

"So I hated life, because the work that is done under the sun was grievous to me. All of it is meaningless, a chasing after the wind. I hated all the things I had toiled for under the sun, because I must leave them to the one who comes after me. And who knows whether he will be a wise man or a fool?"
Ecclesiastes 2:17-19

"Happiness never consists in what happens to you but by what you are."
Timothy Keller

Happiness is a byproduct of something larger than itself.

But seek first his kingdom and his righteousness, and all these things will be given to you as well. Matthew 6:33

Notes...



Part 1

Psalm 1

"True Happiness"

(Blessed)

August 12th,

2018

Psalm 1

1

Blessed is the man
who does not walk in the counsel of the wicked
or stand in the way of sinners
or sit in the seat of mockers,

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,
which yields its fruit in season
and whose leaf does not wither—
whatever he does prospers.

4

Not so the wicked!
They are like chaff
that the wind blows away.

5

Therefore the wicked will not stand in the judgment,
nor sinners in the assembly of the righteous.

6

For the Lord watches over the way of the righteous,
but the way of the wicked leads to destruction.

The "In no other writings, whether sacred or secular, are the heart and soul of man more clearly revealed than in the Psalms. The sighs, sobs, and songs buried deeply within human spirits find their release and utter their message through these 150 Psalms.

They review the past, view the present, and preview the future. Nearly half of all the direct quotes taken from the Old Testament and quoted in the New Testament come from the Psalms. In fact, the book of Psalms is either quoted from or alluded to 103 times in the book of Revelation alone, and 149 times in the four Gospel accounts."

Harold Willmington

The structure of this Psalm can be broken down into a series of 2 verse comparisons between lifestyles, consequences and God's judgement between the 2 paths man can choose in life.

"Whoever is not with me is against me, and whoever does not gather with me scatters." Matthew 12:30

halak etsyah rasha` - Does not walk in the counsel of the wicked

does not - walk in the counsel of the wicked

does not - stand in the way of sinners

does not - sit in the seat with scoffers (or mockers)

When we put these 3 pieces together we see a progression of what it looks like to gradually move away from God. The choices are represented in the negative form. Blessed is the man who does not...

Happiness is a choice .

"I have hidden your word in my heart that I might not sin against you." Psalm 119:11 (NIV)

"I have followed your commands, which keep me from following cruel and evil people." Psalm 17:4 (NLT)

"Your word is a lamp for my feet, a light on my path." Psalm 119:5 (NIV)

... on being planted by streams of water

"Not a wild tree, but a tree planted, chosen, considered property, cultivated, and secured from the last terrible uprooting" Charles Spurgeon

Happiness is not found in superficial circumstances.

"What else does this craving, and this helplessness, proclaim but that there was once in man a true happiness, of which all that now remains is the empty print and trace?"

This he tries in vain to fill with everything around him, seeking in things that are not there the help he cannot find in those that are, though none can help, since this infinite abyss can be filled only with an infinite and immutable object; in other words by God himself"
(Blaise Pascal - Pensees 148.)