

Psalm 16

“God: Our Fullness of Joy”

Scripture: Psalm 16

Memory Verse: Psalm 16:11 *“You will show me the path of life; In Your presence is fullness of joy; at Your right hand are pleasures forevermore.”*

Lesson Focus: We will first introduce David and how he was described as a “*man after God’s own heart*”. As we walk through this Psalm we will see what it looks like to be such a person after God’s own heart. As we will see at the end, the Psalm points to Jesus Christ and we will conclude by seeing that to be after God’s own heart actually begins and ends with being after Jesus Christ.

Activities and Crafts: Coloring Picture of Memory Verse, Word Search of different terms from lesson, Bring it Home Discussion for 3rd – 5th.
Craft for 1st & 2nd: Make Your Own Worship Song

Starter Activity: Melodies

We will keep all of the kids in the Summit Room for our starter activity. The Psalms are a unique book of Scripture. More than any other book the Psalms stir our emotions drawing us into closer relationship with God with their beautiful words put to song. For generations, the Psalms have been the “hymn book” of God’s people inviting us intimately into God’s presence.

Music has a powerful influence on our souls, our inner selves. We will share several examples of this with the kids:

- 1) Guitar: E major vs E minor *
 - How does each chord make you feel inside? Happy vs sad. *
- 2) Star Wars Main Theme
 - Courageous, ready for adventure! *
- 3) Star Wars Darth Vader Theme
 - Nervous, anxious *
- 4) Jingle Bells
 - Joyful, excited about the Christmas season

These different melodies produce in us many of the different feelings that we experience every day!

In the same way, the Psalms were the songs of God’s people crying out to Him sometimes from feelings of excitement, anxiety, courage, or joy. This Psalm that we are going to look at today, is a Psalm of tremendous joy. Let’s see why!

Bible Study:

This Psalm is introduced to us as a “Michtam of David”.

Q: Who was David?

A: This is the David, a young small man, who defeated Goliath, the giant and said to him, “*You come to me with a sword, with a spear, and with a javelin. But I come to you in the name of the Lord of hosts, the God of the armies of Israel, whom you have defied.*” (1 Samuel 17:45)

David is described as someone “*who was after God’s own heart*” (1 Samuel 13:14).

Q: What do you think it means to be after God’s heart?

A: It means you are seeking God and what He wants more than seeking yourself and what you want! Let’s see what this might look like as we read this Psalm.

Psalm 16:1: Q: Who does David put his trust in? God!

Q: What does it mean to put your trust in someone? **Teachers:** Consider doing a “trust” fall. This is always an excellent way of teaching the kids about trust. Invite one of the kids to come up to you, turn their back to you, and fall into your arms. Try and create a little bit of drama and excitement beforehand (i.e. should he/she trust me?)

Someone after God’s heart trusts in God to preserve him even when life is hard!

Psalm 16:2: David reminds himself who the boss is.

Q: After David defeated Goliath, do you think he was tempted to think he was tough stuff? I would think so!

But he remembers God is his Lord and that his goodness and victory comes from God.

Someone after God’s heart gives all of the glory and credit to God!

Psalm 16:3-4: This sounds a lot like our lesson from last week (Psalm 1). There we saw that there are two paths. People will either follow God’s way or their own way.

David is praising and admiring the saints, all those who follow God’s way. Isn’t it strange that here we are doing the same as we admire him and learn from his life?

Q: Who do you look up to? **Someone after God’s own heart will look up to others who are also after God’s heart!**

Psalm 16:5-6: Imagine yourself at a dinner table and you are being served your “portion” of something really yummy that you like. Let’s say Mom or Dad gives just enough to satisfy your hunger.

Q: Would you be content and thankful for that “portion” that you were given?

Q: What if it looked to you that your brother or sister’s portion was a little bit more than yours! Would you still be content and thankful?

David learned to be thankful for what he was given and not envious of what others have!

Someone after God’s heart is thankful for what he/she has been given by God.

Psalm 16:7: David is seeking counsel and instruction from God, even at night.

Q: How many of you ever woken up in the middle of the night? I bet you David did also!

What does this verse say he would do?

A: He would go to the Lord, maybe in prayer or thinking about His word! Maybe that is when he wrote Psalms like this! *

Someone after God’s heart goes to the Lord in prayer and in His word!

Psalm 16:8-9: And as David “sets the Lord before him” or puts God first in all that He does, God returns him to a place of rest and peace for David knows that God is right there with him!

Q: Do you guys remember what happened to David shortly after he defeated Goliath?

A: He had to flee for his life because Saul, the king of Israel, was so jealous he wanted him dead! I can imagine he would be up at night worrying about Saul’s army.

When we get our focus off of our problems and onto God, then something changes inside of us. **Teachers:** Consider drawing on the white board a person with a big cloud of thoughts and list some worries (i.e. afraid of dark, tests, etc.). Also add a second little cloud with God in it and add a frown to the face. Then draw another picture with God big and the worry cloud small and add a smiley face. *

Q: Which one describes David? Which one describes you? *

Psalm 16:10: David trusts that no matter what happens in this life, He has a “happily ever after” secured for him by God!

While David is most likely referring to what happens to his own life after death, this verse is actually a prophesy pointing to someone else, who years later would die, but not remain in the grave. Q: Who do you think that is? **Jesus!**

Psalm 16:11: David rightly knows that ultimate and fullness of joy can only be found in the presence of God.

We have Christmas coming up in just a few weeks. This is a fun season and you will probably get a lot of fun and special gifts.

Q: But what happens after those gifts become old and boring?

A: You probably just want more and more. And then those gifts will get old and boring. And you will want more and more.

David recognized this and knew that the joy and satisfaction that all of us long for can ONLY be found when we are with God! This is the “path of life” that leads to fullness of joy with God. David knew this, but it has been even more clearly revealed to us.

Jesus Christ said that He is the way, the truth, and the life. (**John 14:6**) Only through belief and trust in Jesus’s death and resurrection, can we be on this path of life that leads to fullness of joy.

Key Point: Throughout this lesson, we’ve been mentioning what it looks like to be someone who is after God’s own heart.

If you want to be someone after God’s own heart, then you must look to Jesus Christ in faith. *

Q: What does **John 3:16** say? *God gave His only BELOVED Son that whoever believes in Him will not perish but have everlasting life!*

Jesus Christ is God the Father’s “own heart”. For God the Father loved Him from all eternity and yet gave Him to us. Why? So that through faith and trust in Him, we would be restored to God where there is FULLNESS of joy!

Chase after Jesus Christ this week! Look to Him and ask Him to show you how you can live His way!

Bring It Home

Lesson Theme: “God: Our Fullness of Joy”

Scripture: Psalm 16

Memory Verse: Psalm 16:11 *“You will show me the path of life; In Your presence is fullness of joy; at Your right hand are pleasures forevermore.”*

Teachers/Parents: The Psalms draw us into closer intimacy and relationship with God with their beautiful words, but even more so when they are put to song. Music has a profound impact on our souls and we introduced our lesson to the kids by playing several familiar melodies asking them how each melody made them feel inside. What are some of your favorite songs or melodies and how do they affect your emotions and feelings?

Discussion Questions:

- 1) Read **Acts 13:22**. Who is this verse describing and how does it describe him?
This is the same guy who wrote many of the Psalms, including Psalm 16. What do you think it looks like to be a “*man after God’s own heart*”?
- 2) Think of a time that you have received an award or accomplished something you were really proud of. Share it with each other and discuss how you felt. Then read **Psalm 16:2**. How might this verse change how you feel and respond when getting awards?
- 3) In **Psalm 16:3**, David shows that he admires the “saints on the earth”, or others are also “*after God’s own heart*”. Who are some people you look up to and why do you look up to them? Who are some “*people after God’s own heart*” that you can look up to?
- 4) **Read Psalm 16:7-8**. David puts the “*Lord always before him*” even at night. Sometimes we might be awake in the middle of the night with worries. What are some ways that we can “*put the Lord always before us*” when we are up at night with worries or fears?
- 5) What are some things that give you joy? In **Psalm 16:11**, David talks about where “*fullness of joy*” can be found. Do any of those things you mentioned give you a fullness or never-ending joy? Why or why not?
- 6) Read **John 14:1-3**. Does this place excite you at all? Why or why not?
- 7) In class we talked about how Jesus Christ is “*God’s own heart*” and if we want to be after His heart we must be after Jesus. What are some ways in which you can follow Jesus this week and show others that you are “*after God’s own heart*”?