

# **P.U.L.E. - Laugh (Joy Value)**

## *Week 4 - Hale Pule, Every House a House of Prayer*

Psalm 16 expresses confidence in God, the joy of knowing Him and the hope of eternal life. We'll explore key themes, its historical context, the main ideas and how it relates to our lives today.

Psalm 16 is a collection of prayers, hymns, and poems often thought to have been written by King David. Throughout his life as a young shepherd to becoming the king of Israel, David faced many challenges, including wars, personal struggles, and enemy threats. Despite these difficulties, he often turned to God in prayer and expressed his trust in God's care. This collection reflects his trust and faith.

The psalm itself is a prayer that David offers to God, asking for protection and guidance. It is considered one of the "miktams" of David, which refers to a type of song or poem of meditation. The psalm is also significant in the Christian tradition as it is believed to point to the resurrection of Jesus Christ.

***"Protect me, God, for I take refuge in You. I said to Yahweh, "You are my Lord; I have nothing good besides You" (Psalm 16:1-2 HCSB).***

David begins this psalm by seeking refuge in God. He asks God to keep him safe, acknowledging that God is his protector. The word "refuge" suggests a place of safety, like a stronghold or shelter. David recognizes that he has no true "good thing" apart from God. In other words, he understands that everything good in his life—his blessings, security, and purpose—comes from God. David starts his prayer by humbly acknowledging God's sovereignty, declaring that his life and well-being depend entirely on God.

**1. Joy and laughter invites God's presence into our homes when we confess the right things.**

*"As for the holy people who are in the land, they are the noble ones. All my delight is in them. The sorrows of those who take another god for themselves will multiply; I will not pour out their drink offerings of blood and I will not speak their names with my lips" (Psalm 16:3-4 HCSB).*

In these verses, David compares the "holy people" with those who worship false gods. The "holy people" are those who follow God and live according to His ways, and David finds delight in them. This reflects the importance of surrounding oneself with people who are also faithful to God. On the other hand, those who worship other gods or idols are warned that they will experience more suffering and sorrow. David is pointing out that those who turn away from God and seek satisfaction in other things will ultimately face emptiness and pain.

**2. Joy and laughter invites God's presence into our homes when we realize the power of right association.**

*"Lord, You are my portion and my cup of blessing; You hold my future. The boundary lines have fallen for me in pleasant places; indeed, I have a beautiful inheritance" (Psalm 16:5-6 HCSB).*

David continues by expressing that God is his "portion" and "cup." In ancient Israel, the "portion" of land was a sign of one's inheritance, and the "cup" often symbolized one's life and fate. David declares that his security, happiness, and future are completely in God's hands. The "boundary lines" that have fallen for him are "pleasant," indicating that David sees God's will for his life as good and satisfying. He feels blessed to have God as his portion, rather than material wealth or power.

**3. Joy and laughter invites God's presence into our homes when we give thanks for our blessings.**

*"I will praise the Lord who counsels me—even at night my conscience instructs me. I keep the Lord in mind always. Because He is at my right hand, I will not be shaken" (Psalm 16:7-8 HCSB).*

David expresses gratitude for God's guidance and wisdom. He praises God for being his counselor, who gives him wisdom even during the night, a time when his mind might be troubled or uncertain. By keeping his focus on God ("I keep my eyes always on the Lord"), David finds stability and peace. The idea of God being at his "right hand" symbolizes God's presence and support. In ancient times, the right hand was associated with strength and authority, meaning that David is confident that God is always with him, giving him the strength to face any challenges.

#### **4. Joy and laughter invites God's presence into our homes when we remain mentally grounded.**

*"Therefore my heart is glad and my spirit rejoices; my body also rests securely. For You will not abandon me to Sheol; You will not allow Your Faithful One to see decay. You reveal the path of life to me; in Your presence is abundant joy; in Your right hand are eternal pleasures" (Psalm 16:9-11 HCSB)*

In these final verses, David expresses profound joy and security in God's presence. His heart is glad, and he knows that his body will "rest secure" because God will not abandon him. The phrase "you will not abandon me to the realm of the dead" speaks to the hope of resurrection and eternal life. David has confidence that God will protect him even after death, and that his soul will not decay or be lost. The "path of life" refers to the way of righteousness that leads to life with God. In the presence of God, David experiences joy, peace, and eternal pleasures.

These verses are also significant in Christian theology, as they are seen as prophetic of Jesus Christ's resurrection. In Acts 2:25-31, the apostle Peter quotes this psalm to explain that David's words point to the resurrection of Jesus, who would not be abandoned to death but would rise again, giving believers the hope of eternal life.

#### **5. Joy and laughter invites God's presence into our homes when we focus on the hope of resurrection.**

Psalm 16 offers many valuable lessons for us today. Just as David trusted God for protection and security, we too can find peace in knowing that God cares for us. In a world full of uncertainty, we can rely on God's guidance to lead us

through difficult situations. We can also take comfort in knowing that our hope extends beyond this life. Just as David trusted in the resurrection, we too can look forward to the eternal life promised to believers in Jesus Christ.

Additionally, Psalm 16 reminds us of the importance of surrounding ourselves with people who also trust in God. Just as David delighted in the "holy people," we can find strength and encouragement in a community of believers who help us grow in faith.

### **Discussion Questions For Small Groups**

1. In verse 2, David says, "I say to the Lord, 'You are my Lord; apart from you I have no good thing.'" What do you think David is expressing about his dependence on God? How does this relate to our lives today?
2. David speaks about "the saints who are in the land" in verse 3. Who do you think David is referring to, and why is being part of a community of believers important in the context of this psalm?
3. In verse 5, David declares that the Lord is his portion and his cup. What does that mean? How does it compare to the way people today look for fulfillment or security?
4. Verse 8 says, "I keep my eyes always on the Lord. With him at my right hand, I will not be shaken." What does it mean to keep our focus on God? How can we practically do this in a busy, distracted world?
5. In verse 10, David talks about not being abandoned to the grave or letting God's "faithful one" see decay. How does this foreshadow the resurrection of Jesus Christ? What is the significance of this prophecy for Christians?