

Message Series: **'Refreshed and Restored: A Summer in the Psalms'**

Message Title: **'The Source of a Happy Life'**

Scripture Source: **Psalm 1**

Date: Sunday, August 17, 2014

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**Blessed: A Definition**

This word 'blessed' is used often in the Bible, what does it mean? Psalm 1:1 "Happy, the happiness of..." Another writer puts it this way: "enriched, contented, fulfilled". Jesus used this word in the Sermon on the Mount, Matthew 5:3. Same word...same longing that we all have.

**The Hunger for Happiness**

God has hard-wired us for a full, productive, and purposeful life. John 10:10 Yet this blessed life requires certain relational and environmental choices.

**The Roots of a Blessed Life: The Choices before Us**

**Who and What to Avoid: Vs. 1**

There are people and settings to be avoided. The writer is explicit and bold in exposing 'voices, values, and behaviours' to be discerned and rejected.

1. **'Does not walk in the counsel of the wicked'**: a wise person discerns and rejects values, beliefs and behaviours that are clearly against God's word and God's authority. Let's be clear on this: there are 'voices' in our society that are deliberately and purposefully at odds with God and his Word.
2. **'Or stand in the way of sinners'**: stay clear of environments and voices that are 'missing the mark'...morally, ethically, relationally, and spiritually as outlined in God's Word. Stay clear in the sense of not relying on their insights and way of thinking and living. The 'blessed' person makes wise choices of where they 'place' themselves in terms of influential relationships. Huge implication re: media influences.
3. **'Or sit in the seat of mockers'**: again the language of close relational association. The word 'mockers' is strong, it describes someone who "derides, or treats as frivolous, or makes light of the sacred". Again, discern the 'voices, values and behaviours' of people or movements, do they promote what is God honouring and life building?

There are choices to be made, at times tough ones because they go against the flow of popular thinking and beliefs. Illustrate:

**Who and What to Adhere to: Vs. 2**

Whose 'voice and values' are we wise to give our minds and heart to?

1. **'But (a radical choice made) his delight is in the law of the LORD...'**  
The word 'delight' is instructive and important to understand correctly. It is a word applied to both the will and the heart. "to bend toward...implies full and entire inclination towards an object or person and carry the idea of delight and affection" The truly happy person, one who is experiencing a growing measure of wholeness and wholeheartedness is one who chooses to engage with God...mind and heart. One who chooses to understand and believe that a relationship with Jesus is the source of lasting and genuine purpose and contentment.
2. There is more and this is huge: Vs.2 **'and on his law (instructions) he meditates day and night.'** The word 'meditate' speaks of a thoughtful, recurring pondering and applying God's truth, his voice and values to the daily 'stuff' of life.

### **Choose your Consequences: Vss.3-6**

Do we want to experience a genuine 'enrichment, contentment and fulfillment'? Psalm 34:12  
This is what we can anticipate as we choose God's 'voice and values' and live accordingly. A powerful picture. A tree 'planted by streams of water', fruitful and resilient. In Scriptures, green trees speak of the righteous, dry trees speak of the wicked.

God yearns that we gain strength and nourishment from a living relationship with Him, through faith and a daily following of Jesus. There is no other way. Do we really believe that? Refer to Jeremiah 17:5-8, what a reaffirming picture!

Note the two very different consequences: vs. 3 a fruitful life, enabled to weather the storms and droughts of life with resilience and ongoing growth of character and purposeful contribution. "yields its fruit in season"...What kind of fruit? A growing likeness to Jesus in character and conduct. Romans 8:28-29, Galatians 5:22-23. 'in season...in appropriate ways and times, we express God's love, grace and truth. "leaf does not wither..."green and flourishing, emblem of prosperity."  
"Prosper...to accomplish successfully"

Or...to ignore God, to dismiss God's voice and values and to live a self-centered and self-directed life ends in ruin and waste. Yes, that is what God actually states. Vss. 4-6. There is an emptiness and waste of life. This kind of life will not withstand the scrutiny of a holy and righteous God. Judgment Day is coming. The wicked will not escape the justice of God. And they will not share the glory of heaven and God's presence with his people. "perish...to be lost or gone, to cease to be, to be separated"  
Yet, God is intimately aware of the way of the righteous, they are not forsaken, but rather guided forward.

### **Whose Voice, Whose Values?**

I find this psalm deeply encouraging and challenging. All of us are shaped by certain voices? Let me ask you: whose voice most shapes and instructs you? Whose values inspire you? \_\_\_\_\_  
Thank God for solid and reliable 'voices and values' that motivate and guide our behaviours.

Are there some 'voices' you need to mute? \_\_\_\_\_

Do you need to choose more carefully the voices you pay attention to?

Do you need to engage in 'values assessment' and make some adjustments?

What of engaging consistently in God's Word? Is study, reading and reflection a recurring choice in the flow of life? Can we help you? Don't be intimidated by this Book. We can put tools in your hands to help you become more receptive and responsive to God and his Word. Who can you learn with? 2 Timothy 2:22 You and I can't grow wise in perpetual isolation. Solitude at times yes, isolation, no.

Your wellbeing depends upon choices...relationally and environmentally. Put yourself in healthy 'soil' with growing followers of Jesus on a recurring basis and God will work through you to help others find their true hope and help in a relationship with Jesus.