

Series: Psalms
Title: Secret to Contentment and Happiness
Text: Ps 16: 5-9
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Psalm 16:6: The lines are fallen unto me in pleasant *places*; yea, I have a goodly heritage.... 9: Therefore my heart is glad, and my glory rejoiceth: my flesh also shall rest in hope.

The man speaking is a happy man. He is a contented man. Is that common among men? Is it common that men are content and satisfied? Usually, those who appear to have most reason to be happy and content are the ones complaining about how bad things are in their lives. But the man speaking in our text is a happy and content man! I want to know this man's secret. Is there anyone else who wants to know the secret to being content and happy?

Our subject: Secret to Contentment and Happiness

Before we go any further, who is this happy man that speaks in this Psalm? Read verse 8:

Psalm 16: 8: I have set the LORD always before me: because he is at my right hand, I shall not be moved.

Acts 2: 25: [Peter said] David speaketh concerning [the Lord Jesus], I foresaw the Lord always before my face, for he is on my right hand, that I should not be moved:

This content and happy man in Psalm 16 is the Lord Jesus Christ, the GodMan.

Was it his circumstances in life that made him content and happy? No—this was his lot in life.

Isaiah 53: 3: He is despised and rejected of men; a man of sorrows, and acquainted with grief: and we hid as it were our faces from him; he was despised, and we esteemed him not.

He did not own even a piece of property in this earth—yet he said in verse 6, “The lines are fallen unto me in pleasant *places*; yea, I have a goodly heritage.” What few friends he had, all left him when he needed them most—yet he says in verse 9, “my heart is glad, and my glory rejoiceth:”

Christ's sorrows were far greater than ours. We have not “resisted unto blood, striving against sin” (Heb 12: 4) It is doubtful we shall ever be hung upon a cross. We certainly shall never have to bear the sins of our brethren in our body. We who believe shall never have to suffer the wrath and forsaking of God. Our affliction is light compared to Christ's suffering.

Proposition: If Christ, who had the most sorrowful life that any man ever had, could have this inward contentment and happiness, then it must be possible for us, to have the same, whose lives are not nearly as bitter as his. What, then, is this secret of contentment and happiness?

Divisions: 1) It is to have the LORD as the portion of mine inheritance—**v5: The LORD is the portion of mine inheritance** 2) It is to have the LORD as the portion of my cup—**v5:...and of my cup:** 3) It is to trust that the LORD maintains my lot—**v5:...thou maintainest my lot.**

I. THE SECRET TO CONTENTMENT AND HAPPINESS IS TO HAVE THE LORD AS THE PORTION OF MY INHERITANCE—v5: The LORD is the portion of mine inheritance...

To help us understand what God is to his people, and what God is doing for his people, the Spirit of God uses a metaphor comparing the LORD to an earthly inheritance and a daily cup filled up. “Portion” means “a part

separated out.” The LORD was Christ’s part in two ways. First, he said, “The LORD is the portion of my inheritance.” Secondly, he said, “and of my cup.”

The LORD is My Inheritance

An inheritance is a gift. God gave himself to be Christ’s portion—his inheritance—therefore Christ says, “The LORD is the portion of mine inheritance.” Christ Jesus, as the GodMan, Mediator, had the strongest contentment and happiness in the LORD God and from the LORD God. Christ happiness was in looking forward to the future inheritance when his Father would be glorified and Christ glorified in him and when he would be with his Father forever—the LORD was Christ’s inheritance. This is why Christ was about his Father’s business from the beginning and did not stop until he said, “It is finished!”

The LORD being Christ’s inheritance teaches us that Christ is the Great High Priest of God’s elect and that we who believe have been made priests by him so that the LORD is our inheritance. We see it pictured in the Levitical priesthood.

Numbers 18:20: And the LORD spake unto Aaron, Thou shalt have no inheritance in their land, neither shalt thou have any part among them: I am thy part and thine inheritance among the children of Israel.

Aaron, the high priest, pictured Christ our great High Priest. Aaron, and his brethren, the Levite priests, had no inheritance in the land like the other tribes of Israel did, because God was their portion. It pictured Christ, and his brethren, the elect of God, believers who he has made priests. Together with Christ our High Priest, we who believe, have no inheritance in this land, because God is our part and our inheritance.

Believer, because the LORD is Christ’s inheritance who he desired to see glorified and because Christ is our High Priest, Christ finished the work God gave him to do, fulfilling all righteousness so that God is just and so that each of God’s elect given to him are now made the righteousness of God in Christ.

Hebrews 9: 11: But Christ being come an high priest of good things to come, by a greater and more perfect tabernacle, not made with hands, that is to say, not of this building; 12: Neither by the blood of goats and calves, but by his own blood he entered in once into the holy place, having obtained eternal redemption for us.

Therefore, each and every believer, born of God the Holy Spirit and given faith in Christ, are fully righteous! We must be holy for God to receive us and in Christ we are holy and God receives us. We are accepted in the Beloved!

Hebrews 10:14: For by one offering he hath perfected for ever them that are sanctified

Application: Believer, we are God’s inheritance—his spiritual Jacob, his spiritual Israel, his chosen, peculiar treasure.

Psalms 135:4: For the LORD hath chosen Jacob unto himself, and Israel for his peculiar treasure.

Peter quotes this, applying it to us who are Gentiles in the flesh...

1 Peter 2:9: But ye are a chosen generation, a royal priesthood, an holy nation, a peculiar people; that ye should shew forth the praises of him who hath called you out of darkness into his marvellous light: 10: Which in time past were not a people, but are now the people of God: which had not obtained mercy, but now have obtained mercy.

And God our Savior and his Son Jesus Christ is our Inheritance. We can say with Christ, “The LORD is the portion of mine inheritance.”

Brethren, our contentment and happiness is not outward in the flesh, it is inward, in the LORD, knowing that we are the LORD's inheritance and he is ours—v7: **I will bless the LORD, who hath given me counsel: my reins also instruct me in the night seasons.** There is no greater peace than knowing, "I am my Beloved's and he is mine."

II. THE SECRET TO CONTENTMENT AND HAPPINESS IS KNOWING THAT THE LORD IS THE PORTION OF MY CUP.

This is the second way the LORD was Christ's portion. He said in **verse 6**, "**the LORD is the portion...of my cup.**" Christ knew that everything that came his way, each day, every hour was from the LORD his God.

Every Sweet Blessing

Christ knew every good thing, every word, was measured out and put into his cup by the LORD. This is also pictured in Numbers 18. For Aaron the High Priest and his brethren the priests of Levi, God provided all their daily needs—filled their cup—giving them the tenth in Israel.

Numbers 18: 21: And, behold, I have given the children of Levi all the tenth in Israel for an inheritance, for their service which they serve, even the service of the tabernacle of the congregation.

God gave his priests the tenth part of the produce of the land; of wheat, barley, oil, and wine. Though they were the least of the tribes, they had the greatest share of the increase of the land without any labor or expense in producing those things.

Application: Believer, God has given us our inheritance, not by our works, but because of the service of Christ Jesus our Lord on our behalf. We may be the least in the earth—a remnant—but we possess more than any people on earth. GOD has given it to us—note verse 24:

Numbers 18: 24: But the tithes of the children of Israel, which they offer as an heave offering unto the LORD, I have given to the Levites to inherit: therefore I have said unto them, Among the children of Israel they shall have no inheritance.

All of those sacrifices were God's—God provided them and they were offered to God. So of those things which belonged to God, God provided for the Levites that which they needed to live—giving to them that which was his—the sacrifices which were his.

Deuteronomy 18:1: The priests the Levites, and all the tribe of Levi, shall have no part nor inheritance with Israel: they shall eat the offerings of the LORD made by fire, and his inheritance. 2: Therefore shall they have no inheritance among their brethren: the LORD is their inheritance, as he hath said unto them.

Be sure to get the picture. The Tenth Part of heave offerings and all those offerings burnt by fire pictured Christ. God provided Christ and Christ gave himself to God, just like those sacrifices. God is Christ's inheritance and Christ is God's inheritance as were those sacrifices.

Believer, God fills our cup—providing all we need—by giving us of his inheritance, Christ Jesus, pictured in those sacrifices being used to give daily life to the priests. Therefore, our inheritance and the provision of our daily cup is not the inheritance of this world, the LORD is our inheritance and the portion of our cup.

By Christ, our burnt offering, who suffered the fire of divine justice for his people **our cup runneth over!** Now the fire of justice is satisfied toward us. God is just to show us abundant mercy. We are complete in Christ! And as for our daily cup—our daily needs—the Holy Spirit says,

Romans 8:32: He that spared not his own Son, but delivered him up for us all, how shall he not with him also freely give us all things?

Preachers are whipping poor sinners with the law, forcing them to tithe. Sadly, religious folk are deceived into thinking God will receive them because they tithe.

Instead, we preach Christ who is pictured in those tithes, and God gives grace to his people freely, causing his people to give freely, more than a tenth, because we are constrained by his love, and are under grace, under the rule of Christ, the end of the law because Christ is our Righteousness.

Sorrows and Sufferings

When Christ said, “the LORD is the portion of my cup” he meant not only blessing, but also, sorrows and sufferings. Christ knew the things that caused him sorrow was measured and put into his cup, into his hand, by his Father. Therefore Christ took the cup and drank it.

John 18: 10: Then Simon Peter having a sword drew it, and smote the high priest’s servant, and cut off his right ear. The servant’s name was Malchus. 11: Then said Jesus unto Peter, Put up thy sword into the sheath: the cup which my Father hath given me, shall I not drink it?

Application: We often don’t want to drink the cup that causes us suffering—we do like Peter—wield the sword. Christ said, “My Father gave this cup to me, shall I not drink it?”

Brethren, contentment and happiness is not outward in the flesh. That is what God our Father is teaching us when he gives us the cup of chastening. Chastening causes sorrow and suffering to our flesh because it cuts against our fleshly, sinful wants.

Though, it caused sorrow and suffering in Christ’s perfect flesh, Christ’s contentment and happiness was inward, knowing that it was his Father that gave him this cup. He found great happiness and in serving his Father, even drinking that bitter cup for his meat and drink was to serve him, and to do his will.

Christ’s inward contentment and happiness was knowing it was for God’s glory, for the exaltation of Christ and the salvation of his people, which was Christ’s good, so he submitted to the Father’s wisdom in filling his cup and drank it dry. And it yielded the peaceable fruit of perfect righteousness for all those for whom he died.

And all our suffering by his chastening cup, is for God’s glory, for Christ’s exaltation, for the salvation of our brethren and for our own personal good. And “afterward it yieldeth the peaceable fruit of righteousness unto them which are exercised thereby.” (Heb 12: 11)

Brethren, contentment and happiness is inward, in the new man, knowing in our heart it is the LORD that has filled our cup for those very reasons.

Psalm 11:6 Upon the wicked he shall rain snares, fire and brimstone, and an horrible tempest: this shall be the portion of their cup.

Psalm 23:5: Thou preparest a table before me in the presence of mine enemies: thou anointest my head with oil; my cup runneth over.

Psalm 116:12: What shall I render unto the LORD for all his benefits toward me? 13: I will take the cup of salvation, and call upon the name of the LORD.

III. THE SECRET TO CONTENTMENT AND HAPPINESS IS KNOWING THE LORD SHALL ALWAYS MAINTAIN OUR LOT—V5: thou maintainest my lot.

Christ Himself

Christ knew that after he bore our sins away, suffering in our place, that the LORD would justify him.

Isaiah 50: 6: I gave my back to the smiters, and my cheeks to them that plucked off the hair: I hid not my face from shame and spitting. 7: For the Lord GOD will help me; therefore shall I not be confounded: therefore have I set my face like a flint, and I know that I shall not be ashamed. 8: *He is* near that justifieth me; who will contend with me? let us stand together: who *is* mine adversary? let him come near to me.

And God did.

Psalm 2:6: Yet have I set my king upon my holy hill of Zion.

Christ said in Ps 9: 4:

Psalm 9:4: For thou hast maintained my right and my cause; thou satest in the throne judging right.

Application: Brethren, when you suffer wrongly, as 1 Peter 3: 9-12 says, do not render “evil for evil, or railing for railing: but contrariwise blessing; knowing that ye are thereunto called, that ye should inherit a blessing. For he that will love life, and see good days, let him refrain his tongue from evil, and his lips that they speak no guile: Let him eschew evil, and do good; let him seek peace, and ensue it. For the eyes of the Lord *are* over the righteous, and his ears *are open* unto their prayers: but the face of the Lord *is* against them that do evil.” (1Pe 3:9-12) Remember, the LORD maintained Christ’s lot, and for his sake, he shall maintain yours.

Christ’s People

Christ’s lot being his people, he knew the LORD, for his sake, would maintain his people—even exalting Christ so that he himself could divide the spoil with his people. And God did.

Isaiah 53:12: Therefore will I divide him a portion with the great, and he shall divide the spoil with the strong; because he hath poured out his soul unto death: and he was numbered with the transgressors; and he bare the sin of many, and made intercession for the transgressors.

So for you who he has called—made joint-heirs with Christ—remember it is the LORD God our Savior and his Son Jesus Christ that maintainest our lot. Our LORD is able to do so because our God is not like the vain gods of men’s imaginations.

Jeremiah 10: 15: They are vanity, and the work of errors: in the time of their visitation they shall perish. 16: The PORTION of Jacob [of God’s elect] is not like them: for HE [our portion, our inheritance] is the former of all things; and Israel [us, his elect] is the rod of HIS INHERITANCE: THE LORD of HOSTS IS HIS NAME.

Our Inheritance is the former—before all things. He made all things. He upholds all things. He rules all things. By him all things consist. We are the inheritance of our Inheritance. The LORD of hosts is his name.

He is ruling all things in this earth for the well-being of his chosen, redeemed, people—maintaining our lot—and everything shall one day be ours. We see it pictured after the flood, when God confounded the languages and divided the nations. Men did not take what they wanted, or as much as they pleased, but God allotted and portioned out to them, what he would.

Deuteronomy 32: 8: When the most High divided to the nations their inheritance, when he separated the sons of Adam, he set the bounds of the people according to the number of the children of Israel. 9: For the LORD’S portion *is* his people; Jacob *is* the lot of his inheritance.

God put the land into the hands of Canaan and his eleven sons, to possess only as their temporary inheritance, to live on it as tenants to take care of it, until the time came when God delivered it to the proper heirs—his people.

Just as God measured out and set the bounds, which would be sufficient to hold the twelve tribes of Israel in that day when God would deliver to them their inheritance so God has done in this earth for us, brethren. God has put the earth into the hands of a people cursed of God. They get to enjoy it and should seek God while they can. So when he has made all things new and takes it from them to give to his heirs there will be no injustice done.

And just as God provided Canaan for natural Israel long before they came into existence, so our heavenly inheritance, was not only promised, but prepared, provided, secured, and reserved for the spiritual Israel of God, before the foundation of the world, from eternity. It is appointed according to the number of his elect children; there shall be room enough in it for them all, for in it are many mansions for the many sons to be brought to glory.

BELIEVER, GO HOME REMEMBERING THIS: The secret to contentment and happiness in this life is to know:

- 1) The LORD is the portion of my inheritance (and I am his)
- 2) The LORD is the portion of my cup
- 3) The LORD maintainest my lot.

If you believe Christ then you can say, **Ps 16: 6: The lines are fallen unto me in pleasant places; yea, I have a goodly heritage.** How good? He says,

Isaiah 53: 17: No weapon that is formed against thee shall prosper; and every tongue that shall rise against thee in judgment thou shalt condemn. This is the heritage of the servants of the LORD, and their righteousness is of me, saith the LORD.

Lastly, knowing these things, let us do as Christ did. Let us live with the LORD ever before our face—**v8: I have set the LORD always before me:** And doing so let us rest assured **v8:...because he is at my right hand, I shall not be moved.**

That is the secret to contentment and happiness!

Amen!