

# Psalm 16

## After God's Own Heart

**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 truly 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 3<sup>rd</sup> – 5<sup>th</sup>.  
Craft for 1<sup>st</sup> & 2<sup>nd</sup>: 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. Some potential sounds below:

- 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) Peaches, Peaches
  - Warm and squishy about someone

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 song 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! (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 God all the glory! (not bragging about himself!)**

**Psalm 16:3-4:** David is praising and admiring the saints, all those who follow God’s way while also declaring that trouble awaits those who don’t follow God’s way.

Q: Who do you look up to?

**Someone after God’s heart looks up to other Christians! \***

**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: But 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 jealous of what others have!

**Someone after God’s heart is thankful! (rather than jealous of what others have!)**

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

Q: How many of you wake 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 Him 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 know what happened to David shortly after he defeated Goliath?

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

When we get our focus off of our problems and onto God, then something changes inside of us too. **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 of the person. Then draw another person with God in the big thought cloud and the worry cloud small and add a smiley face. \*

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

### **Someone after God's heart remembers God is good!**

**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 prophecy 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 several weeks. I bet many of you will receive a lot of fun toys and gifts that you will get really excited about at first.

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

A: You want something else. And then those gifts will get old and boring. And you will want something else. And those will get boring.....AND? You see the problem here? \*

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 so should we.

Jesus Christ said that He is the way, the truth, and the life (**John 14:6**) and that He came that we might have life and life abundantly (**John 10:10**). Only through belief and trust in Jesus's death and resurrection, do we enter this path of life that leads to FULLNESS of joy. \*

**Key Point:** Throughout this lesson, we've seen 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 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 gave up what was most precious to Him. Why? So that through faith and trust in Him, we might be forgiven our sins and restored to God where we can experience FULLNESS of joy!

Q: Do you want to have FULLNESS of joy? I sure do! And I want you to as well. But you won't find it apart from Jesus Christ.

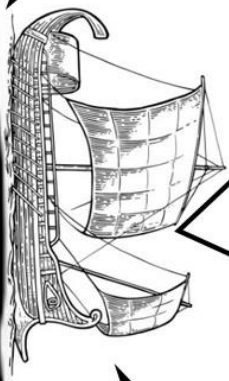
Boys and Girls: Be after God's own heart! Welcome Jesus into your hearts. Follow Him and His ways this week! \*

# FIND THE TREASURE



**Mediterranean World**  
Countries or Areas and Islands

**Read Psalm 16:1**  
What does it mean to “put your trust” in God?



**PARENT CHALLENGE**  
Read Psalm 16:11. What do you think “fulness of joy” looks like?

**Read Psalm 16:8**  
How can you “set the Lord before you” this week?