

Sunday, July 17, 2022

Psalm 1

The way of the Happy person

Please turn to Psalm 1, pg. 448

Are you happy? Or, have you grown cynical? Critical? Negative Nancy?

My main point this morning is, **The way of the Happy person.**

Psalm 1 serves as an introduction, along with Psalm 2, to the Book of Psalms.

The word "man" in our text *"is used as a representative example of a Godly person"*¹

*The word Blessed literally means literally, "oh, the happiness"*²

Vs. 1, Oh the happiness of the Godly person!

-Which is crazy since the Psalms are so honest about the human condition and emotion; lament, sorrow, depression, agony, just to name a few, but yet, rooted in the HOPE we have as God's people.

Why are you cast down, O my soul, and why are you in turmoil within me?
Hope in God; for I shall again praise him, my salvation and my God. Psalm 42:5-6a

What Hope would the Psalmist have? Psalm 1 and 2 work as an introduction to the rest of the book. Psalm 1 is the way of the Happy person. Psalm 2 points to the Messiah to come.

Read Psalm 2:7. Quoted in Acts 13, Hebrews 1 and Hebrews 5

¹ ESV Bible notes on vs. 1

² Jamieson, R., Fausset, A. R., & Brown, D. (1997). [*Commentary Critical and Explanatory on the Whole Bible*](#)

So also Christ did not exalt himself to be made a high priest, but was appointed by him who said to him, "You are my Son, today I have begotten you" Hebrews 5:5

So what's the Big Idea of the Psalms? The way of Happy person and hope in a future savior. We get to read these Psalms with the knowledge of who that "future savior" is... Any guesses?

What is **The way of the Happy Person?**

Please stand for the reading of God's word. Psalm 1

Call and response, Prayer

The first thing we learn is what the way of the Happy Person does not

#1. Listen to the way of the wicked.

#2. Walk the way of the sinner

#3. Join the way of the cynic.

The three are increasing descriptions of what the Happy Person is not.

Wicked- Mindset, perspective or world view

Sinner- How that mindset is lived out

Scoffer- The fruit of this kind of life... You become cynical.

What's the "wicked" mindset?

"Wicked; the compulsive determination to live life horizontally with no vertical dependence on supernatural power." Lloyd J Ogilvie

This doesn't mean their Hitler incarnated, Overtly evil people

Autonomous. Curse- "You shall be like God" Serpent.

Romans 1, suppression of truth. I don't need God, I can do it my own way

When you think this way, you act this way.

#2. Walk the way of the sinner

MSG-you don't slink along Dead-End Road.

Search for fulfillment is met with cul-de-sac after cul-de-sac, which leads to **Joining the way of the cynic**. A negative Nancy, A downer Donald.

Is this you? (Apply to your people)

How do we get out of it? What's the cure?

Read vs. 2

The way of the Happy Person...

#1. Isn't influenced by the Negative Nancy's or the Downer Donalds

#2. Delights in God's instructions for life

#3. Seeks to live in God's way

#1. This DOES NOT mean we cut out all "wicked" people in our life.

NIV says, who does not **walk in step** with the wicked.

As NT Jesus People, we walk in step with spirit.

Since we live by the Spirit, let us keep in step with the Spirit. Galatians 5:25

-We influence others- "Walk like this" BUT, if others are influencing us and we start to walk like them... it's time to take a step back.

#2. Delights in God's instructions for life

-We have the Spirit who gives us understanding of the Word.

-The Happy person actually believes the Jesus way is the best way to live!

How do we know how to live the Jesus way?

-We read the Bible and ask the Spirit to give us understanding (ex.)

-Meditate, ponder, memorize, hold on to, cling, the promises and instruction of the Lord.

-Be a student of God's word.

-Find the imperatives in the text, and seek to live them out that day... everyday... and night.

This is Seeking to live in God's way

And when we do this, guess what happens?

Read vs. 3

I think we all want this... Who wouldn't want to be like this?

-rooted, fruitful, persevering, and prosperous. Yet, we don't want to do the work to be this... It takes some work to be the happy person. Who's in?

Read vs. 4-6

Contrasts the 2 types of people. Much like Jesus, who might have had this Psalm in mind when he said this.

"Everyone then who hears these words of mine and does them will be like a wise man who built his house on the rock. And the rain fell, and the floods came, and the winds blew and beat on that house, but it did not fall, because it had been founded on the rock. And everyone who hears these words of mine and does not do them will be like a foolish man who built his house on the sand. And the rain fell, and the floods came, and the winds blew and beat against that house, and it fell, and great was the fall of it." Matthew 7:24-27

the Happy Person does not

#1. Listen to the way of the wicked.

#2. Walk the way of the sinner

#3. Join the way of the cynic.

The way of the Happy Person...

#1. Isn't influenced by the Negative Nancy's or the Downer Donalds

#2. Delights in God's instructions for life

#3. Seeks to live in God's way

Psalm 1, the way of the Happy Person

Psalm 2, the Hope of the messiah

God provides a way, and the way starts with Jesus

-Gospel

-Communion