

How to Be Happy Psalms 1:1-6

One key to reaching the lost is the attitude of the saint.
Truly enjoying life, or being happy, can cause others to wonder why.
Early Christians were even known for happiness in trials
Psalm 1 shares insight into true happiness...
Hebrew denotes the idea of "happiness"
"O the happiness of that one" YLT "How happy is the man" HCSB

Happiness by Avoidance

does not walk in the counsel of the wicked, Nor stand in the path of sinners, Nor sit in the seat of scoffers!
Hebrew poetry - "thought rhyme" rather than "word rhyme"
Example of "progressive parallelism" (walk, stand, sit)
Progression of sin - Going along with crowd. Taking a stand with crowd. Find rest with crowd
Appreciate the value of negative commands
They keep us from going astray, protect from harm and misery.
Like restraining walls along a cliff, keep us from getting hurt
Association with sinners will bring heartache and sorrow!

Happiness by Association

But his delight is in the law of the Lord, And in His law he meditates day and night.
The source of his joy and happiness is the Word of God!
Psalms 119:16 I will delight myself in Your statutes; I will not forget Your word.
Psalms 119:24 Your testimonies also are my delight and my counselors.
Psalms 119:35 Make me go in the path of Your commandments, for in them do I delight.
Psalms 119:47 For I will delight myself in Your commandments, which I love.
Psalms 119:70 Their hearts are as fat as grease [their minds are dull and brutal], but I delight in Your law.
Psalms 119:77 Let Your tender mercy and loving-kindness come to me that I may live, for Your law is my delight!
Psalms 119:92 Unless Your law had been my delight, I would have perished in my affliction.
Psalms 119:174 I have longed for Your salvation, O Lord, and Your law is my delight.
Jeremiah 15:16 Your words were found, and I ate them; and Your words were to me a joy and the rejoicing of my heart, for I am called by Your name, O Lord God of hosts.

God's Word gives us hope!

1Peter 1:3-9 Blessed be the God and Father of our Lord Jesus Christ, who according to His great mercy has caused us to be born again to a living hope through the resurrection of Jesus Christ from the dead, to obtain an inheritance which is imperishable and undefiled and will not fade away, reserved in heaven for you, who are protected by the power of God through faith for a salvation ready to be revealed in the last time. In this you greatly rejoice, even though now for a little while, if necessary, you have been distressed by various trials, so that the proof of your faith, being more precious than gold which is perishable, even though tested by fire, may be found to result in praise and glory and honor at the revelation of Jesus Christ; and though you have not seen Him, you love Him, and though you do not see Him now, but believe in Him, you greatly rejoice with joy inexpressible and full of glory, obtaining as the outcome of your faith the salvation of your souls.

Keeping the Word near us always refreshes our hope.

Gospel has power of salvation; Puts focus on what is to come.

The Result

He will be like a tree firmly planted by streams of water, Which yields its fruit in its season And its leaf does not wither; And in whatever he does, he prospers.

Figure of speech often used in Scripture to describe the righteous

Psalms 92:12-15 The righteous man will flourish like the palm tree, He will grow like a cedar in Lebanon. Planted in the house of the Lord, They will flourish in the courts of our God. They will still yield fruit in old age; They shall be full of sap and very green, To declare that the Lord is upright; He is my rock, and there is no unrighteousness in Him.

Jeremiah 17:5-8 Thus says the Lord, "Cursed is the man who trusts in mankind And makes flesh his strength, And whose heart turns away from the Lord. "For he will be like a bush in the desert And will not see when prosperity comes, But will live in stony wastes in the wilderness, A land of salt without inhabitant. "Blessed is the man who trusts in the Lord And whose trust is the Lord. "For he will be like a tree planted by the water, That extends its roots by a stream And will not fear when the heat comes; But its leaves will be green, And it will not be anxious in a year of drought Nor cease to yield fruit.

Word sustains when we remain close and drink often

Healthy and happy because of constant nourishment of our hope

Even difficult times cannot stop our joy

Hebrews 10:34 For you showed sympathy to the prisoners and accepted joyfully the seizure of your property, knowing that you have for yourselves a better possession and a lasting one.

1Peter 4:13 but to the degree that you share the sufferings of Christ, keep on rejoicing, so that also at the revelation of His glory you may rejoice with exultation.

The one who dwells in the Word thrives no matter his circumstance for he looks to eternity

The Alternative

The wicked are not so, But they are like chaff which the wind drives away. Therefore the wicked will not stand in the judgment, Nor sinners in the assembly of the righteous.

Not even a withered tree but blown around like dead leaves.

Matthew 3:12 *His winnowing fork is in His hand, and He will thoroughly clear His threshing floor; and He will gather His wheat into the barn, but He will burn up the chaff with unquenchable fire."*

Unable to even stand, they will find themselves with no place at all.

Everything they have sought will disappear

A Final Contrast

For the Lord knows the way of the righteous, But the way of the wicked will perish.

Jesus walks with the righteous always

The wicked has no way to follow

Love The Word

Happiness is found in a love for the Word of God

Without God there is nothing.

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