

He is not here,
he has risen as he said
Matthew 28:6

Easter Sunday

With Morgan

5/04/26

Family Service Psalm 16

Why does Easter make our hearts glad? I wonder what gives you the most joy at Easter. Is it the school holidays? It could be that after Easter we know that summer is on its way soon. I'm sure for many of us it's the Easter eggs! But something has got King David very excited and joyful in this psalm! Let's look at what it is. Let me read a verse to you from the psalm we looked at a few minutes ago. "Therefore,

my heart is glad and my tongue rejoices; my body will rest secure, because you will not abandon me to the grave, nor will you let your holy one see decay Psalm (16:9-10)

Therefore, my
heart is glad
and my tongue
rejoices
Psalm 16:9



David. Did you notice what David says here?

His heart is glad. Now when the Bible talks about the heart it's not talking about the organ in our chest that we can feel beating really fast when we run! When the Bible talks about the heart it's talking about who we are on the inside! Imagine your heart is like your inner treasure chest. It holds your

feelings, thoughts, and trust in God. And so, when David says, "My heart is glad," it means his whole inner self was happy. And that has an effect on what his mouth does. We find that a lot, don't we. If we are very happy on the inside, we will find ourselves laughing. If we're sad, we might find ourselves grizzling or moaning. If we're angry, we might find ourselves shouting or growling. So, because David is glad, happy on the inside, his mouth, or tongue rejoices. He has something to celebrate. What sort of noise do you make when you celebrate? If you've ever watched a football match on TV, maybe you've been to one! A team scores a goal and the whole crowd celebrates. They cheer and shout a really long and loud YEEEEEEEEES! They might even sing! And that's what David does here. He sings a song of celebration. But what is David celebrating? Why is he so happy? Well, it's because he trusts in God and believes in his promise to him, look at verse 8 which comes just before the verses we are thinking about! God promised David that he would keep him safe and be with him throughout his whole life and David believed him!

I wonder whether you've ever been scared before! I'm sure we all have. And even the older ones like me get scared sometimes. I grew up in a home with mam and a dad who loved me a lot, and were always there if I got scared! You can run to a mam or dad who loves you when you're small and they will hold you tight and you feel safe again. The Bible so often describes God as a Father, and he is. But did you know that the Bible also describes God as a mother. Isaiah 66:13 says, "As a mother comforts her child, so I will comfort you". I think David sees God as both. As a mam whose love comforts, and a dad whose strength protects and even keeps him safe when life is difficult or scary, and even in the end when he would face death. He knew the love and strength of God would keep him safe and bring him through it all. That his soul would go straight to be with God when he died, and one day, his body would rise again! We call this the resurrection! Even way back before the time of Jesus of Nazareth David looked forward to it and was excited by it.

Jesus So, this psalm is about David, sort of. But it's truer for someone else. This is one of those amazing parts of the Old Testament that are clearly about Jesus, even though he wouldn't be born for another 1000 years or so! We know what happened to Jesus, don't we. We heard about it on Friday! Jesus died on a cross. And if you weren't here on Friday, like me, let me tell you why Jesus died on a cross. He died to fix our broken friendship with God! The Bible tells us that we sin. That means we say: 'Shove off God, I'm in charge, 'No' to your ways.' And when we treat God like that we break our friendship with him. I wonder if you've ever broken your friendship with someone! When we do, we need someone to come in a fix it. Sometimes it's another friend, or maybe a teacher, or parent if it's with your brother or sister. And they help fix it. Well, that's what Jesus does on the cross. He goes there to fix our broken friendship with God by dying for us! So, on Friday, we saw that Jesus died and was buried in a tomb. But that wasn't the end of the story! Jesus came back to life and then ascended (went up to heaven). And he is the first person to do that! And after Jesus went back to heaven his followers started telling people all about him. One of them was a man called Peter. And this bit is really

amazing. So, remember I said Psalm 16 is sort of about David, but it's truer for Jesus.

Here's what Peter says in Acts 2, "God raised Jesus from the dead, freeing him from the agony of death, because it was impossible for death to keep its hold on him. David said about him: "My heart is glad and my tongue rejoices; my body will live in hope, because you will not abandon me to the grave, nor will you let your Holy One see decay" Fellow Israelites, I can tell you confidently that the patriarch David died and was buried, and his tomb is here to this day. But he was a prophet and knew that God had promised him on oath that he would place one of his descendants on his throne. Seeing what was to come, he spoke of the resurrection of the Messiah, that he was not abandoned to the realm of the dead, nor did his body see decay. God has

God raised Jesus from the dead, freeing him from the agony of death, because it was impossible for death to keep its hold on him.
Acts: 2:24



raised this Jesus to life, and we are all witnesses of it". In other words, because of everything Jesus did in his perfect life, and in his death on the cross for us, God the Father brought him back to life showing how pleased he was with him and proving to the whole world that Jesus is the Son of God and the Saviour of the world!

Me and you Now, we might be here this morning and wondering: what does the fact that Jesus came back to life have to do with me? It's because if we love and trust in Jesus as our friend and Saviour this psalm is true for us too! David could say it, Jesus could say it, and we can say it. And it's all because of one thing! And that one will change your life forever if you believe it. I would say that this thing is actually quite secret in that even a lot of people who have been Christians for many, many years don't know about this thing! It's called union with Jesus! Union with Jesus! For if we have been united with him in a death like his, we will certainly also be united with him in a resurrection like his. (Romans 6:5) Union means that we are together. So, your family are a union! Your school and class is a union! Our church is a union. It's why we take comm-UNION together! And every Christian is in union with Jesus!

Being united with Jesus means that everything he went through, we get to share with him. When he rises, we rise too! Has anyone ever been in a plane before? I have, and it's not my favourite way to travel! But if we have, when the plane takes off we can say 'The plane is taking off' And we can also say 'We are' taking off.' When the plane is zooming through above the clouds we can say 'The plane is flying through the air And we can also say 'I am,' or 'we are flying through the air.' And when the plane lands, so do we! Everything that happens to the plane happens to us as long as we are on board. And the same is true of when we trust in Jesus. When Jesus dies on the cross it's as if we died on the cross with him.

And so, it's true that when Jesus came back to life, it will happen to us too! The Bible tells us that when we die, if we love and trust Jesus our souls straight to heaven! And then when Jesus finally comes back to earth we will be given new bodies that don't get sick, don't, get hurt, and don't die. On that day we will

For if we have been united with him in a death like his, we will certainly also be united with him in a resurrection like his.
Romans 6:5



finally land in the new heavens and earth with our new resurrected bodies, we can say, 'We've arrived.' Just like we say when we're on a plane that lands! 'God has stayed true to all his promises to us.' And that's why we can also say Psalm 16 and be confident that it is about us too! And it reminds us that God is always with us. Whatever we go through in life, whether it's good or bad, whether it makes us happy or sad, and at the end even when we are facing death itself, Psalm 16 helps us see that that God is with us, and will bring us through, just like he did with Jesus!

Conclusion I wonder what gives you the most joy at Easter, Easter is a time for joy! And it's ok to be joyful about the school and the bank holidays, the summer being on its way, and definitely the easter eggs. But once it's over, that's the end. Psalm 16 reminds us that we really do have everything to be joyful about, Jesus came back to life, and if we trust in him God will keep us safe and bring us through death itself! AMEN