

How to be Happy (and not Unhappy)

May 8th, 2021

Scripture: Psalm 1

Psalm 1:

Blessed is the man

who walks not in the counsel of the wicked,
nor stands in the way of sinners,
nor sits in the seat of scoffers;

² but his delight is in the law of the Lord,
and on his law he meditates day and night.

³ He is like a tree

planted by streams of water
that yields its fruit in its season,
and its leaf does not wither.

In all that he does, he prospers.

⁴ The wicked are not so,
but are like chaff that the wind drives away.

⁵ Therefore the wicked will not stand in the judgment,
nor sinners in the congregation of the righteous;

⁶ for the Lord knows the way of the righteous,
but the way of the wicked will perish.

Outline

1. How to Be Happy (and Not Unhappy) (vss. 1-2)
2. What it's like to be happy (vss. 3-4)
3. The ultimate fate of the happy and unhappy (vss. 5-6)

How to Be Happy (and Not Unhappy) (vss. 1-2)

“[Christian Meditation] is thinking about and reflecting on [God’s word] until you sense God saying something to you, and then responding.”

-Tim Keller



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What it's like to be happy (vss. 3-4)

“Joy isn't the absence of trouble, it's the presence of God.”
-Elizabeth Elliott

The ultimate fate of the happy and unhappy (vss. 5-6)

2 Corinthians 5:21:

“For our sake he made him to be sin who knew no sin, so that in him we might become the righteousness of God.”

