

A MONTH IN THE PSALMS



Psalm 16

A Note to the Parents/Teachers

As we've journeyed through the *Old Testament* the past 6 months, we've seen a people who have endured a lot and need constant reminders of who God is, what He has done, and what He has promised. The Psalms were written to remind God's people of that Story, even in the midst of exile, loss, or hardship. Pray that it will also serve as a reminder for us.

- **Big Idea:** In God's presence we find everything we need

Starter

- **Evidences of Grace**

Ask kids to share ways they've seen God at work lately. Anything, big or small, which is good is from God. When a kid shares, encourage everyone to thank God together.

- **BLESS Rhythms**

Go over the *BLESS rhythms* with the kids:
Bless, Listen, Eat, Speak, Sabbath.

Ask how they have lived these rhythms. Ask how we see Jesus do these in the Bible.

Sing Together

Psalm 16 (a summary)

All throughout history, God's people have had a pattern of rebelling against Him and worshipping other things, getting themselves into trouble, crying out to God for help, being rescued, then rebelling again. During those times of trouble, God's people needed to be reminded of who God is, what He had done for them, and His promises to rescue. The Psalms were written during these times. Psalm 16 was most likely written by King David while he was under attack by enemies. This is what it says:

*Keep me safe, my God,
I find my shelter in you.*

*You are my Lord;
apart from you I have no good thing.*

*The holy people in the land are the ones who trust you;
they bring me great joy.*

*But those who run after other gods will suffer more and more.
I will not sacrifice to those gods
or speak their names on my lips.*

*Lord, you alone are what I need;
you make my future secure.*

*You have promised a good land for me;
in you I have a beautiful inheritance.*

*I will praise the Lord, who counsels me;
even in darkness when my heart is troubled.*

*I keep my eyes always on the Lord.
With him by my side, I will not be shaken.*

*So my heart is glad and my whole being rejoices;
my body rests secure.*

*For you will not abandon me to the realm of the dead,
you will not let your faithful one see decay.*

*You make known to me the path of life;
you fill me with joy in your presence,
with eternal pleasures at your side.*

Many years after this psalm was written, two different followers of Jesus, Paul and Peter, mentioned this psalm to tell people about Jesus (Acts 2 & 13). They used this psalm to talk about how Jesus is the one who beat death and his body did not see decay. Because of Jesus, we can rest secure and have a beautiful inheritance of living in God's land forever with Him at our side!

[Dialogue Questions - you may use some or all]

- What does it mean to say we have no good thing apart from God?
(James 1:17 "Every good and perfect gift is from the Father")
- What do you think our 'beautiful inheritance' is from God, if we follow Jesus?
- The psalm says, "You make known to me the path of life". What is the path of life? *(Jesus! - John 14:6, "I am the way, the truth, and the life")*

Breakout Time

• **Prayer:**

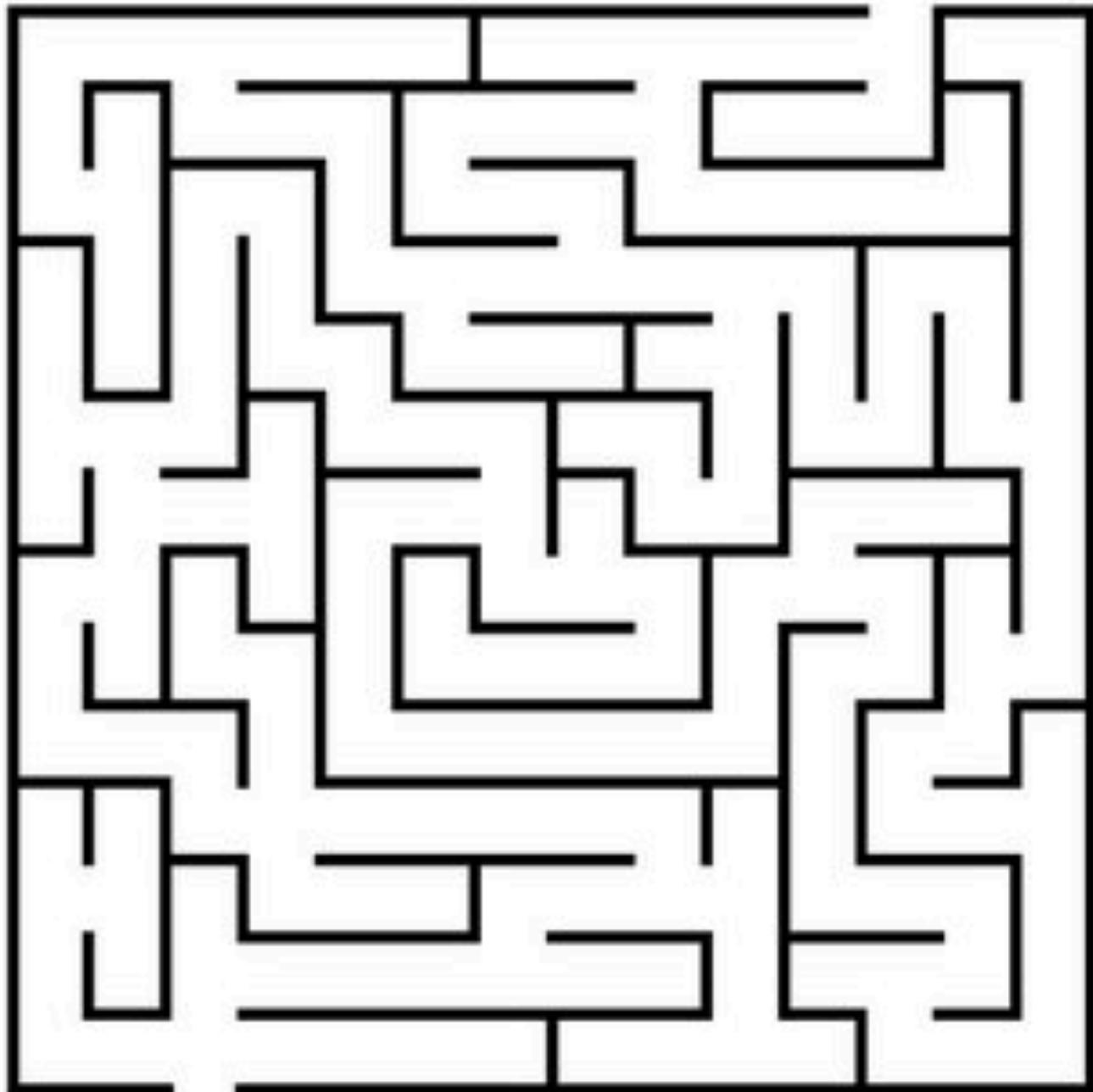
God, help us to trust in you. Keep us safe in your ways. Thank you for life through Jesus. Amen.

• **Craft:**

Use the maze worksheet attached with the verse from John 14:6 that Jesus is the way.

OR

Use the final sheet attached for a compass craft. Have the kids cut out the arrow and circle. Use a brass fastener to attach the arrow to the dot in the center of the circle so the arrow can spin around to the different directions.



Jesus said, "I am the way, the truth, and the life.
No one comes to the Father except through me."
(John 14:6)

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