



How to Be Happy

Psalm I

Message Notes by

Dr. Mark Platt

Everybody wants real happiness. People try everything possible to get it. Even the United States Declaration of Independence speaks of the essentials as being *“life, liberty and the pursuit of happiness.”* Everyone wants real happiness but few people really achieve it.

Psalm 1 was written by a man who found happiness. This man, David, was the king of ancient Israel. And he is the person that God inspired to write this psalm about happiness.

How does a person find real happiness? This psalm provides the way to lasting happiness. Not fake or temporary happiness but real and genuine happiness that lasts for eternity. From Psalm 1, there are **three secrets** you need to know to have real happiness:

I. Happy people have the right relationships (verse 1)

1. Avoid ungodly influences *“does not walk in the counsel of the wicked”*
2. Oppose worldly attitudes *“does not ... stand in the way of sinners”*
3. Refuse godless lifestyles *“does not ... sit in the seat of mockers”*

II. Happy people have the right resources (verses 2-3)

1. Enjoy the Bible *“his delight is in the law of the LORD”*
2. Apply the Bible *“on his law he meditates day and night.”*
3. Experience the Bible
 - a. The Bible gives stability *“like a tree”*
 - b. The Bible gives sustenance *“planted by streams of water”*
 - c. The Bible gives productivity *“which yields its fruit in season”*
 - d. The Bible gives freshness *“and whose leaf does not wither”*
 - e. The Bible gives prosperity *“whatever he does prospers.”*

III. Happy people make the right choice (verses 4-6)

1. The way of the wicked
 - a. Godless people are hopeless *“like chaff that the wind blows away”*
 - b. Godless people are doomed *“the way of the wicked will perish.”*
2. The way of the righteous
 - a. God’s people are in the protection of God *“For the LORD watches over”*
 - b. God’s people are in the will of God. *“the way of the righteous”*

Your Response:

1. Are there relationships that are causing an ungodly influence in your life? Who are these people and when will you rid your life of their power and effect over your spiritual life? When will you sever these influences from your life?
2. Do you have a daily time of reading the Bible? Do you memorize portions of Scripture regularly? Do you know how to meditate on the Word of God? Do you have a daily prayer time? Why or why not? Honestly, are these legitimate reasons?

For Further Thought/Discussion/Homework:

1. Begin an annual program of reading through the Bible. If you read four chapters a day you will read through the Bible in a year.
2. Read five Psalms and one chapter of Proverbs to cover these books each month.
3. Start spending daily time in prayer--praising God, confessing sin, remembering others, and giving the Lord your needs, problems and hurts. Then, meditate on the goodness of God. You might end each devotional time with a hymn or song.

Resources:

Psalms (2 volumes) by Derek Kidner
Exposition of Psalms by H.C. Leupold
Psalms by Elmer Leslie
Happiness is a Choice by Frank Minirth
The Christian’s Secret of a Happy Life by Hannah Whitall Smith

Southern Gables Church
4001 S. Wadsworth Blvd.
Littleton, CO 80123
sgc.org