scripture: Psalm 73:25–26 ("there is nothing on earth that I desire besides you... God is my portion forever") · Numbers 18:20 (the LORD himself as the priests' inheritance — the background of Psalm 16:5) · James 1:17 ("every good gift... is from above")

RESOURCES & FURTHER READING

I Have No Good Apart from You: Prayer of the Satisfied Heart

Joe Rigney — Desiring God

<https://www.desiringgod.org/articles/i-have-no-good-apart-from-you>

Works straight through Psalm 16:2 — why God alone is the source of every good we have.

Pleasures Forevermore

Tedd Tripp — Ligonier Ministries (Tabletalk)

<https://learn.ligonier.org/devotionals/pleasures-forevermore>

A short devotional on Psalm 16:11 — where the psalm's confession finally lands.

Expository Thoughts on John — Chapter 15

J.C. Ryle — GraceGems

<https://www.gracegems.org/Ryle/j15.htm>

Ryle on the vine and the branches: "In themselves believers have no life, or strength, or spiritual power."