

4/17 TAKE-HOME SUNDAY SCHOOL

Read:

Psalm 16:1-11

- ¹ Protect me, O God, for in you I take shelter.
- ² I say to the LORD, "You are my Lord;
I have no good apart from you."
- ³ The holy ones in our land are noble,
and I delight in them.
- ⁴ Those who choose to worship other things instead find sadness;
their drink offerings of blood I will not share,
nor will I take their names upon my lips.
- ⁵ The LORD is my chosen portion and my cup;
you hold my lot.
- ⁶ The boundary lines have fallen for me in pleasant places;
I have a goodly heritage.
- ⁷ I bless the LORD who gives me wisdom and direction;
in the night also my heart instructs me.
- ⁸ I keep the LORD always before me;
because he is at my right hand, I shall not be moved.
- ⁹ Therefore my heart is glad, and my soul rejoices;
my body also rests secure.
- ¹⁰ For you do not give me up to Sheol,
or let your faithful one see the Pit.
- ¹¹ You show me the path of life.
In your presence there is fullness of joy;
in your right hand are pleasures forevermore.

Some helpful background info

- “Sheol” and “the Pit” in the Old Testament refer to a place of darkness where spirits of the dead go. The ancient Jews did not believe in an afterlife and for them, **Sheol was just the terrifying place/state of death** that one went after their life. In saying, “Lord you do not give me up to Sheol,” the psalmist is thanking God for allowing him to be alive.
- The book of Psalms, dated back to the fifth century B.C., is a long collection of sayings originally meant to be like poetry, many of which were passed down in song. Many of them are attributed to King David. There are many kinds of psalms – ones that express thankfulness to God, ones that express sadness that bad things are happening, ones that talk about feeling guilty, etc. Because of this, psalms are really helpful to read because they express **genuine human emotion** that we can all relate to!

Reflect:

- 1) Read this Psalm one more time and think of one thing that stands out to YOU. Maybe God wants to inspire you with one verse or word in particular; maybe there is something that strikes you that is very important that God wants you to pay attention to. There are no right or wrong answers!
- 2) There seems to be a common theme in this Psalm: We can be very happy when we follow God, but when we give all our time and energy to unhealthy things, it actually makes us not feel good. Imagine eating a bag of candy. A whole bag. In one sitting! Sure, candy tastes good. But what happens when you have way too much? You feel sick to your stomach! In the same way, when we do things we know we shouldn't (lie, be mean, etc.), it may make us feel good at first but in the end we often feel bad or guilty.

What is one thing you sometimes want to do that you know is bad. How do you think it will actually make you feel in the long run or affect your relationships? Why do you think you should follow God's message of being kind, selfless, and healthy instead?

- 3) In verse 7, the Psalm implies that God gives us wisdom from the inside -through our heart! Have you ever listened to your heart in making a decision? Has it ever let you down?

Closing Prayer:

Dear God,

What an incredible God you are!

When I look at the beauty of your creation,
I'm in awe of your mighty and majestic ways.

When I see the work of your hand,
I'm overwhelmed by your Love that I see through others.

Lord, I believe that you saved my soul;
Help me trust that you have made me whole.

Lord, I believe that you hear my prayers;
Help me trust that YOUR answer is best.

Thank you, Jesus.

Amen.