

June 10, 2012  
"How to be Happy"  
Psalm 1

In this Psalm, the "Blessed (Happy) man" is distinguished from the lost men of this world. We should study to be like one (the Blessed man) and unlike the other.

I. Note that the blessed man is distinguished (set apart) by His commitment to the Word of God – Psalm 1:1-2

**Blessed is the man Who walks not in the counsel of the ungodly, Nor stands in the path of sinners, Nor sits in the seat of the scornful; <sup>2</sup> But his delight is in the law of the LORD, And in His law he meditates day and night. (Psalm 1:1-2 NKJ)**

Negatively, he avoids the progressive pull of sin at all its various stages – Psalm 1:1; Psalm 119:11 (worldly whirlpool)

1. He realizes he is vulnerable to certain temptations – Romans 7:21; Genesis 3:6; Hebrews 11:25

I find then a law, that evil is present with me, the one who wills to do good. (Romans 7:21 NKJ)

So when the woman saw that the tree was good for food, that it was pleasant to the eyes, and a tree desirable to make one wise, she took of its fruit and ate. She also gave to her husband with her, and he ate. (Genesis 3:6 NKJ)

choosing rather to suffer affliction with the people of God than to enjoy the passing pleasures of sin, (Hebrews 11:25 NKJ)

2. He avoids the path of the majority – Matthew 7:13-14

"Enter by the narrow gate; for wide is the gate and broad is the way that leads to destruction, and there are many who go in by it. <sup>14</sup> "Because narrow is the gate and difficult is the way which leads to life, and there are few who find it. (Matthew 7:13-14 NKJ)

"Live fish swim upstream; dead ones go with it"

Alexander McClaren

3. He avoids what others might call small sin as he knows it leads to greater sin – Psalm 1:1; Romans 1:26-32

**Blessed is the man Who walks not in the counsel of the ungodly, Nor stands in the path of sinners, Nor sits in the seat of the scornful; (Psalm 1:1 NKJ)**

*Steps of Backsliders:*

(1) They choose to put their thoughts on things other than God, His law, and the judgment to come -- Because such things are not agreeable to the natural heart

(2) They gradually give up their inner spiritual duties such as secret prayer, controlling their lusts, vigilant watching, and the like -- Because such things are burdensome to Him who has taken His thoughts of Christ

(3) They shun the company of hot and lively Christians -- Because they remind them that they themselves are lukewarm

(4) They begin to grow cold to public spiritual duties such as Church and Prayer Meetings where God's word is preached and His praises sung! -- Because their thoughts and hearts are out of place there

(5) They begin to perceive the specks of dust in the eyes of the godly -- Because this enables them to be blind in their own eyes and gives them a reason to throw all religion to the wind

(6) Next they began to spend time in company with loose and wanton persons (meaning people who are careless about God and Christianity)

(7) (A.) They begin to enjoy carnal conversation and enjoy the contemplation of sin (B.) They rejoice if they can find any evil in one who is counted honest that they may sin the more boldly

(8) They begin to play with little sins openly

(9) Lastly, They harden their hearts, and cast off all pretense of goodness! JOHN BUNYAN

Positively, he commits himself to the Word of God – Psalm 1:2

1. It is his delight – Psalm 1:2; Jeremiah 15:16

Your words were found, and I ate them, And Your word was to me the joy and rejoicing of my heart; For I am called by Your name, O LORD God of hosts. (Jeremiah 15:16 NKJ)

2. It gets his time, "day and night" – Psalm 1:2

3. It gets more than reading, "meditates" – Psalm 1:2; Psalm 119:11 (memorizes); 2 Timothy 2:15 A.U.G. Degree (studies)

Your word I have hidden in my heart, That I might not sin against You! (Psalm 119:11 NKJ)

Be diligent to present yourself approved to God, a worker who does not need to be ashamed, rightly dividing the word of truth. (2 Timothy 2:15 NKJ)

II. Note that the blessed man is distinguished (set apart) by his condition in the sight of God – Psalm 1:3-4 NKJ

1. The blessed man's condition is like a tree – Psalm 1:3

A. *Planted, not wild or uncared for* – John 15:1-2

"I am the true vine, and My Father is the vinedresser.<sup>2</sup> Every branch in Me that does not bear fruit He takes away; and every branch that bears fruit He prunes, that it may bear more fruit. (John 15:1-2 NKJ)

B. *Planted favorably "by rivers of water"* – Romans 8:28-29

And we know that all things work together for good to those who love God, to those who are called according to His purpose.<sup>29</sup> For whom He foreknew, He also predestined to be conformed to the image of His Son, that He might be the firstborn among many brethren. (Romans 8:28-29 NKJ) C. *Planted fruitfully* – Psalm 1:3; John 15:5; Galatians 5:22-23

"I am the vine, you are the branches. He who abides in Me, and I in him, bears much fruit; for without Me you can do nothing. (John 15:5 NKJ)

But the fruit of the Spirit is love, joy, peace, longsuffering, kindness, goodness, faithfulness,<sup>23</sup> gentleness, self-control. Against such there is no law. (Galatians 5:22-23 NKJ)

D. *Planted prosperously* – Psalm 1:3; Joshua 1:8

"This Book of the Law shall not depart from your mouth, but you shall meditate in it day and night, that you may observe to do according to all that is written in it. For then you will make your way prosperous, and then you will have good success. (Joshua 1:8 NKJ)

2. *The ungodly are like "chaff"* – Psalm 1:4

A. *Dry and lifeless* – Ephesians 2:1

And you He made alive, who were dead in trespasses and sins, (Ephesians 2:1 NKJ)

B. *Light and unstable "wind drives away"* – Ephesians 4:14

that we should no longer be children, tossed to and fro and carried about with every wind of doctrine, by the trickery of men, in the cunning craftiness of deceitful plotting, (Ephesians 4:14 NKJ)

III. *Note that the blessed man is distinguished (set apart) by his conquest by the grace of God* – Psalm 1:5-6

Therefore the ungodly shall not stand in the judgment, Nor sinners in the congregation of the righteous.<sup>6</sup> For the LORD knows the way of the righteous, But the way of the ungodly shall perish. (Psalm 1:5-6 NKJ)

1. *The ungodly have no strength to stand in judgment* – Psalm 1:5; Leviticus 26:27-37; Joshua 7:12-13; Judges 2:11-14; Psalm 5:4-6; Psalm 130:3; Isaiah 28:18; Nahum 1:5-6; Revelation 6:17

"For the great day of His wrath has come, and who is able to stand?" (Revelation 6:17 NKJ)

2. *The Lord knows the way of the righteous* – Psalm 1:6

A. *It is a way lighted by God's word* – Psalm 119:105

B. *It is the narrow way* – Matthew 7:13-14

C. *It is the WAY which is Christ* – John 14:6

D. *It is opposite of the way that "seems right to a man"* – Proverbs 14:12; 16:25; Judges 2:19 "My way" Frank Sinatra

E. *It is the way of those who "trust in the Lord"* – Proverbs 3:5-6

F. *It is the way to teach our children* – Genesis 18:19

"For I have known him, in order that he may command his children and his household after him, that they keep the way of the LORD, to do righteousness and justice, that the LORD may bring to Abraham what He has spoken to him." (Genesis 18:19 NKJ)

G. *It is a way for which we should pray "show me now Your way"* – Exodus 33:12-13; Psalm 86:11

Teach me Your way, O LORD; I will walk in Your truth; Unite my heart to fear Your name. (Psalm 86:11 NKJ)

H. *It is the way God promises to make prosperous* – Joshua 1:8

I. *It is the way God preserves* – Joshua 24:17

"for the LORD our God is He who brought us and our fathers up out of the land of Egypt, from the house of bondage, who did those great signs in our sight, and preserved us in all the way that we went and among all the people through whom we passed. (Joshua 24:17 NKJ)

J. *It is the perfect way, the way of victory* – 2 Samuel 22:31-37

K. *It is a way to hold to* – Job 17:9

Yet the righteous will hold to his way, And he who has clean hands will be stronger and stronger. (Job 17:9 NKJ)

L. *It is the way the Lord knows* – Job 23:10-12; Psalm 1:6; 37:23

M. *It is the way God will teach the humble* – Psalm 25:8-12; 27:11; 32:8

Good and upright is the LORD; Therefore He teaches sinners in the way.<sup>9</sup> The humble He guides in justice, And the humble He teaches His way. (Psalm 25:8-9 NKJ)

N. *It is the way to be revived to* – Psalm 119:37

Turn away my eyes from looking at worthless things, And revive me in Your way. (Psalm 119:37 NKJ)

O. *It is the way EVERLASTING* – Psalm 139:24 (opposite: "the way of the ungodly shall perish")

And see if there is any wicked way in me, and lead me in the way everlasting. (Psalm 139:24 NKJ)