

How to Be Happy and Blessed in Life

Where can happiness be found? The simple yet powerful truth of God's Word is that true happiness is a gift of God, one of His very special blessings. This wonderful gift is ours if we are rightly related to Him and walk in obedience to His commands.

Psalm 1

INTRODUCTION/INTRODUCCIÓN

Solomon left no stone unturned in his indulgence in the proverbial pursuit of happiness in wine, women, song, and more.

- Ecclesiastes, Proverbs, Kings, and Chronicles do not hold back punches in revealing Solomon's pursuit of happiness.
- After each endeavor, Solomon had a favorite expression that summed up his foolishness, "All is vanity and striving after wind."
- If Solomon could not find happiness in all his eyes desired, where can happiness be found?
 - The simple yet powerful truth is that real happiness is not something one can create (as some have said, "You make your happiness," but it is a gift of God, one of His extraordinary blessings.
 - This gift is given to us when we have a proper and correct relationship with God.
- Psalm 1 serves as a doorkeeper to the entire collection of Psalms 1:1
 - It teaches us how to experience God's blessing.
 - It emphasizes God's Word—His holy law (torah).
 - It paints a picture of two men who follow sharply different ways of life, men

with distinctly different futures.

- Psalm 1 is the commitment Psalm. Like Jesus said, "one must count the cost." (Luke 14:28-30). "Hand on the plow" (Luke 9:62)
 - walk in the Lord's way
 - delight in His Word
 - meditate in His Word
- Sermon outline: "This is, *How to Be Happy and Blessed in Life*, 1:1–6." (Leadership Ministries Worldwide. (2013). *Psalms: Chapters 1–41: Vol. I*. Leadership Ministries Worldwide.)
 - Separate from the wicked (vs. 1)
 - Be devoted to God's word (2-3)
 - Understand the unhappy and wicked (4-5)
 - Trust the Lord and be righteous (6)

BIBLE PASSAGE

How blessed is the man who does not walk in the counsel of the wicked,
Nor stand in the path of sinners,
Nor sit in the seat of scoffers!

Psalm 1:1

1

Separate from the Wicked (vs. 1)

EXPLANATION/EXPLICACIÓN - ONE OF THE MOST URGENT NEEDS OF OUR LIVES IS TO BE HAPPY AND BLESSED.

- A. "Blessed" (אַשֶׁר **esher**, *eh'-sher*) - "many happinesses, abounding in blessing, experiencing the full measure of joy, peace, and prosperity with nothing withheld."
1. The root word is from Asher, Jacob's 8th son from Zilpah. Leah named him Asher because she was happy. "Then Leah said, "I am happy! For women will call me happy." So she named him Asher (happy)." (Genesis 30:13)
 2. Who would not want to live in the realm of happiness or many happinesses?
 3. **Who would not want to live in the realm of the blessed? What must we do to receive this GIFT from God?**
- B. We must not **associate** with the ungodly. "**who does not walk in the counsel of the wicked, Nor stand in the path of sinners, Nor sit in the seat of scoffers!**" (vs. 1b)
1. Three postures represent the blessed individual's overall life choices and activities - the day-to-day lifestyle.
 2. Each expression relates to the type of vile person to be avoided.
- C. **Avoid their counsel** (vs. 1) - It is simple: God's blessing will be upon us if we do not walk in the counsel of the wicked. This is simply common sense. But, there is much significance in the Psalmist's word choice.
1. Walk - it refers to our natural activity or movement. In other words, it means our behavior in everyday life.
 2. Counsel - is used for schemes, purposes, and plans in the sense of wickedness.
 3. Wicked - speaks of a person guilty of wrongdoing and condemned before God. "*Scholar H.C. Leupold notes that its root means loose, and it refers to those who have loosed themselves from God and have fallen into evil. In this context it is accurately understood as people who have cast off the restraints of God's Holy Word. They have chosen to live according to their own sinful purposes rather than God's righteous commands.*" (ibid)
- D. **Avoid their sinful way**(vs. 1) "**stand in the path of sinners...**"
1. The path or way is what we choose to travel. It's about CHOICE. According

to Scripture, there are only two ways. It has always been that way, from the Patriarchal age to this age in every Biblical era. There is no middle road ([Matthew 7:13-14 -narrow/wide gate](#); [Revelation 3:14 - lukewarm Laodiceans](#))

2. *Sinners refer...* to those guilty before God because they disobeyed God. They have missed the mark.

a. There is a difference between the wicked and sinners in this passage. The wicked or ungodly (King James) ...are those without God, yet the sinner here is purposefully rebellious to God. (Adam Clarke - Clarke A. & Earle R.

(1967). Adam Clarke's commentary on the bible. Beacon Hill Press of Kansas City.)

3. As Christians, we have chosen to stand on the path of righteousness, not unrighteousness.

4. Application:

- a. "The way of sinners is the exact opposite of the blessed life.
- b. Those who live sinful lives do not know lasting joy, satisfaction, or contentment.
- c. They never experience the deep-seated and lasting peace that God alone can give.
- d. Instead, their experience is a continuous flow of unsettling conflicts with others.
- e. As a result, they are plagued with guilt because of their transgressions and the hurt they bring to those who love them.
- f. They are selfish, and their sin often leads them to an isolated, lonely life that is cut off from others. Habitual sinners are prone to turn to substances—drugs and alcohol—to numb their nagging consciences and ease their pain." (Leadership Ministries Worldwide. (2013). *Psalms: Chapters 1–41: Vol. I*. Leadership Ministries Worldwide.)

E. Avoid their mockery (scoffing) (vs. 1)

1. Scorners make fun of everything holy. They have no respect for God and His word. The Hebrew word for "scorn" is to make faces at God. It reminds me of those who wagged their heads at Jesus when He was on the cross. ([Matthew 27:39:44; "And they that passed by reviled him, wagging their heads, and saying, Thou that destroyest the temple, and buildest it in three days, save thyself. If thou be the Son of God, come down from the cross."](#))
2. Mockers are marked by their pride. Pride is their god. (Proverbs 21:24;

"Proud," "Haughty," "Scoffer," are his names, Who acts with insolent pride.)

3. **Note:** The scorner is pictured as sitting. A person whose god is pride sits on his self-appointed throne, sneering at God, mocking at all who walk in the path of righteousness.
 - a. He exists to fulfill the lusts of the flesh, eyes, and pride of life. (1 John 2:16; "For all that is in the world, the lust of the flesh and the lust of the eyes and the boastful pride of life, is not from the Father, but is from the world.")
 - b. If we desire to be blessed, if we desire many happinesses we will not sit on the seat of mockers.

APPLICATION

- Walk, standing, and sitting: describe **three degrees of departure from God** and **three different levels of conformity to this world**.
- Verse 1 **charts the path that can lead us away from God and into a life of sin**. It begins with **considering ungodly** advice. Then it progresses to **following** the ways of sinners. It culminates in **adopting the** attitude of those who live in proud, persistent rebellion against God's Holy Word.
 - God expects us to be fully devoted to Him, to offer our bodies, mind and soul as a spiritual sacrifice. Peter quoted God from Leviticus, "**Be Holy for I am holy**." (1 Peter 1:16).
 - "**Therefore I urge you, brethren, by the mercies of God, to present your bodies a living and holy sacrifice, acceptable to God, which is your spiritual service of worship.**" (Romans 12:1)
- Verse 1 calls for a decision. Will you fully dedicate yourself to God and His will and to pledge:
 - that we will refuse to listen to worldly advice - worldly counsel, writers, experts, family, and friends...
 - that we will never depart from the path of obedience to God's righteous

commands -

- that we will guard ourselves against the tireless efforts of scorners to influence us to question God's Word
- **"Therefore, take up the full armor of God, so that you will be able to resist in the evil day, and having done everything, to stand firm. ¹⁴ Stand firm therefore, having girded your loins with truth, and having put on the breastplate of righteousness".** (Ephesians 6:13-14)
- 1 Corinthians 15:33
- 2 Corinthians 6:17-18; **"Therefore, come out from their midst and be separate," says the Lord. "And do not touch what is unclean; And I will welcome you. "And I will be a father to you, And you shall be sons and daughters to Me," Says the Lord Almighty."**
- Psalm 26:4; **"I do not sit with deceitful men, Nor will I go with pretenders."**
- Proverbs 4:14-15; **"Do not enter the path of the wicked And do not proceed in the way of evil men. Avoid it, do not pass by it; Turn away from it and pass on."**
- Proverbs 13:20; **"He who walks with wise men will be wise, But the companion of fools will suffer harm."**
- Jeremiah 15:17; **"I did not sit in the circle of merry-makers, Nor did I exult. Because of Your hand *upon me* I sat alone, For You filled me with indignation."**
- Verse 1 can be read with Christ in view, our relationship with Him
 - Colossians 2:6; **"Therefore as you have received Christ Jesus the Lord, so walk in Him,"**
 - Luke 9:23; **"If anyone wishes to come after Me, he must deny himself, and take up his cross daily and follow Me."**
 - 1 Peter 2:21; **"For you have been called for this purpose, since Christ also suffered for you, leaving you an example for you to follow in His steps,"**
 - 1 John 2:6; **"the one who says he abides in Him ought himself to walk in the same manner as He walked."**

BIBLE PASSAGE

But his delight is in the law of the Lord,
And in His law he meditates day and night.
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.

Psalm 1:2-3

2

Be Devoted to God's Word (vss. 2-3)

EXPLANATION/EXPLICACIÓN - INSTEAD OF FOLLOWING UNGODLY ADVICE, THE BLESSED PERSON HEEDS THE COUNSEL OF GOD'S INSPIRED WORD.

A. Love and take great delight in the Word (vs. 2)

1. The Law originally meant the entire Law (Gen. - Deut.); now we are blessed to have God's complete revelation.
2. The blessed person has genuine affection for the Bible. Loves God's Word. Respects God's Word. Will not exchange God's Word.
3. How can we not truly love God's Word since it comes from God Himself?

B. Meditate on the Word continually (vv. 2-3)

1. Deep love and passionate affection for God's Word will drive the blessed man to meditate on it day and night. This is the how-to book for life, family, and

the pursuit of happiness here and in heaven. It answers all of man's most important questions.

2. The Greek word for *meditate* is *HAGAH* and means to murmur, speak, study, talk, and utter. Thus, meditation involves more than keeping God's Word in our minds and hearts. It also includes keeping God's word on our lips, that is, speaking it out loud.
3. Paul told the Ephesians to use the Sword of the Spirit (6:17). This is the Word of God. This is how we fight the spiritual battle, just like Jesus did against Satan in the wilderness (Matthew 4:1-11).
4. Many things are competing for our attention and devotion. God needs to come first.

C. The result will be like a tree firmly planted (vs. 3)

1. The person who does not walk, stand and sit in place of sinners, but rather meditates on the Word of God day and night will be like a tree INTENTIONALLY planted in a carefully chosen spot; by the river where it will receive plenty of water for growth, where it will have every advantage for growth.
2. Enough water FROM God, deep roots in GOD, double BLESSINGS from God that last FOREVER!

APPLICATION

- Loving God's Word involves far more than just reading, listening to, and studying it. It also includes *obeying it*.
 - James 1:22-25; "But prove yourselves doers of the word, and not merely hearers who delude themselves. For if anyone is a hearer of the word and not a doer, he is like a man who looks at his natural face in a mirror; for *once* he has looked at himself and gone away, he has immediately forgotten what kind of person he was. But one who looks intently at the perfect law, the *law* of liberty, and abides by it, not having become a forgetful hearer but an effectual doer, this man will be blessed in what he does."

- Joshua 1:8-9; "This book of the law shall not depart from your mouth, but you shall meditate on it day and night, so that you may be careful to do according to all that is written in it; for then you will make your way prosperous, and then you will have success. Have I not commanded you? Be strong and courageous! Do not tremble or be dismayed, for the Lord your God is with you wherever you go."
- Failure to love God's Word is a symptom of a deeper spiritual sickness.
 - When we truly love God, we cannot help but love His Word. The Bible is God's revelation of Himself, His love, and His plan for us. It is the very *breathing out* of the heart of God.
 - We must constantly evaluate how much time we spend in God's Word, especially compared to the amount of time we spend on other interests.
 - Television, the internet, sports, hobbies, entertainment, other reading—all these and many other things occupy far more of the average believer's time than reading and studying God's Word.
 - A Christian who considers reading and studying God's Word a chore is a spiritually sick Christian whose fruit will be devoured by the enemy. This believer will eventually be consumed by sin and worldliness.
 - We make time for that which is important to us.
 - Neglecting God's Word indicates a heart problem.
 - 1 Peter 2:2; "**like newborn babies, long for the pure milk of the word, so that by it you may grow in respect to salvation**"
 - Psalm 119:97; "**O how I love Your law! It is my meditation all the day.**"
 - Psalm 119:103; "**How sweet are Your words to my taste! Yes, sweeter than honey to my mouth!**"
 - Psalm 119:148; "**Late into the night I stay awake to think about your word.**"

BIBLE PASSAGE

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.

Psalm 1:4-5

3

Understand the Unhappy and Wicked (vss. 4-5)

EXPLANATION/EXPLICACIÓN: IN SHARP CONTRAST TO THE ENDURING BLESSEDNESS OF THE RIGHTEOUS IS THE FLEETING WORTHLESSNESS OF THE UNGODLY.

Two contrasts: Light and darkness, good and evil, or as in this case, a firmly planted tree planted by the river and the unstable chaff in the wind.

- A. The wicked are like chaff - blown away by the winds of judgment (vs. 4)
 - 1. The Bible uses chaff to illustrate the useless, worthless, and sinful. (Winnowing wheat)
- B. The tree is firmly planted and established in fertile soil, with deep roots fed from the Perfect water, lush leaves, and delicious fruit hanging from its branches - it flourishes in the sunlight and stands firm in the midst of storms.
 - 1. The wheat chaff is weightless and worthless, without any substance or value. When tested and tired, it easily scatters with any wind and ignites with any spark. This is the ungodly and wicked person.
- C. They doom THEMSELVES, or they CONDEMN THEMSELVES (vs. 5)

APPLICATION

- What does the future hold for the wicked?
 - Every person we meet has an appointment with God. Christ has commissioned us to use our lives and resources to preach the Gospel and help people learn it so they can stand in the place of the righteous in heaven.

BIBLE PASSAGE

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

Psalm 1:6

4

Trust the Lord and be Righteous (vs. 6)

EXPLANATION/EXPLICACIÓN: EVERY PERSON SHOULD SEEK TO KNOW GOD.

A. God knows the righteous (vs. 6)

1. "Why does the righteous man experience a special blessedness?"
2. **For the Lord watches over the way of the righteous.**

3. This means, not merely that God is acquainted with that way, but that he is involved in it, watching over it and caring for it.
4. It is the way designed by a loving God whereby humankind might experience what life is all about.
5. It is the way of fruitfulness, for a righteous life is never barren.
6. It is in this way alone that one may find fullness and completeness.
7. Surely all who walk in it are wise." (Tesh, S. E., & Zorn, W. D. (1999). *Psalms*. College Press.)

B. He does not know the unrighteous, and as a result, they will perish (vs. 6)

1. "And why is it folly to reject God's way? Because **the way of the wicked will perish**.
2. This is not a hostile pronouncement of judgment.
3. It is an anguished cry.
4. Only too well the psalmist recognizes that "there is a way that seems right to a man, but in the end it leads to death" (Prov 14:12)." (ibid)

CONCLUSION/CONCLUSIÓN

- The first word of Psalm 1 is "**blessed**," describing the condition of one who walks in God's way. The last word is "**perish**" and refers to the end of those who reject the way of God. These two words, the first and the last, encompass all that is in between. Thus the psalm is ended. The righteous will lay it to heart. Regrettably, the foolish, unless they turn from their folly, will go on with their mocking.
- This is why those who do not walk, stand or sit in the way of the wicked will be doubly happy, the rest will be sad on earth and eternally.
- Plan of Salvation.

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