

# Psalm 16

*"Fullness of Joy"*

**November 5, 2023**

## 1. Intro

- a. If you were to do a quick search on the internet, and you ask Google, "How do I find joy in life?"
  - i. You will immediately find 10 million different ideas from psychologists, blog writers, and motivational speakers
    1. And the range of ideas of how you can find joy are just as wide as you would expect
      - a. Some writers recommended starting a new hobby
        - i. Try out a bunch of new things – and the one that makes you the happiest, keep doing that! THAT will lead you to have joy!
      - b. Other professionals suggested going on more vacations
        - i. Travel to new places
        - ii. Go on adventures
        - iii. Get away from the normal and the routine, and THAT will lead you to have joy!
      - c. One psychologist said to get out a piece of paper, and divide it into columns, one column for each decade you've lived
        - i. In each column, think about what brought you great joy and happiness during that decade
          1. After you come up with your list, try to reincorporate the things you used to do that brought you joy
          2. For those of us who have a past where we had long seasons when we were not walking faithfully with the Lord, the idea of recreating the things that brought me joy and happiness during those times is an AWFUL idea!!
  - ii. There's an underlying theme in all of these ideas, isn't there?
    - i. Don't they ALL have at their foundation this one central belief:
      1. Do what makes YOU happy, and you will find joy
    - ii. The problem is, none of this ever LASTS, does it?
      1. We soon get bored with our new hobbies, and have to move on to something else
      2. We eventually have to come home from all those vacations, and go back to work so we can pay for more vacations
      3. And I think if we're honest, most of the times we try to go back and recreate the joyful moments of our past, its hardly ever quite as good as the original, isn't it
        - a. Doing what makes us happy is fun for a season, but it never lasts
- c. One of the best places to see this proven is the book of Ecclesiastes
  - i. Although his name is never mentioned in the book, it is widely agreed that Ecclesiastes was written by King Solomon
    1. King Solomon who, when God gave him the opportunity to ask for anything he wanted, chose wisdom over riches
      - a. And 1 Kings 4 tells us that the Lord gave him wisdom "beyond measure," a wisdom that "surpassed the wisdom of all the people of the east and the wisdom of Egypt"
      - b. It is interesting how Solomon chose to apply this wisdom
        - i. In Ecclesiastes 1:13, Solomon says, *"And I applied my heart to seek and to search out by wisdom all that is done in heaven"*
          1. So he applied his great wisdom to government and politics
          2. He applied his wisdom to architecture and gardening
          3. He even says he applied his wisdom to drinking alcohol and getting for himself many concubines
        - ii. Solomon, whether it was truly wise or not, applied his supernatural, God-given wisdom to every activity under heaven

iii. And his answer after pursuing each of these things to their end was simple and tragic...

1. It is ALL in vain

2. If we would just read the Scriptures for ourselves, we wouldn't buy in for a second the belief that "joy is found in doing whatever makes you happy"

a. Solomon tried that already, and he called it a "chasing after the wind"

d. So, what then is the answer to the question? How do we find joy in life??

i. C.S. Lewis, the writer of the *Chronicles of Narnia* and many other great books, points us to the answer with this profound truth:

1. "If I find in myself a desire which no experience in this world can satisfy, the most probable explanation is that I was made for another world."

a. It is clear that the world is desperately searching for ways to find joy in this life

b. And it is clear that they have come up short with every solution

i. Which leaves us with only ONE conclusion...

ii. Our joy IS NOT to be found in this world!!

2. And that is where we begin our study on Psalm 16...

e. Psalm 16:1-11

i. *A Mikdam of David. <sup>1</sup>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.*

ii. David found the answer to the question, didn't he?

1. True fullness of joy is found IN THE PRESENCE OF THE LORD!

a. We could stop the sermon there, but David gives us a lot more to unpack, so let's dive in!

f. Our main points this morning are these... we find our joy in:

i. Joy in the goodness of God

ii. Joy in delighting in the Church

iii. Joy in idolatry

iv. Joy in the inheritance of the saints

v. Joy in Christ

2. First, we find our joy in THE GOODNESS OF GOD

a. Psalm 16:1-2

i. *<sup>1</sup>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."*

1. David doesn't leave any room for doubt there, does he?

a. I have NO good apart from you

2. This is what Solomon would find out many years later

a. After all his searching, after all his studying, Solomon wrote in Ecclesiastes 12:13,

i. *<sup>13</sup>The end of the matter; all has been heard. Fear God and keep his commandments, for this is the whole duty of man.*

b. This is what we sang about at the end of last week's service, isn't it?

i. "Trust and obey, for there's no other way, to be happy in Jesus, than to trust and obey"

ii. Fear God... keep his commandments

1. For there is NO good apart from Him

2. And therefore, there is no JOY apart from Him

- ii. James affirms this for us in his letter in the New Testament, as he writes in James 1:17,
  - 1. *<sup>17</sup>Every good gift and every perfect gift is from above, coming down from the Father of lights, with whom there is no variation or shadow due to change.*
    - a. EVERY good and perfect gift is from above
    - b. Would we not all agree that joy is a GOOD and PERFECT gift?
      - i. Therefore, it MUST come from GOD, as an overflow of His goodness
      - ii. So if we are going to strive to find joy, the very first place we must look is to God Himself!
    - c. There is NO good apart from Him!
- b. But we have to stop here and make an important distinction – we must redefine good ACCORDING TO THE SCRIPTURES
  - i. One of our major problems in our search for joy is that we tend to think of “joy-bringing” things and “good” things as “things that make me happy”
    - 1. That’s why we spend countless billions of dollars every year on vacations and toys and entertainment... because these things make us happy
      - a. And therefore, they will bring us joy
  - ii. But the Scriptures paint a very different picture for us of what true, BIBLICAL joy is
    - 1. In 2 Corinthians 8:1-2, Paul writes
      - a. *<sup>1</sup>We want you to know, brothers, about the grace of God that has been given among the churches of Macedonia, <sup>2</sup>for in a severe test of affliction, their abundance of joy and their extreme poverty have overflowed in a wealth of generosity on their part.*
      - b. The world says that joy is found in a nice big 401k and an abundance of money in your bank account
      - c. But Paul shows us that, even if we find ourselves in extreme poverty, if we maintain our generosity, we will find JOY!!
    - 2. Or what about 1 Peter 4:12-14...
      - a. *<sup>12</sup>Beloved, do not be surprised at the fiery trial when it comes upon you to test you, as though something strange were happening to you. <sup>13</sup>But rejoice insofar as you share Christ’s sufferings, that you may also rejoice and be glad when his glory is revealed. <sup>14</sup>If you are insulted for the name of Christ, you are blessed, because the Spirit of glory and of God rests upon you.*
      - b. The world says that joy is found in living a fun and adventurous and fulfilling life, full of ease and comfort and self-gratifying experiences
      - c. But Peter tells us that we can find joy IN OUR SUFFERING, knowing that if we share in Christ’s sufferings, we will also share in his glory!
    - 3. Or what about the author of the book of Hebrews, as he writes in Hebrews 10:32-34,
      - a. *<sup>32</sup>But recall the former days when, after you were enlightened, you endured a hard struggle with sufferings, <sup>33</sup>sometimes being publicly exposed to reproach and affliction, and sometimes being partners with those so treated. <sup>34</sup>For you had compassion on those in prison, and you joyfully accepted the plundering of your property, since you knew that you yourselves had a better possession and an abiding one.*
      - b. That’s pretty incredible, isn’t it??
      - c. The world tells us that we earned all of our trinkets and treasures and toys, and if someone comes into your home to take these things from you, then you have every right to shoot them dead
      - d. But the writer of Hebrews says that we can find joy, even in the plundering of our property, if we would just remember that this is not our home!
        - i. And our TRUE riches await us in heaven!!
    - 4. The Scriptures do not teach us to look for joy in the goodness of our circumstances – they tell us to look for joy in the goodness of GOD
      - a. And in God’s way of ordering things, we tend to find the deepest joy when we are the most afflicted

- iii. As the British theologian, J.I. Packer, wrote...
    - a. "It is often the case, as all the saints know, that fellowship with the Father and the Son is most vivid and sweet, and Christian joy is greatest, when the cross is heaviest."
      - 2. We find our joy, Christians, in the goodness of God
  - 3. Second, we find our joy in delighting in the Church
    - a. In Psalm 16:3, David writes...
      - i. <sup>3</sup>As for the saints in the land, they are the excellent ones, in whom is all my delight.
        - 1. This word that David uses for "the excellent ones" is much more meaningful in the Hebrew
          - a. It also means, "majestic" and "glorious" and "noble" and "gallant"
          - b. These are the saints in the land – this is US!
      - ii. So what makes us so majestic and glorious?
        - 1. Paul makes sure to remind us that it is definitely not us who make ourselves excellent...
          - a. 1 Corinthians 1:26-29
            - i. <sup>26</sup>For consider your calling, brothers: not many of you were wise according to worldly standards, not many were powerful, not many were of noble birth. <sup>27</sup>But God chose what is foolish in the world to shame the wise; God chose what is weak in the world to shame the strong; <sup>28</sup>God chose what is low and despised in the world, even things that are not, to bring to nothing things that are, <sup>29</sup>so that no human being might boast in the presence of God.
          - b. Paul has no problem at all with putting us in our place, does he?
        - 2. No, it is not us who make ourselves majestic and glorious – it is Christ IN US!
          - a. 1 Corinthians 1:30-31
            - i. <sup>30</sup>And because of him [God] you are in Christ Jesus, who became to us wisdom from God, righteousness and sanctification and redemption, <sup>31</sup>so that, as it is written, "Let the one who boasts, boast in the Lord."
        - 3. When we look at the saints in this room, its not that we look around and think about how awesome each of us are
          - a. Its that we look at each other in delight at how amazing CHRIST is in each of us!
    - b. Is that how you look at each other here at Forest Hills?
      - i. Think about how incredibly different we are, even in just this small congregation
        - 1. We've got men and women, teenagers and senior citizens, homeschool moms, retired refinery workers, secretaries, a carpenter, a contractor, computer guys, a math teacher
      - ii. And yet, here we are, a family of those who aren't wise according to the world's standards, who aren't powerful, who didn't come from noble birth
        - 1. But in Christ, we are a royal priesthood!
        - 2. In Christ, we will rule over EVERYTHING when he returns!
        - 3. In Christ, as C.S. Lewis wrote, we will one day all be such glorious creatures that if we were to see each other today as we will be, we'd be tempted to fall to our knees in worship of one another!
  - c. No, David didn't realize all that was coming through Jesus, but even still, I think he had a much better idea than we do of what an incredible privilege it is to be a chosen saint in the Lord
    - i. When David looked at the saints in the land, he saw them as excellent
      - 1. He saw them as majestic and noble and glorious
        - a. And he found GREAT delight in all of them
    - ii. My friends, I pray that we would SINCERELY feel these things for the saints in our land as well
      - 1. May we see EACH OTHER as majestic
      - 2. May we see EACH OTHER as glorious and gallant
      - 3. And may we find GREAT delight in each other!
        - a. May we find great JOY as we delight in the Church!
4. The third thing we find in joy in according to Psalm 16 is, we find joy... in our idolatry
  - a. I know, that doesn't really fit, does it?
    - i. David writes in Psalm 16:4

1. *<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.*

- a. David doesn't talk about joy in relation to our idols – he talks about sorrow
- b. And not just sorrow, but a multiplication of sorrow
  - i. So how do we find joy in our idolatry?
- c. John Piper is helpful in answering this question, as he says very bluntly,
  - i. "We make a god out of whatever we find the most joy in."

b. This is true of us, isn't it?

i. Just think about how empty this church is this morning

1. We've talked about it before, but it wasn't long ago that it used to be the social norm to be in church – that's just what everyone did on Sunday mornings

a. But now that that is no longer the cultural expectation, our gods are becoming more and more exposed

i. It's a beautiful morning to go hit some golf balls, so I think I'll go do that instead

ii. My kid has a softball tournament all day on Sunday, so we HAVE to do that, rather than come to church

iii. The lake house, or the boat is calling our name this weekend... sorry, our family won't be able to make it to church today

iv. Or how about this... I had a long week at work – I just need a day to sleep in

ii. Our churches are becoming increasingly empty on Sunday mornings for many reasons

1. But one of the main reasons is that we have discovered that we can find joy in a hundred other things, from golf, to kids' sports, to sleep

a. And when we find our joy in THOSE things, they become our god

i. And we find joy in our idolatry

b. But I want to make sure that I don't let us all rest in the comfort that since we're here in church this morning, we must be doing good

iii. The reality is, we ALL have things in our life that, if we're honest, have become idols for us

1. Sure, we may have made it to church on a Sunday morning, but how were our hearts the rest of the week?

a. Did we find all of our joy in God? I know I sure didn't.

i. My friends, we need to understand this truth about ourselves

ii. We simply do not have the capacity to find joy in the idols of our life, AND find joy in God

1. This is the principle Jesus was teaching when he said that you cannot serve two masters

2. Because we are sinful human beings, and the old man or old woman of our flesh still wars against us, we will always make a god out of whatever we find the most joy in

iv. So we must be vigilant... if we are not finding our joy in God, we will find joy in our idolatry

1. And, as David wrote, we won't find joy there at all, but rather a multiplication of our sorrows

a. So we find our joy in the goodness of God

b. We find our joy in delighting in the Church

5. And we find our joy in the inheritance of the saints

a. In Psalm 16:5-6, David writes,

i. <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.

1. Do you understand this, my friends?

a. You have an EXCEEDINGLY beautiful inheritance if you are in Christ!

2. We talked on Wednesday night about 1 Peter 1:3-4, where he said,

a. *<sup>3</sup>Blessed be the God and Father of our Lord Jesus Christ! According to his great mercy, he has caused us to be born again to a living hope through the resurrection of*

*Jesus Christ from the dead, <sup>4</sup>to an inheritance that is imperishable, undefiled, and unfading, kept in heaven for you...*

- i. The inheritance that God is keeping safe and secure for you in heaven is imperishable... undefiled... and unfading
    - ii. It isn't just a beautiful inheritance NOW, it will be a beautiful inheritance for ALL eternity!
  3. In Colossians 3, verses 18-26, Paul tells wives to submit to their husbands, and husbands to love their wives, and children to obey their parents, and slaves to obey their masters
    - a. And his reasoning for all of this love and submission and obedience is this...
      - i. <sup>23</sup>*Whatever you do, work heartily, as for the Lord and not for men, <sup>24</sup>knowing that from the Lord you will receive the inheritance as your reward. You are serving the Lord Christ.*
        1. We are called to lay our lives down for others and for Christ
        2. We are called to carry our crosses and bear one another's burdens
        3. We are called to die to ourselves
      - ii. And the REWARD for our dying to ourselves in this life, is the beautiful inheritance Christ has waiting for us in the life to come
  4. This changes things for us, doesn't it?
    - a. Wives, you can find JOY in submitting to your husbands, because in your submission to your husbands, you are submitting to Christ
      - i. And he has a beautiful inheritance waiting for you!
    - b. Husbands, you can find JOY in loving your wives and not being harsh to them, because in loving them selflessly and sacrificially, you are loving Christ
      - i. And he has a beautiful inheritance waiting for you!
    - c. Children, you can find JOY in obeying your parents because in your obedience to them, you are obeying Christ
      - i. And he has a beautiful inheritance waiting for you!
    - d. For ALL of us, whatever we are doing, we can find JOY in working HEARTILY at it, for in our hard work and diligence and excellence, we are working for the Lord
      - i. And he has a beautiful inheritance awaiting ALL who have found their joy IN HIM
        1. Which leads us to our final point...
6. We find TRUE joy when we find our joy in Christ
  - a. In Psalm 16:7-11, David writes,
    - i. <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.*
  - b. In your presence there is fullness of joy... not just a little joy here and there, or a joy that sometimes satisfies and sometimes does not
    - i. No, in Christ, we find FULLNESS of joy!
      1. We find fullness of joy in Christ because, as verse 7 says, the Lord gives me counsel
        - a. How does the Lord give us counsel as followers of Jesus?
          - i. Well, through THE Counselor, the Holy Spirit!
        - b. There is a lot of confusion these days about what all the Holy Spirit does for the Christian, but his PRIMARY role for the believer is to CONTINUALLY point our hearts toward Jesus
          - i. This was Jesus' promise in John 14:26, when he said...
            1. <sup>26</sup>*But the Helper, the Holy Spirit, whom the Father will send in my name, he will teach you all things and bring to your remembrance all that I have said to you.*

2. The Counselor, the Holy Spirit, leads the Christian into fullness of joy, as he continually brings Jesus back to our remembrance
  - c. We find fullness of joy in Christ, through the Holy Spirit that dwells within us
2. We also find fullness of joy in Christ because, as verse 8 says, “because HE is at my right hand, I shall not be shaken!”
  - a. This was Paul’s conclusion in Romans 8:38-39, when he said,
    - i. *<sup>38</sup>For I am sure that neither death nor life, nor angels nor rulers, nor things present nor things to come, nor powers, <sup>39</sup>nor height nor depth, nor anything else in all creation, will be able to separate us from the love of God in Christ Jesus our Lord.*
  - b. Paul covers it all there, doesn’t he?
    - i. Death cannot shake us
    - ii. Rulers cannot shake us
    - iii. Powers in the heavens cannot shake us
    - iv. Nor anything else IN ALL CREATION can shake us
      1. For once we are IN Christ, we will ALWAYS be IN Christ – we will NEVER be shaken!!
3. But ultimately, we find fullness of joy in Christ, because as verse 10 says, he “will not abandon our souls to Sheol, or let his holy ones see corruption”
4. In other words, in Christ, our souls... have been saved. PERIOD. End of story. Roll the credits.
  - a. Ephesians 1:4 says that *“God chose us in Christ before the very foundations of the world were laid...”*
  - b. 1 Peter 1:3 says that *“according to God’s great mercy, HE has caused us to be born again to a living hope through the resurrection of Jesus Christ...”*
  - c. Jesus said in John 15:16, *“You did not choose me, but I chose you and appointed you that you should go and bear fruit...”*
  - d. And Revelation 5:9-10 says, *“Worthy are YOU, Jesus, to take the scroll and to open its seals, for YOU were slain, and by YOUR blood you ransomed people for God from every tribe and language and people and nation, and YOU have made them a kingdom of priests to our God, and they shall reign on the earth!”*
- ii. My friends, because of all that God has done for us in Christ Jesus, our souls will NEVER be abandoned to death or condemnation – our souls will NEVER see corruption
  1. But instead, because God has chosen us out of His great mercy, and Christ has purchased us by his precious blood, we will not only be with Christ for all eternity, but we will also REIGN with Christ, FOREVER!!
    - a. If we cannot find joy in THAT, then we have truly lost sight of all that Jesus has done!
- iii. Christians, may we find joy in the goodness of our God
  1. May we find joy in delighting in our brothers and sisters in Christ
  2. May we find joy in the promise of our inheritance that awaits us ON THE OTHER SIDE of eternity
  3. And may we find joy, fullness of joy, in the presence of our Lord and Savior, Jesus Christ
    - a. As Charles Spurgeon so beautifully put it,
      - i. “The Lord Jesus is a deep sea of joy; my soul shall dive therein, it shall be swallowed up in the delights of his company.”

## 7. The Lord’s Supper

- a. Time of reflection (are you finding your joy in your idols, or are you finding your joy in Christ?)
- b. Matthew 26:26-30
  - i. *<sup>26</sup>Now as they were eating, Jesus took bread, and after blessing it broke it and gave it to the disciples, and said, “Take, eat; this is my body.” <sup>27</sup>And he took a cup, and when he had given thanks he gave it to them, saying, “Drink of it, all of you, <sup>28</sup>for this is my blood of the covenant, which is poured out for many for the forgiveness of sins. <sup>29</sup>I tell you I will not drink again of this fruit of the vine until that day when I drink it new with you in my Father’s kingdom.” <sup>30</sup>And when they had sung a hymn, they went out to the Mount of Olives.*