

# 20230628 Psalm 1 How to Be Truly a Happy Person

## How to Be Truly a Happy Person Psalm 1

### **Introduction:**

The book of Psalms is a songbook of God's people used by the children of Israel in their worship in the temple. The early Church, in the same way, used the Psalms, along with Hymns of Christ, and what were called "spiritual songs" to glorify God.

The Psalms were the theology of God's people set to music; they are about God and about us in respect to God and others.

Psalm 1 sets the tone of thought for the entire book of Psalms—a proper introduction as to what our emphasis should be as believers.

This Psalm admonishes us to take sides, to determine what standard we will use for our lives. It places us over against the world in which the opposite of God's wisdom is being practiced. It is like singing Yankee Doodle in a British encampment during the War for Independence in the late 18th century, rather than being like the movie in which Red Skelton wore two uniforms up and down the military lines during a battle between the North and South.

We learn in Psalm 1 how to be "blessed"—a word translated oftentimes happy but it includes the idea of one who is "approved," "one who measures up."

### **I. Description of the Righteous Man (vv. 1-3)**

#### **A. Blessed or Happy is the Man (vv. 1-3)**

#### **B. Hebrew Parallelism**

Each statement becomes more intense describing the degrees of negative influence in a person's life from others: walk, stand, sit

#### **C. Negative description (v. 1)**

1. Not adopting the world's viewpoint (1a—WALK)

ILLUSTRATION: Dr. Benjamin Spock in Redbook

Who is the new Pied Piper of today?

Oprah, Bill Maher, Joyce Meyer, Joel Osteen, Andy Stanley

2. Not committing the world's sins (1b—STAND)

ILLUSTRATION: Moses David of the Children of God

3. Not accepting the world's attitude (1c—SIT)

ILLUSTRATION: Marjoe, many in the secular classrooms, or secular television

#### **D. Positive description (v. 2)**

1. Proper guide (2a—delight in the instruction of Yahweh)

ILLUSTRATION: What is our delight

David said he loved God's law. We often don't because we think it unjust, but

our God has given a just law

2. Proper action (2b—meditation)

ILLUSTRATION: Professor walking around the campus saying Scriptures in Hebrew and

Greek

**E. Results of Righteousness (v. 3)**

1. Established and strong (3a—firmly planted)
2. Accomplishes its intended purposes (3b—yields it fruit)
3. Has life and beauty (3c—in whatever he does, he prospers)

**II. Description of the Wicked (vv. 4-5)**

**A. Their character (v. 4)**

1. Not so—a terse but insightful statement (4a)
2. No real substance (4b)

**B. Their position (v. 5)**

1. No defense *before* God (5a)
2. No place *with* God (5b)

**III. The Secret of Success (v. 6)**

**A. Righteous man in the care of God (6a)**

**B. The life of the ungodly comes to nothing (6b)**