

Gauging Your Happiness

Psalm 1

Introduction

- A. The gauges we commonly use (e.g. fuel, temperature, time)
 - 1. Do they match with other gauges?
 - 2. How do we know if they are accurate?
- B. What gauge do you use to measure happiness?
 - 1. Everyone wants to be happy, even though they may p_____ in their unhappiness.
 - 2. People use d_____ gauges and so many are fooling themselves into thinking what happiness is.
- C. Today's lesson in Psalm 1
 - 1. Uses the word b_____ which means *happy*.
 - 2. Teaches us how we can live in happiness without interruption.

Happiness is never found in sin (v. 1) – three degrees of involvement

- A. W_____ in the counsel of the wicked
 - 1. The term wicked refers to those who are not rightly r_____ to God (see Gen 18:23)
 - 2. Never seek spiritual a_____ from an unbeliever!
- B. S_____ in the paths of sinners
 - 1. The term sinners refers to those who are not rightly r_____ to God (the Bible never uses the term sinner to refer to a believer).
 - 2. Never r_____ with unbelievers, only believers (2 Tim 2:22)
- C. S_____ in the seat of scoffers
 - 1. The term scoffers refer to those who are v_____ anti-God.
 - 2. Whenever our circumstances drastically change for the worse and we b_____ God, or criticize God, or become His judge, we have just sat in the seat of scoffers.

Happiness is only found in God's Word (v. 2)

- A. What was the Law of the Lord to the psalmist?
 - 1. The first _____ books of the Bible were known as the Book of Moses (2 Chron 25:4; Deut 31:24), the Law of Moses (1 Kgs 2:3), or the Law of the Lord (2 Chron 17:9)
 - 2. It was the w_____ word of God in that time (I Chron 16:40)
 - 3. The Law of the Lord to the psalmist equals the _____ to us – God's word.
- B. Two actions of a happy person
 - 1. D_____ in God's word
 - a. It is spiritual n_____ to you (Matt 4:4)
 - b. It is e_____ (Matt 24:35)

2. M_____ on God's word
 - a. This does not mean to keep God's word i_____
 - b. It means to make it so much a part of you that it influences how you s_____ and act.
- C. Therefore, happiness is a c_____, not a feeling.
 1. Don't let your feelings c_____ you.
 2. Don't let your c_____ dictate your happiness.
 3. Choose to d_____ in and meditate on God's word to the point that you live it!

Happiness results in fruit-bearing (v. 3)

- A. The psalmist illustrates the blessed or happy state with a tree.
 1. The tree was p_____ on purpose.
 2. The tree was s_____ planted (by many water sources).
 3. The tree was planted to bear f_____.
- B. If you have pledged your life to be a Christ-follower, your purpose is to be f_____ (Jn 15:7).
 - a. Eph 2:10 – God has pre-planned the good w_____ you are to do.
 - b. 2 Tim 3:17 – God e_____ up to do those good works through His word.
 - c. When you fulfill your purpose, the psalmist states you will p_____ (literally, *to go forward*).
 - 1) Sin sends you b_____ in life.
 - 2) Good works advances you f_____ in life.

Conclusion – Three questions to consider

1. How do I gauge my happiness?
2. Am I delighting in what God says to the point of living it out?
3. Do I want to be the instrument that God uses?