

[Psalm 16](#)

I said to the Lord, "You are my Lord; apart from you I have no good thing." □ Psalm 16:2

What is my only comfort in life and in death?

"That I am not my own, but belong--body and soul, in life and in death--to my faithful Savior Jesus Christ. He has fully paid for all my sins with his precious blood, and has set me free from the tyranny of the devil. He also watches over me in such a way that not a hair can fall from my head without the will of my Father in heaven: in fact, all things must work together for my salvation. Because I belong to him, Christ, by his Holy Spirit, assures me of eternal life and makes me whole-heartedly willing and ready from now on to live for him" (Heidelberg Catechism Q&A 1).

Apart from the Lord I have no good thing (Psalm 16:2). If I were on my own, trusting my own sin-stained "goodness," depending on my own puny "power," following my own confused "thinking," I would be lost. But I am not my own; I belong to Jesus. I trust the value of my Savior's blood to pay for my sins and purchase eternal life. I depend on my almighty Father's protection and plan. I follow the Holy Spirit's comforting, energizing guidance. I am the Lord's, and he is mine, and so I have all things. In life he gives me a delightful inheritance (16:6), and when I die he will fill me with joy in his presence and eternal pleasures at his right hand (16:11).

PRAYER--Thank you, dear Savior, for your love which surrounds me in life and in death. Thank you for saving me from sin and Satan and watching over me and guiding me. Amen.