

# Happiness & Hedonism

- Where does the path to happiness begin?

ORCHARD VALLEY CHRISTIAN  
CHURCH  
26 March 2023



## Psalm 16:1-4 (NET)

Protect me, O God, for I have taken shelter in you. I say to the LORD, “You are the Lord, my only source of well-being.”

As for God’s chosen people who are in the land, and the leading officials I admired so much – their troubles multiply; they desire other gods.

I will not pour out drink offerings of blood to their gods, nor will I make vows in the name of their gods.

## Psalm 16: 5-8

LORD, you give me stability and prosperity, you make my future secure.

It is as if I have been given fertile fields or received a beautiful tract of land.

I will praise the LORD who guides me; yes, during the night I reflect and learn.

I constantly trust in the LORD; because He is at my right hand, I will not be shaken.

## Psalm 16: 9-11

So my heart rejoices and I am happy; my life is safe.

You will not abandon me to Sheol; you will not allow your faithful follower to see the Pit.

You lead me in the path of life. I experience absolute joy in your presence; you always give me sheer delight.

## outline of Psalm 16

1-2

INSECURITY

5-8

SAFETY IN GOD

3-4

SPIRITUAL BETRAYAL

9-11

PLEASURE, NOW AND  
FOREVER





01




# INSECURITY

Psalm 16:1-2

## Psalm 16:1-2

Protect me, O God, for I have taken shelter in you.

I say to the LORD, “You are the Lord, my only source of well-being.”

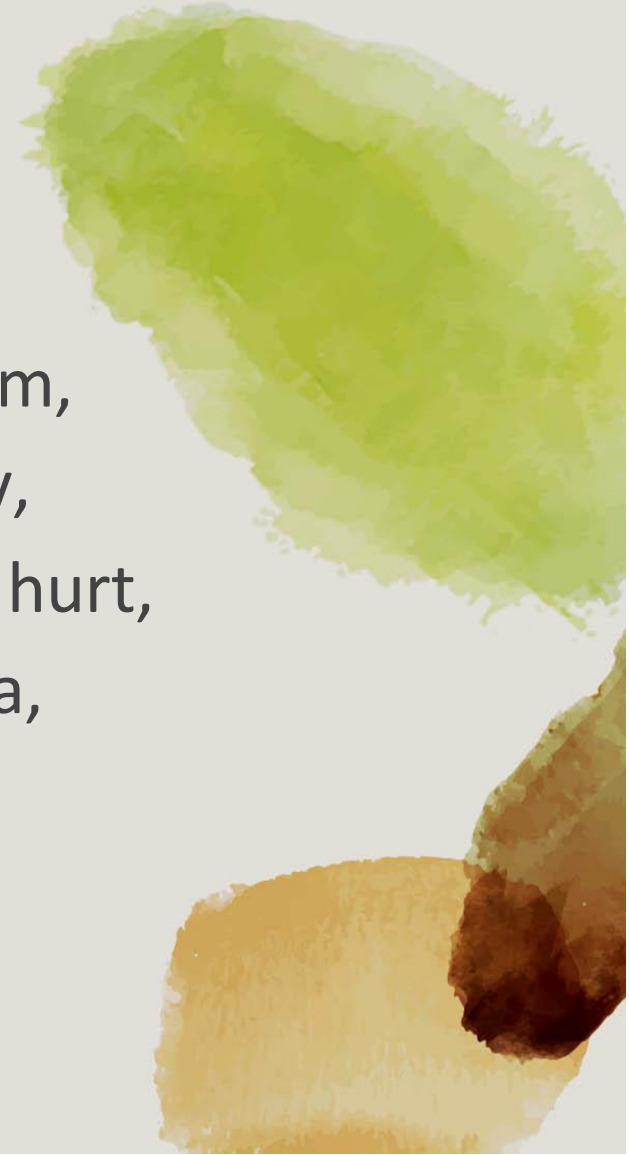


to be a HEDONIST is to  
seek pleasure  
&  
avoid pain



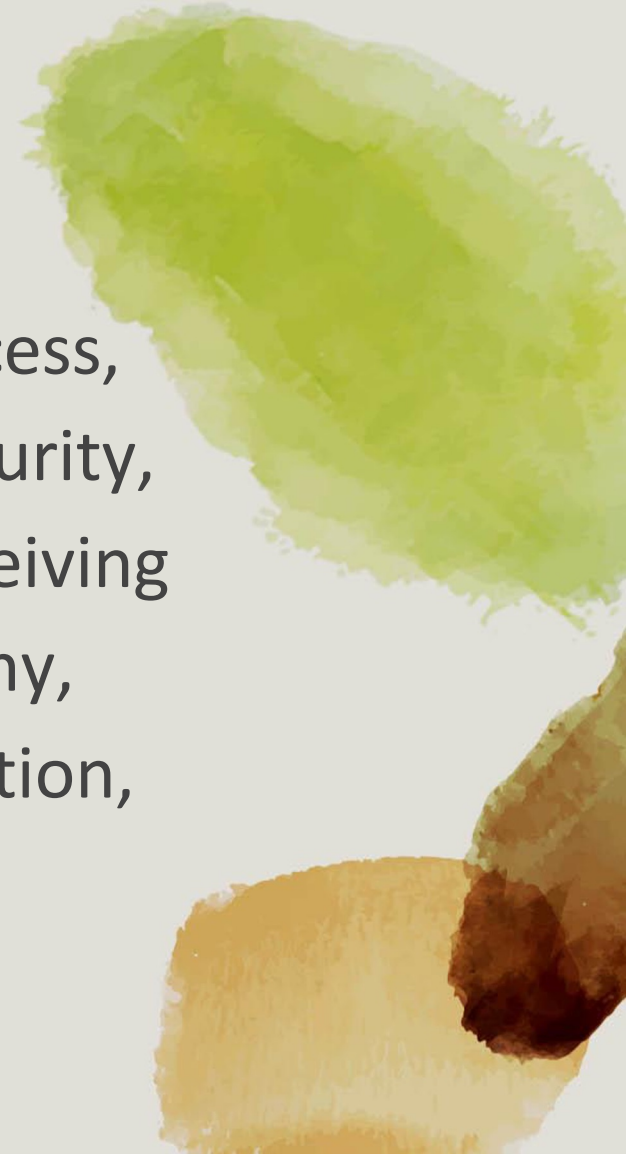
## AVOID PAIN

agitation, anguish, apprehension, boredom,  
dejection, depression, discomfort, dismay,  
dread, enmity, fear, grief, hatred, horror, hurt,  
impatience, loathing, melancholia, nausea,  
remorse, resentment, sadness, terror,  
vexation



## SEEK PLEASURE

euphoria, excitement, calm, peace, success, fascination, admiration, being liked, security, optimism, conquest, warm feelings, receiving respect, feeling free, cared for, autonomy, trust, self worth, delight, sexual satisfaction, tranquility, exploration



agitation, anguish, apprehension, boredom,  
dejection, depression, discomfort, dismay,  
dread, enmity, fear, grief, hatred, horror, hurt,  
impatience, loathing, melancholia, nausea,  
remorse, resentment, sadness, terror,  
vexation


Which pain items do you try to avoid? Which are  
most distressing (up to 3)?

## Psalm 16:1-2, 11

Protect me, O God, for I have taken shelter in you.

I say to the LORD, “You are the Lord, my only source of well-being.”

I experience absolute joy in your presence; you always give me sheer delight.



02

SPIRITUAL BETRAYAL

Psalm 16:3-4

## Psalm 16:3


As for God's chosen people who are in the land,  
and the leading officials I admired so much – NET

As for the saints in the land, they are the excellent  
ones in whom is all my delight - ESV

## Psalm 16:3-4

As for God's chosen people who are in the land,  
and the leading officials I admired so much

– their troubles multiply; they desire other gods.  
I will not pour out drink offerings of blood to their  
gods, nor will I make vows in the name of their  
gods.

The slide features a light gray background with decorative elements in the corners. The top-left corner has a yellow watercolor wash. The top-right corner has yellow line art resembling a leaf or feather. The bottom-right corner has a yellow watercolor wash with yellow line art resembling a leaf or feather. The text is centered in the middle of the slide.

“Nature has placed mankind under the  
governance of two sovereign masters, pain  
and pleasure.”

—Jeremy Bentham



## Psalm 16:3-4

As for God's chosen people who are in the land,  
and the leading officials I admired so much

– their troubles multiply; they desire other gods.

**I will not pour out drink offerings of blood to  
their gods, nor will I make vows in the name of  
their gods.**

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# communion

SAFETY IN GOD

Psalm 16:5-8

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Jesus Lived

Jesus Died

Jesus Rose

Jesus Will  
Return



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