

## THE WAY OF HAPPINESS

### Psalm 1

In Psalm 1, we are introduced to two very different ways of life: the way of the godly, and the way of the ungodly. Only one of those ways leads to blessedness. The other leads to certain destruction.

#### **Similar Comparisons:**

- The narrow way that leads to life and the broad way that leads to destruction (Mt 7:13).
- The good tree that bears good fruit and the corrupt tree that bears evil fruit (Mt 7:17).
- The house built on the rock and the house built on the sand (Mt 7:24-27).

**Blessed:** Supremely happy or fulfilled. Plural form here (Heb) denotes a large number of blessings, or blessings many times over.

#### **I. THE PROMISE OF HAPPINESS.**

This Psalm reveals God's desire that we be happy.

- Many unbelievers reject Christ because they have a wrong view of God. They think God wants to burden them down and take away the things that make them happy.
- God has given us His word that we might delight in it and satisfy our soul (vs 2).

#### **II. THE MEANS OF HAPPINESS.**

The psalmist begins with a negative to help us understand that there are things we must **stay away from** if we are ever to know true happiness (vs 1).

- There are some voices you will have to ignore in this world.
- There are some places you will have to avoid.
- There are some people you will have to disassociate (separate) from.

##### **A. AVOID THE COUNSEL OF THE UNGODLY.**

- People who hate God are not going to provide you with the right answers to your questions.
  - Their counsel will be ungodly.
  - Their message is contrary to God's truth; advising you to pursue happiness.
    - Happiness is a byproduct of something else. God provides the **path** that **results** in happiness.
  - Riches and gifts and nice things that you purchase to try and make yourself happy will only last momentarily. After that you will look for the next thing—and the next.
- Jesus taught that those who seek righteousness (not happiness) shall be filled (Mt 5:6).
  - Our happiness depends on our relationship with God and His righteousness.
  - Our happiness depends upon what we are, not what is happening to us.
- Notice the deviation away from the godly way:
  - **Walking** in the counsel of the ungodly.
  - **Standing** in the way of sinners.
  - **Sitting** in the seat of the scornful.
    - **Bible Examples of straying from God's Way:**
      - **Samson** (Judges 14-16)
      - **Lot** (Gen 19:1)
    - **Positive Example of standing with God: Joseph** (Gen 39:9).

## B. DELIGHT IN THE LAW OF THE LORD.

- The godly man's godly associations are not what makes him happy. He is happy because he **delights** and **meditates** on God's word **day and night**.
  - **Delighting:** if you only open the bible when you attend a bible study or a preaching service, you are not delighting in the word of God. You're missing out on the happiness that God wants you to know.
  - **Meditating:** patiently and thoroughly reflecting on the scriptures for several days after you have read them, studied them, or heard them preached.
- Why would we not delight in God's word and meditate upon it?
  - We are spiritually sick (with sin).
  - We are spiritually dead (not saved).

## III. THE DESCRIPTION OF THE HAPPY MAN (verse 3)

- **"He shall be..."** God is interested in what we are becoming. When we become what God would have us to be, then we will do what is right (James 1:22).

### A. FOUR TREE-LIKE CHARACTERISTICS OF A GODLY LIFE.

**1. PLANTED.** *"And he shall be like a tree planted by the rivers of water."* That is because God has planted you. He is taking action in your life. We are stable and strong because we are rooted in Christ (Col. 2:7).

**2. FRUITFULNESS.** *"—that bringeth forth his fruit in his season."* A living tree will bear fruit. The fruit of the Spirit is love, joy, peace, longsuffering, patience... (Gal. 5:22). These are characteristics of a godly life.

**3. STABILITY.** *"—his leaf also shall not wither."* Adversity in your life will not cause you to dry up on God and quit.

**4. PROSPERITY.** *"—and whatsoever he doeth shall prosper."* You will be actively and successfully doing what God called you to do (2 Cor 9:11).

## IV. THE DESCRIPTION OF THE UNGODLY MAN.

- *"The ungodly are not so—"* (vs 4) He is not delighting and meditating on the word of God. He is not planted like a tree. He is not fruitful. He is not prosperous.
- *"but are like the chaff—"* this is in contrast to a tree.

**A. CHAFF. A PICTURE OF WASTE.** Chaff is worthless, blown away with the wind.

- A life apart from Jesus Christ is empty, like the husk of chaff.

### B. THE UNGODLY WILL NOT STAND IN THE JUDGMENT (vs 5).

- No one can withstand the judgment of God without the righteousness of Jesus Christ.
- *"Nor sinners in the congregation of the righteous."* Today sinners go to church, but in the day of Judgment, the goats will be removed from the sheep, the tares from the wheat.
- *"The Lord knoweth the way of the righteous."* The Lord knows who His are (Jn 10:14).
- *"but the way of the ungodly shall perish."*