

LESSONS
FROM PSALMS

REJOICING

FINDING REST

Week 1 - Rest as a Rhythm

Week 2- Rest as Refuge

Week 3 - Rest to Rejoice

**WHEN WAS THE LAST TIME
YOU FELT JOY?**

REST IS NOT THE ABSENCE OF WORK.

IT'S THE PRESENCE OF THE KING.

REST TO REJOICE

PSALM 16:1-6

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

² I say to the Lord, “You are my Lord; I have no good apart from you.”

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

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.

⁵ The Lord is my chosen portion and my cup; you hold my lot.

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

PSALM 16:7-11

⁷ I bless the Lord who gives me counsel; in the night also my heart instructs me.

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

⁹ Therefore my heart is glad, and my whole being rejoices; my flesh also dwells secure.

¹⁰ For you will not abandon my soul to Sheol, or let your holy one see corruption.

¹¹ You make known to me the path of life; in your presence there is fullness of joy; at your right hand are pleasures forevermore.

PSALM 16:1

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

PSALM 16:5-6

⁵ The Lord is my chosen portion and my cup;
you hold my lot.

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

#1 - WE NEED GOD

**THE LORD IS MY PORTION, MY CUP,
YOU HOLD MY LOT**

**THIS PROMISE WAS NOT ONLY
GIVEN TO THE PRIESTS,
BUT TO **ALL** WHO WOULD TRUST GOD
TO BE THE PORTION OF THEIR INHERITANCE**

PSALM 16:7-8

⁷ I bless the Lord who gives me counsel;
in the night also my heart instructs me.

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

**#2 - WE NEED TO WALK
WITH GOD**

PSALM 127:1-2

Unless the LORD builds the house, they labor in vain who build it; unless the LORD guards the city, the watchman stays awake in vain. [It is] vain for you to rise up early, to sit up late, to eat the bread of sorrows; [for] so He gives His beloved sleep.

PSALM 16:9-10

⁹ Therefore my heart is glad, and my whole being rejoices;
my flesh also dwells secure.

¹⁰ For you will not abandon my soul to Sheol,
or let your holy one see corruption.

PSALM 16:11

¹¹ You make known to me the path of life;
in your presence there is fullness of joy;
at your right hand are pleasures forevermore.

YOU MAKE KNOWN TO ME THE PATH OF LIFE

- God is concerned enough to lead us, counsel us, and instruct us

IN YOUR PRESENCE THERE IS FULLNESS OF JOY

- In His presence
- In the presence of the King, there is fullness of joy
- Who is on the throne?

AT YOUR RIGHT HAND ARE PLEASURES FOREVERMORE

- Meaning not only in this life but the life beyond

These pleasures are enjoyed at a place: “We are also told that heaven is to be enjoyed at the right hand of God. The right hand, even on earth, is the place of favor, and the place of honor, and the place of security. The right-hand place is always regarded as the place of dignity and nobility in all courts. God is not going to give his people any left-handed heaven, but they are to dwell at his right hand for evermore.”

(Spurgeon)

**#3 - WE NEED TO WALK
WITH GOD ALWAYS**

PSALM 16:1

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

#1 - WE NEED GOD

#2 - WE NEED TO WALK WITH GOD

#3 - WE NEED TO WALK WITH GOD ALWAYS