

Psalms 16  
Week 4, v. 9-11

Ps 16:9 Therefore my heart is glad, and my glory rejoices; My flesh also will dwell securely.

*Therefore* – go back to verse 8: *because He is at my right hand, I will not be shaken.*  
In fact, we can go back to the beginning of Psalm 16.

- v.1 We have His protection, We can place our hope and trust in Him; We have a personal relationship with Him, a heart and soul that belongs only to Him;
- v.2 Goodness is in our life because of Him;
- v.3 We have the privilege of being part of His family, we are encouraged by one another's faithfulness, we find delight in the evidence of one another's growth
- v.5 The Lord our God is everything to us, He will sustain us through all circumstances
- v.6 The Lord is our Father. Our inheritance lies with Him in heaven. Our future shines bright.
- v.7 God is our counselor – He has given us His Holy Spirit, our spiritual Helper

The Lord is our strength. He is our security. He is our guide, He is our guard. As His child, how do you respond to this truth?

David responds this way: his [heart is glad and his glory](#) (soul or the whole person) [rejoices; his flesh also will dwell securely.](#)

glad <samach> probably to brighten up, i.e. (figuratively) be (causatively, make) blithe or gleesome:--cheer up, be (make) glad, (have, make) joy(-ful), be (make) merry, (cause to, make to) rejoice, X very.

Rejoices <giyl> properly, to spin round (under the influence of any violent emotion), i.e. usually rejoice, or (as cringing) fear:--be glad, joy, be joyful, rejoice.

[How big is your God?](#) If we understand as David did, just a glimpse of God's goodness, protection, righteousness and love, we will be overwhelmingly filled with the joy that comes from knowing Him. We will be filled with peace in all circumstances because our confidence and hope lie in our Lord and Savior. We

need to take the time to stop and remember what we have been given in Christ, what it means to be a child of God.

Think of your past week. **What has been filling you?**

**What does it mean to be under the influence of something?** Look at the definition of rejoice in verse 9: 'to spin around'; 'under the influence of any violent emotion'. Form a mental picture of this – someone spinning around with their arms outstretched – what a wonderful emotion this portrays. The word violent is typically associated with negative things. It also can mean 'emotionally intense, strong feeling; passionate, powerful'.

**What, in your life, is powerful enough to control your thinking and your actions?**

As God's children we should be ridiculously joyful, completely filled by Him as we come before Him in worship, fully intoxicated by His love for us and His power in our lives and in the world.

Verse 9 says **"my glory rejoices"**.

My glory – my tongue...declares my inward joy...the outward demonstrations of it.  
John Wesley's Notes on the Old and New Testaments

Ps 30:12 That *[my] soul* may sing praise to Thee, and not be silent. O LORD my God, I will give thanks to Thee forever.

Ps 57:7-11 My heart is steadfast, O God, my heart is steadfast; I will sing, yes, I will sing praises! Awake, *my glory*; Awake, harp and lyre, I will awaken the dawn! I will give thanks to Thee, O Lord, among the peoples; I will sing praises to Thee among the nations. For Thy lovingkindness is great to the heavens, And Thy truth to the clouds. Be exalted above the heavens, O God; [Let] Thy glory [be] above all the earth.

**"my flesh also will dwell securely" KJV – "my flesh also shall rest in hope"**

also shall rest <shakan> to reside or permanently stay; abide, continue, dwell, remain, rest

hope <betach> a place of refuge; safety, both the fact (security) and the feeling (trust); assurance, confidence, secure

How secure are you in Christ's love for you, in His redemptive plan? Do you find rest in the assurance of your salvation?

Ps 16:10 For Thou wilt not abandon my soul to Sheol; Neither wilt Thou allow Thy Holy One to undergo decay.

According to the above scripture, how certain can God's children be of their future in heaven?

He will not abandon us to hell. This is a promise to those who have placed their trust in Christ alone. We have all heard stories of animals abandoned and even babies and children abandon. Abandonment simply means to leave. **Have you ever felt abandoned for a short time?** By friends maybe in school, by family perhaps by differing opinions. There are things that can make us feel abandoned or alone but the truth is that as God's children we are never alone. God will never forsake His children. We can walk away, we can look the other direction and get confused, we can even buy into the lies of Satan for awhile, but if we are truly His chosen child, He will always be right there waiting for us. What an incredible comfort this truth is to those who believe. The truth that we will not be abandoned like the stray dog in the field or the newborn baby that is cast aside and not wanted, should fill our heart and soul with ridiculous, intoxicating joy! Heaven is our final destination.

Thy Holy One – one who is the object of God's favor, and so a recipient of divine grace... Jamieson-Fausset-Brown Commentary

*To see corruption;* Christ's body arose from the grave without seeing corruption, **Ac 2:25-28,31**; and the bodies of believers shall be delivered from corruption by virtue of their union with him. Family Bible Notes

Into the outer prison of the grave his body might go, but into the inner prison of corruption he could not enter. He who in soul and body was preeminently God's "Holy One," was loosed from the pains of death, because it was not possible that he should be holden of it. This is noble encouragement to all the saints; die they must, but rise they shall, and though in their case they shall see corruption, yet they shall rise to everlasting life. The Treasury of David

Ps 4:3 But know that the LORD has set apart the godly man for Himself; The LORD hears when I call to Him.

The victory of our Lord Jesus Christ over death and hell was a victory for himself the head, and for his body the church. Because God has shown him the path of life, he will show it to them also that are united to him by faith. Though their bodies go down to the grave, they will not be left there for ever. When Christ shall appear the second time, all who have died in him shall be raised up incorruptible and glorious. Family Bible Notes

1 Cor 15:52-54 in a moment, in the twinkling of an eye, at the last trumpet; for the trumpet will sound, and the dead will be raised imperishable, and we shall be changed. For this perishable must put on the imperishable, and this mortal must put on immortality. But when this perishable will have put on the imperishable, and this mortal will have put on immortality, then will come about the saying that is written, "DEATH IS SWALLOWED UP in victory.

Jesus Christ died on the cross and rose from death so that those who have placed their trust in Him completely for salvation are saved from hell to eternal life. This is the truth that motivated David and all the saints before us. This is the truth that should motivate us to live for Him who gave Himself up for us.

Ps 16:11 Thou wilt make known to me the path of life; In Thy presence is fullness of joy; In Thy right hand there are pleasures forever.

What promises are we given in this verse?

1) Thou wilt make known to me the path of life

make known; KJV-shew <yada> to know (properly, to ascertain by seeing); ...including observation, care, recognition; ...instruction, designation, punishment; ...to regard, have respect, be sure, teach, to have understanding

As God's children, we have the privilege of getting to know God through His Word, through His care, through His instruction given in the Word; through understanding given to us by His Holy Spirit; through His discipline in our lives. As we are focused on knowing and understanding God's will for us, He will lead us in the way which we should go in order to bring glory to His name.

2) In Thy presence is fullness of joy

presence <paniym> ... the face...before...countenance...

Ps 17:15 As for me, I shall behold Thy face in righteousness; I will be satisfied with Thy likeness when I awake.

1 Cor 13:12 For now we see in a mirror dimly, but then face to face; now I know in part, but then I shall know fully just as I also have been fully known.

3) In Thy right hand there are pleasures forever.

KJV – forevermore

<netsach> a goal, i.e. the bright object at a distance traveled towards; perpetual

Mat 5:8 "Blessed are the pure in heart, for they shall see God.

Pleasures-All our joys are empty and defective: But in heaven there is fulness of joy. Our pleasures here are transient and momentary; but those at God's right hand are pleasures for evermore. For they are the pleasures of immortal souls, in the enjoyment of an eternal God. John Wesley's Notes

Forevermore – from now on and for all time; eternally; ad infinitum

Think of forever and then add more. That is our time in God's presence.

Is your focus on the Light at the end of the tunnel?

## Application

Read Psalms 16. Think about what you are reading. Make a list of the blessings you have as God's child using Psalms 16.

Read through your list and understand how David can say "Therefore my heart is glad, and my glory rejoices" in verse 9. Can you say the same?

How secure is your future? Look at Ps 16:10. What does it say?

There are two promises given to us in verse 11. What are they?

1)

2)

What does each of these promises mean to you? How do you see their fulfillment in your life?

Acts 2:28 'THOU HAST MADE KNOWN TO ME THE WAYS OF LIFE; THOU WILT MAKE ME FULL OF GLADNESS WITH THY PRESENCE.'

In Christ, we have joy forever + more! This promise is current and for the future. Are you able to be joyful because of your future even in the midst of trying circumstances?