

Sermon Discussion Guide

8/25/2026

Choosing Joy (Psalm 16)

Summary: In this sermon, we learned that Devotion to God is a daily choice for joy, not duty for duty's sake because God alone satisfies the longing for happiness. He hardwired us for himself, and every other "good life" (idols, worldly pleasures) is a lesser, ultimately unsatisfying substitute. The fight of the Christian life is less about suppressing desire and more about redirecting it toward a greater, superior affection.

Discussion Starter

- Was there anything in this week's sermon that was particularly convicting or particularly encouraging to you? Why?
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Reflection Questions:

- Psalm 16:11 frames "fullness of joy" as being in God's presence. Where in your own walk have you experienced this fullness — and where have you settled for a "Froot Loops" substitute instead of the feast?
- David declares "I have no good apart from you" (v. 2). What would it look like to actually believe that about a specific area of your life (finances, career, relationships) this week rather than just affirm it in theory?
- Chalmers' "expulsive power of a new affection" says sin isn't defeated by willpower alone but displaced by a superior joy. Where have you tried to just "stop" a sin rather than replace the love beneath it with a greater love for God?

Application Questions:

- Look honestly at your screen time, calendar, and bank statement from the last week. What do they reveal about what's actually defining your "good life" right now?
- Name one "broken cistern" (Jeremiah 2:13) you've been digging into for satisfaction. What's one concrete step this week to turn back to the "fountain of living waters" instead?
- Like Moses (Heb. 11:24-26) and Joni Tada (who lost the use of her limbs), choosing joy in God often means choosing it *in the midst of* hardship, not after it's resolved. What present suffering or difficulty could you begin viewing as an opportunity to "increase your capacity for God" rather than a reason to look elsewhere for comfort?