



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.

The man that God inspired to write Psalm 1 found happiness. This man, David was the king of ancient Israel. Here he tells us how we can find real and lasting happiness. From Psalm 1, there are **three secrets** you need to find 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?
2. Do you have a daily time of reading the Bible? Why or why not? If not, are these legitimate reasons for not reading the Bible every day?
3. Do you memorize portions of Scripture regularly? Develop some flash cards on some of the important verses of the Bible. Spend time reflecting on these verses with some personal application to your daily life.
4. Begin a program of daily Bible reading. See <http://www.youversion.com/reading-plans> for some Bible reading plans.
5. 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 Minirith
The Christian's Secret of a Happy Life by Hannah Whitehall Smith