

THE HAPPY PERSON

Lesson One: PSALM 1; JAMES 1:22-25

The Psalms have an enduring quality even though they were written hundreds of years ago. The poetic psalms can be used as a hymnal and a prayer book. They provide personal guidance and comfort because they were born out of real life situations.

Psalm 1 has been appreciated by people of God for generations because it describes the way to achieve happiness - even in the twentieth century.

READ PSALM 1:1-3

1. What does the psalmist call the person he is describing? What position must a person take in dealing with ungodly ways if he is to maintain this state?

2. What three ways does the psalmist describe ungodly people? What do the three action verbs he uses indicate about a person's association with sin? How does a person progress into the realm of the mockers?

3. In what is a godly person's life rooted? How do you know his life is more than a set of restraints?

4. How consistent is the godly person's meditation? What influence would meditation of God's Word exert on a person's behavior over time (see Joshua 1:7-8)?

5. What kind of health is ascribed to the tree? Why does the tree maintain such constancy?

6. How does God reward this person's endeavors? Who do you think benefits from the fruit of a godly life?

READ PSALM 1:4-5

7. How are the ungodly pictured? Contrast them to the godly person described in verses 1-3. How do you think an ungodly life is like chaff? (Chaff, the refuse of winnowed grain, is carried away by the lightest wind.)

8. What is the end for the ungodly? When will they be exposed?

READ PSALM 1:6

9. What knowledge does the Lord have? What comfort or discomfort does this fact give you?

10. How does verse 6 summarize the psalm? How does godly living contribute to happiness?

READ JAMES 1:22-25

11. How does a person defraud himself spiritually? What perfect reflector do we ignore at great peril to ourselves?

12. Why does James discourage us from a superficial reading of God's Word? From what do we cheat ourselves when we do so (see Mark 4:20)? What principles were at work in Psalm 1 and James 1? Are they valid today?

CONCLUSION

I. What is involved in living a godly life?

Psalm 1:1 _____

Psalm 1:2 _____

Psalm 1:3 _____

Psalm 1:6 _____

James 1:22 _____

2. Describe the ungodly life.

Psalm 1:4 _____

Psalm 1:5 _____

Psalm 1:6 _____

APPLICATION

Which philosophies and mindsets today seem to promise happiness? How do they compare to the way of the godly? May the psalmist, who delighted in a continuous reflection of the Word of God, encourage you to pursue the source of true happiness.