

# 16 | PSALM 16

## TRADING JUNK FOR JOY

*How to Live for the Only One Who Satisfies*

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## Call to Worship:

**MALACHI 1:11** | Oh For from the rising of the sun to its setting my name will be great among the nations, and in every place, incense will be offered to my name, and a pure offering. For my name will be great among the nations, says the Lord of hosts.

## Songs, Psalm 16: Journey to Joy

Living Hope

Holy, Holy, Holy

Psalm 34, Taste and See

O Praise the Name

My Soul Finds Rest in God Alone

## Announcements

1. Welcome visitors!
2. **Father-Daughter Campout:** Our father/daughter campout will be Fri-Sat, Aug 16-17 at Waterfall Glen.
3. Next week, Bill and Nancy Kroll are celebrating 50 years of marriage. They will renew their vows during the morning service. Afterward we will have a cake fellowship. All are invited.
4. **MISSIONS MONTH:** Mark your calendars! Our Missions' Conference will take place on September 8, 15, & 22, 2019. Missionaries attending are: Bill & Chris Hill, Ruth Dougherty, Doug & Margaret Nichols, Matt & Adrianna Armstrong, and Lazarus & Rachel Phiri. On the 15<sup>th</sup> of September, we will have our International Missions Dinner, more details to follow. Be sure to wear native clothing if you have it on our missions' conference days.
5. **LIFE GROUPS COMING SOON:** Our Life Groups are starting the second week of September. More information will be posted soon.
6. **Men's Conferences:** Sept 27 and 28 in two locations. We'll send out more info on email.
7. **NDAY SCHOOL HELPERS NEEDED:** We are in need of Sunday School helpers for our children's Sunday School classes. If you are available to be a helper or if there are some that would be willing to be put on a rotation to help, please let Pastor Matt know.
8. **FATHER/DAUGHTER CAMPOUT:** Our father/daughter campout will be this Fri-Sat, Aug 16-17 at Waterfall Glen. \$5 per family. Please sign up at the Welcome Center. More info can be found on the church website.
9. **LADIES QUARTERLY FELLOWSHIP:** Mark your calendars for the Ladies Summer Fellowship/Melissa's Baby Shower. Areta Reid will be hosting and sharing the devotion at her home on Friday, August 23, 7pm. Bring a dish to share.

***Introduction: the Monkey and the Nut*****SLIDE**

Open your Bible if you will to Psalm 16. The title of our message is “Trading Junk for Joy”.

Consider the story of the monkey and the nut in the bottle. Monkeys are fast and agile creatures – it’s near impossible to catch them. The clever hunters in Africa would design monkey traps based on monkeys’ behavior patterns.

I’m not sure whether they still do this, the hunters would use glass jars with an opening slightly bigger than a monkey’s hand. They would put food like banana and peanuts in them.

When a monkey sees one of the jars, its hand would reach inside and grab the food, and the hand is now turned into a fist. It then withdraws only to realize that the hand is now stuck. No matter how hard it tries, the hand cannot be freed from the jar. The opening of the jar is simply not large enough for the fist to get out.

The only way the monkey can free its hand is to let go of the food. Despite possessing the means to escape the trap, the monkey won’t let go as it grips the food ever so tightly. The happy hunters would then throw a net over the monkey and it’s game over!

What’s your nut? What is it that God is saying in your life, you’ve got to let go of that in order to know me, or to know me better. You can’t draw near to me with those idols in your life.

It could be an idol of anger or entitlement. You don’t get your way, you clam up or you blow up.

It could be an idol of relationship. You’re mad because you are single. Or you’re mad because you’re married, and your marriage is far from perfect.

It could be that you are grieving the Holy Spirit in your life with media. You are watching stuff that you know will hurt your relationship with God.

It could be the wrong friends, and in order to follow Christ, you’re going to have to take a stand for Christ with friends or even with family.

Wouldn’t it be wonderful if we could let go of that nut? Psalm 16 tells us how.

***Scripture Reading***

Let’s stand and read Psalm 16:1-11.

**16:1-11** | Preserve me, O God, for in you I take refuge. <sup>2</sup>I say to the Lord, “You are my Lord; I have no good apart from you.” <sup>3</sup>As for the saints in the land, they are the excellent ones, in whom is all my delight. <sup>4</sup>The sorrows of those who run after another god shall multiply; their drink offerings of blood I will not pour out or take their names on my lips. <sup>5</sup>The Lord is my chosen portion and my cup; you hold my lot. <sup>6</sup>The lines have fallen for me in pleasant places; indeed, I have a beautiful inheritance. <sup>7</sup>I bless the Lord who gives me counsel; in the night also my heart instructs me. <sup>8</sup>I have set the Lord always before me; because he is at my right hand, I shall not be shaken. <sup>9</sup>Therefore my heart is glad, and my whole being rejoices; my flesh also dwells secure. <sup>10</sup>For you will not abandon my soul to Sheol, or let your holy one see corruption. <sup>11</sup>You make known to me the path of life; in

your presence there is fullness of joy; at your right hand are pleasures forevermore.

*This is God's Word.*

The only thing that can satisfy you is a relationship with God through Jesus. We were not meant to live for the things of this earth. Anything we love more than God is really an idol that will harden our hearts and dry our souls.

### ***Kryptonite for Addictions***

You know the story of Superman right? He's got super human strength, but there's one thing that makes him weak. **Kryptonite**.

Wouldn't it be great if we had kryptonite for our idols. Here in Psalm 16 we have four Kryptonites that make your addictions weak and your love for God strong.

In Psalm 16 we have four keys to getting free from an addictive power or idol in your life. You say, I'm growing and changing except in this one area, I grieve the Spirit. How can I not grieve the Spirit and live in holiness? Four keys:

Our **prayer**, God's **people**, God's **provision**, and Our **praise**

### **Outline**

1. Our **Prayer** (1-2)
2. God's **People** (3-4)
3. God's **Provision** (5-6)
4. Our **Praise** (7-11)

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## **1. OUR PRAYER (16:1-2).**

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This psalm is designated "A Miktam of David." A Miktam is a psalm to be sung when surrounded by enemies. The enemies surrounding David are those who worship idols. It's appropriate that this is a resurrection Psalm quoted twice in the New Testament. David is in a place where he is surrounded by enemies. Not enemies of physical war, but spiritual war, as we see in verse 4. There were so many around him that were professing to know our Lord, but they were worshipping idols as well. David didn't want to be touched by idolatry. So in this Psalm he is "declaring and exulting in what God is for him, as a way of strengthening his hope that because of this God will in fact bring about his preservation" from these idols.<sup>1</sup>

And what you see is David's only defense against the onslaught of idolatry is prayer. Listen if things take God's rule in your heart, then Christian, the reason is you are prayerless. Praying people have an offence and a shelter from idols. Listen to David:

**16:1-2** | Preserve me, O God, for in you I take refuge. <sup>2</sup>I say to the Lord, "You are my Lord; I have no good apart from you."

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<sup>1</sup> John Piper. "The Path to Full and Lasting Pleasure." Desiring God. August 11, 2015. Accessed August 10, 2019. <https://www.desiringgod.org/messages/the-path-to-full-and-lasting-pleasure>.

Are you a praying person? We see David in a corner, surrounded by the stress of enemy forces. Interestingly, those enemies are idol worshippers. They are the ones who offer “drink offerings of blood” (16:4).

### SAVE ME (1)

So David’s first prayer is a good prayer to pray: save me! Preserve me!

16:1 | Preserve me, O God, for in you I take refuge.

God is our only refuge. What does David need saving from? Who is attacking him? Idol worshippers (16:4). I need to be preserved from idols and idol worshippers too. God calls me to have no god beside him. He calls me to never let any idol take the place of his worship in my heart.

### *The Gates of Hell*

Almost two years ago, I visited a place of dark idolatry in Israel called the “Gates of Hell”. It’s a place where Jesus spoke the words: “I will build my church, and the gates of hell will not prevail against it.” Aren’t you glad for that promise? The Gates of Hell is also a cave where the fresh water spring is that feeds the River Jordan and the Sea of Galilee. It’s still there today, and that cave got the nickname “Gates of Hell” in Jesus day because of the multitude of idols and even human sacrifice that went on there. Even today there are thousands of idols set up there, and it is a dark, dark place. I wanted to as far away from that cave as possible.

As we made our way back to our next site in Israel, I kept saying to myself, "Thank God I'm not like those idol worshipers! Thank God I'm not like those people!" Then it hit me: **without the grace of Christ, I am like those people.**

Without a close walk with Jesus, I have my idols, too. Just because they're not housed in a temple, and they aren't made out of bronze, and they're not the product of formal religion doesn't mean they don't exist. In fact, my idols may be even more dangerous, because they're so subtle and disguised among my everyday activities.

### SLIDE

What is an idol? **It's something in creation that claims the place in my heart that only God should have.** Romans 1:25 says that we "exchange the truth about God for a lie and worship and served the created things rather than the Creator." Idols want to take Jesus off the throne of your heart.

Idols are just cheap junk compared to God. They are created things. Created things are supposed to be gifts from God to us, but when they begin to rule us, they are nothing but junk.

John counsels us, "Little children, keep yourselves from idols" (1 Jn 5:21). There is no greater argument for our need for grace than the ease with which our hearts fall under the rule of things other than God.

Dear saints, I need deliverance 24/7 from idols. They are at war with my soul. It is through prayer that I am protected and delivered. God is my refuge from that which would replace Jesus from the throne of my heart.

There is a worship war going on. “We wrestle not against flesh and blood” (Eph 6:12). We wrestle against powers that would have you worship anything other than God. But we have the grace of God to be clothed in God’s armor, clothed in the Lord Jesus Christ, saturated with the Spirit of God. That’s God’s grace. Because of grace, no child of God needs ever worship idols. And that grace is yours for the taking. Cry out for it, then live empowered by it. Say, “God is my refuge,” then resist and run from the idols that challenge God’s place in your heart. Say, God is my refuge from anything that would rip Jesus off the throne of my heart.

### *Application*

Are you a praying person? David knew that without prayer, without a close walk with God, his heart could be given over to idols. This is a prayer we can all pray: “Preserve me, O God, for in you I take refuge” (16:1).

Prayer says so much about who we are as a church. We have had some amazing prayer times as a church. God has answer mightily when there was just a dozen of us. How much more does God want to do if we will just call on him?

We desperately need a culture of prayer at Living Hope Bible Church. God has entrusted so much to us: our families, our children, our missionaries. But there is so much more he wants us to do, and we cannot know if we are not in close communion with him.

Our prayer lives reflect the actual communion we have with God. Take refuge in God through prayer, and God promises you so much. A praying church will see the hand of God in constant movement. We will see what we might call miracles which we cannot explain.

When’s the last time you saw the miracle of conversion in your family, among your friends, or among your co-workers? If we give ourselves to prayer, we will see these things.

When’s the last time God miraculously provided for your needs? This is a common occurrence for those who give themselves to prayer.

When’s the last time God did something in your life, and you could conclude: there is no other explanation – it was a miracle. We ought to be seeing miracles every day. God is the miracle working God that we all take refuge in.

When God is doing miracles in your life there is a fullness of joy that David talks about in 16:11b, “in your presence there is fullness of joy; at your right hand are pleasures forevermore.”

### **SATISFY ME (2)**

Prayer is a certain refuge from idolatry, so David’s prayer is “save me.” But he has a second prayer: “satisfy me!” Listen again to King David.

*Satisfaction comes when God is my Master.*

16:2a | I say to the Lord, “You are my Lord...”

We hear David: “I say to the Lord [**Yahweh**], ‘You are my Lord [**Adonai**].’” Yahweh – the God of Abraham, Isaac, and Jacob, the God of the Exodus – you are my Lord, his Master, and his Sovereign. David exults in God’s sovereign rule over his life. Jesus said: Your heart cannot serve two masters. James said, “A double minded man is unstable in all his ways” (Jas 1:18). You want real deep joy in your life? Jesus as Lord of our hearts is our treasure.

Everything else compared to knowing Jesus is a big trash heap. It's "dung" (Phil 3:8). Nothing compares to the excellency of knowing Jesus as my Lord and Master. Prayer is a total surrender to the Lordship of Jesus Christ. We pray because we are helpless to do anything meaningful to change ourselves or anything else. In prayer we declare: Jesus is Lord!

*Satisfaction comes when God is my Treasure.*

16:2b | I say to the Lord, "You are my Lord; I have no good apart from you."

We see that "God is David's supreme treasure. His highest treasure. There is no good for him above the Lord, or apart from the Lord. All other good things are good because they give David more of God. God is his supreme treasure — over everything else," God is his complete satisfaction.<sup>2</sup>

## Abraham's promise

It's like God said to Abraham:

GENESIS 15:1 | ...the word of the LORD came to Abram in a vision: "Do not be afraid, Abram. I am your shield, your very great reward." (NIV)

Prayer is the gateway to the realization that the Lord is our treasure. There is "no good" apart from the LORD. I have "every spiritual blessing" in Christ (Eph 1:3). In Christ I have "all things that pertain to life and godliness, through the knowledge of him who called us to his own glory and excellence" (2 Pet 1:3).

## It's a sin if we don't pray

Are you praying? Are you a person of prayer? Are we a praying church? If not, we need to repent. The prophet Samuel said, "Moreover, as for me, far be it from me that I should sin against the LORD by ceasing to pray for you" (1 Sam 12:23).

We cannot see the God of miracles visit us unless we surrender to him, submit to his Lordship, and savor him as our Treasure.

You want joy: consider **our prayer** as a pathway. Another pathway to joy is God's people.

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## 2. GOD'S PEOPLE (16:3-4).

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Who your friends with say everything about you.

### DELIGHT FOR SAINTS (3)

When it comes to people, David says, the ones who give him pleasure are *godly* people.

16:3 | As for the saints in the land, they are the excellent ones, in whom is all my delight.

All his delight, his joy, his pleasure. He doesn't mean that he has delight in God's people instead of God or above God. He means that godly people give him delight because

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<sup>2</sup> Piper, *ibid.*



they love God. Do you love to be with those who love God? Do you love your forever family?

Those that treasure God above all else are who David wants to be with.

### **DISTAIN FOR SINNING (4)**

David values God so highly, he will not dare to run after other gods.

**16:4** | The sorrows of those who run after another god shall multiply; their drink offerings of blood I will not pour out or take their names on my lips.

In other words: it is sheer folly to turn away from the all-satisfying God and embrace gods that leave you sorrowful in the end. David says, “No, I will never do that. I won’t even put their names on my lips.”

This cuts deep into our culture. Today the church is embracing the culture of the world. We have to stand against whatever stands against Christ. We have to let our light shine. How can we do that if we partake with those who love idols?

### *A Contrast of Sorrow and Joy*

The best way that we can help the lost who “run after another god” is to warn them of the **misery** that is in the world and give them the hope of lasting and ultimate joy in Jesus Christ.

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## **3. GOD’S PROVISION (16:5-6).**

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God is everything we need. We need nothing else. He is our portion, our lot and our inheritance.

### **MY PORTION**

David looks at his wealth. People worry about their wealth all the time, wouldn’t you say, and he says, when I look at my wealth and all that I have, nothing compares to you.

**16:5a** | The LORD is my chosen portion and my cup;

In other words, if there are a hundred portions of food and drink spread out on the table, and one of them is the LORD himself — he is my choice. Nothing satisfies — nothing nourishes and sustains — the way he does. He is my greatest good. My treasure of all treasures. My highest pleasure. My chosen portion of sirloin. My cup of finest wine. What a great communion verse! **Jesus is my bread of life. Jesus is my living water!**

### **MY LOT**

Then David looks at circumstances and says in a world that’s out of control, God is in absolute control.

**16:5** | ... you hold my lot.

In other words, when the dice are rolled, and the straws are drawn, and the wheel is turned — whatever happens to us comes from the hand of God. God holds my lot. God decides it. God rules over it. God is my sovereign, and I am glad to have it so. I don’t just affirm it stoically; I *exult* in it.



## MY INHERITANCE

Now David talks about his future. This life isn't all there is. There is an inheritance now and in the world to come. This is a theme of Jesus' teaching.

**16:6** | The lines have fallen for me in pleasant places; indeed, I have a beautiful inheritance.

The "lines" here are probably borderlines — the borders or boundaries God has appointed for him. They may be figurative, or literal, or maybe both. I say this — that the borderlines may be figurative — because the phrase "pleasant places" is a single Hebrew word that means "pleasures." It's the very same word as the one in Psalm 16:11 translated "pleasures": "At your right hand are pleasures forevermore." So the translation here in Psalm 16:6 should perhaps be: "The lines have fallen for me in **pleasures**, I have a beautiful inheritance."

And so the "pleasant places" (of verse 6) may be not so much good acreage in Palestine, but the place at God's right hand, as verse 11 says. In other words, God fences me in to the pleasures of knowing him.

This reminds me of Ephesians 1:13-14, where we are told that the Holy Spirit is the down payment of our eternal inheritance. Soak into the pleasures of God right now. Take up residence in the "pleasant places" of God's presence. This is your ultimate inheritance. As we read in Revelation 21. What's our inheritance look like?

**REVELATION 21:1-4** | Then I saw a new heaven and a new earth, for the first heaven and the first earth had passed away, and the sea was no more. <sup>2</sup>And I saw the holy city, new Jerusalem, coming down out of heaven from God, prepared as a bride adorned for her husband. <sup>3</sup>And I heard a loud voice from the throne saying, "Behold, the dwelling place of God is with man. He will dwell with them, and they will be his people, and God himself will be with them as their God. <sup>4</sup>He will wipe away every tear from their eyes, and death shall be no more, neither shall there be mourning, nor crying, nor pain anymore, for the former things have passed away."

It's just like Abram was promised. The LORD is his exceeding great reward (Gen 15:1). That's Abraham's promise. It far exceeds the Promised Land. It's the Promised Presence. Think of what happened at Pentecost. The Holy Spirit was poured out. In the end, nothing compares to the "pleasant places" of God's presence.

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## 4. OUR PRAISE (16:7-11).

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I love the Fourth of July fireworks, and the best part is the finale. That's what this last part of the Psalm is: a grand finale of praise! Is your heart discouraged because of the evil of this world? Are you heavy hearted because of the idolatry in the earth? Joy comes through praising God.

### THE LORD IS OUR FRIEND (7)

He's not just precious to us because of the beauty of his character, but also because of the beauty of his counsel. We treasure him for his teaching and wisdom and encouraging promises.

## *The Praise of Friendship with Christ*

16:7a | I bless the Lord who gives me counsel;

Refuge is not automatic. It is interactive. If we are in danger — of harm, or sin, folly — God counsels us how to escape. He speaks, by his revealed word. “Your testimonies are my counselors” (Psa 119:24). God becomes our refuge and treasure as we listen to and obey his all wise counsel. If you spurn his counsel, you will taste the **misery** of those who worship other gods (16:4). To not know Christ is the worst curse of all curses.

But how satisfying to hear the voice of God. David says, “I bless the Lord who gives me counsel” (16:7). Can you praise the Lord, that no matter what you are facing, you have “a friend that sticks closer than a brother”?

## *The Protection of Friendship with Christ*

16:7b | in the night also my heart instructs me.

What protection we have in our friendship with Christ, that he instructs us during the deepest darkest nights of our lives. God’s counsel comes to me even in the night, when my thoughts may be dark or wandering.

Is your heart saturated with the counsels of the Lord, even in the dark night? Are you able to counsel yourself? This doesn’t come by osmosis, but by diligent study of the Word by day and then counseling yourself in the Word at night (Psa 1:2-3). Praise God because he is your Wonderful Counselor. The Spirit of grace will always fill your heart with wisdom and revelation in the face of Christ.

### **THE LORD IS OUR FOCUS (8)**

Here’s something else to praise God for. The Lord is our focus!

16:8 | I have set the Lord always before me; because he is at my right hand, I shall not be shaken.

### *A Chosen Focus*

16:8 | I have set the Lord always before me...

This speaks of a *decision* David made to put God first in his life. He determined that God would always be his focus, his perspective.<sup>3</sup> David chooses to have the Lord as his constant focus. Why does David set the Lord always before him? Why? Because the awareness of God’s presence brings everything into clear focus.

### ***Keratoconus***

When I was younger I woke up one day and had Keratoconus. Its when your cornea becomes a mountain range of astigmatisms.

When life gets crazy, we let the Lord bring the event or tragedy or betrayal into focus. They hated him, they will also hate you. It brings it into focus right?

Knowing Christ is in total sovereign control of the world and of my heart brings everything into perspective.

<sup>3</sup> David Guzik, *Psalms*, David Guzik’s Commentaries on the Bible (Santa Barbara, CA: David Guzik, 2013), Ps 16:7–8.

**SLIDE**

C.S. Lewis said, “I believe in Christianity as I believe that the sun has risen: not only because I see it, but because by it I see everything else.”

He becomes our refuge by counseling us how to walk in the way of life and not death. The Lord calls us not mere servants, but friends. We show ourselves his true friends as we follow and obey his counsels.

*A Changed Focus*

In verse one David prayed, “Preserve me O God.” And now in verse 8, he doesn’t ask, he affirms:

**16:8** | ...because he [the LORD] is at my right hand, I shall not be shaken.

I will not be moved. I’m guarded by the greatest Friend: our Lord Jesus Christ and all the angel armies. You belong to him. You will never be shaken.

What will separate you from the love of Christ?

How did that happen? By declaring and rejoicing in what the Word has declared for him: God is a refuge. He didn’t merely state it: he believed it. The sovereign Christ is the lens by which we must see all things.

Christ is at your right hand, therefore, you shall not be shaken. He’s standing there on your right hand, as your Lord, as your Master and Sovereign. It is there that you will never be shaken or moved.

**THE LORD IS OUR FUTURE (9-10)***Praise Him*

In my present, I can say I’m glad like David. He had an unshaken confidence that he would be preserved no matter what, which leads to deep and pervasive joy

**16:9a** | Therefore my heart is glad, and my whole being rejoices;

We were made to praise even in the most stressful situations. Don’t numb yourself: praise God. He’s got your future. He’s about to talk about the grave. Like what’s the worst thing that could ever happen to you. Well, you could die. So you go straight to a place where you will have no sin anymore, and God will wipe away all your tears. Like that’s the worst that could happen.

*Trust Him*

So David gives this promise about even the worst thing that could happen: death.

**16:9b-10** | ... my flesh also dwells secure. <sup>10</sup> For you will not abandon my soul to Sheol, or let your holy one see corruption.

Even if I do die, you won’t abandon me to Sheol (to death) and you won’t let my flesh see corruption. This is the preservation David wanted in verse 1, and the one he is confident he will have in verses 9-10.

### ***The Resurrection***

Peter talks about these verses in Acts and says, it's not just about our bodies not facing final death. Yes, all who trust in Christ will be raised with a new body at the resurrection when Jesus comes again, but Psalm 16:10 goes beyond what will be fulfilled in David's own body — his own resurrection at the last day. Verse 10 is a promise of something greater. So Peter says,

**Acts 2:30-32** | You Being therefore a prophet, and knowing that God had sworn with an oath to him that he would set one of his descendants on his throne, he foresaw and spoke about the resurrection of the Christ, that he was not abandoned to Hades, nor did his flesh see corruption. This Jesus God raised up, and of that we all are witnesses.

David knew that the Messiah from his own seed would put an end to death forever. Peter knew it to, and that's why he knows the ultimate deliverance from death comes from Christ's resurrection.

Does Christ live in you today? That's the only way you are going to be able to “let go of the nut that you are holding on to.

#### *Listen to Him*

You want joy? It comes by listening to God. He's talking to you. He's making himself known in all the happening of life. He's speaking to you. Don't resist.

**16:11a** | You make known to me the path of life;

He's promised to direct your path, but you have to trust in him completely (Pro 3:5-6).

### **THE LORD IS OUR FULLNESS OF JOY (11B)**

If not even death can harm me, what is there to be worried about? We have the pleasure of God's presence both now and forever.

**16:11** | ...in your presence there is fullness of joy; at your right hand are pleasures forevermore.

In life and in death, there is something worth letting go of idols. There is something worth letting go of that anger, that fear, that worry. Perhaps there is a root of bitterness. Perhaps it's something like despair where you've given up on God to do something. You've stopped praying.

How can you let go of that nut so you can be free to serve God? You need to have assurance that there is fuller joy.

#### **The Expulsive Power of a New Affection**

What you need is what the Thomas Chalmers called “the expulsive power of a new affection”. What if that monkey could had something amazing that would convince him to let go of that nut?

I use a simple illustration. The way the dead leaves of winter are removed from some trees is not that people go around plucking them off; no, it is the new life, the shoot that comes and pushes off the dead in order to make room for itself. In the same way the Christian gets rid of all such things as “bitterness and wrath and anger and shouting and

evil speaking and all malice” (Eph 4:31). The new qualities develop and the others simply have no room; they are pushed out and they are pushed off.

### ***Conclusion***

You remember the story of Rapunzel. Rapunzel had long hair. Her hair had life giving properties. Because of this she was taken captive as a small child and she lived in a castle for many years without freedom. In order to get free from her captor and leave the tower for good, what did she have to do? She had to cut off her hair.

What is it that you need to cut off to get free?

Or like that monkey who couldn't get his hand out of the jar, what's your nut? Look to Christ in all his glory. Rapunzel realized having her freedom was better than having her hair.

What about you? Do you see that having Christ as your treasure is better than whatever you are holding on to?