



HOW TO BE REALLY HAPPY

Psalm 1

Message Notes by
Dr. Mark Platt

Everybody wants real happiness. People will do just about anything to get it, but few people really find happiness.

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. And not fake or temporary happiness but real and genuine happiness that lasts for eternity. From Psalm 1, there are **three secrets** you 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 (verse 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?

Resources:

Psalms (2 volumes) by Derek Kidner

Exposition of Psalms by H.C. Leupold

Psalms by Elmer Leslie

Happiness is a Choice by Frank Minirith

The Christian’s Secret of a Happy Life by Hannah Whitehall Smith

For Further thought/Discussion/Homework:

1. Begin an annual program of reading through the Bible. If you read 4 chapters a day you will read through the Bible in a year.
2. Read 5 Psalms and 1 chapter of Proverbs to cover these books each month.
3. Start spending daily time in prayer—Pray by 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.