

A Lifestyle of Happiness
Psalm 1:1-3

Russell Cook
West End Church of Christ
Knoxville, TN

1. We all have a driving desire to be happy. Part of our human yearning is this desire.
2. Contrary to what many think, God is interested in your happiness!
3. That word, “blessed,” is used throughout the Bible to mean happiness.
4. The Bible outlines a plan for happiness. It’s God’s plan.
5. What do you have to do to have a lifestyle of happiness?

I. There Are Negatives To A Lifestyle of Happiness. (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.”

- A. Negative one: Don’t follow the advice of the wicked.
- B. Negative two: Don’t walk the path that sinners walk.
 1. **Proverbs 4:14-16** says, **“Do not enter the path of the wicked, And do not walk in the way of evil. Avoid it, do not travel on it; Turn away from it and pass on. For they do not sleep unless they have done evil; And their sleep is taken away unless they make someone fall.”**
- C. Negative three: Don’t sit in the seat of scoffers.
 1. **“Do not be misled: Bad company corrupts good character.” (I Corinthians 15:33)**

II. There Are Positives To A Lifestyle of Happiness. (Psalm 1:2) “But his delight is in the law of the Lord, and on his law he meditates day and night.”

- A. The happy person delights in the law of the Lord.
- B. The happy person meditates day and night on God’s Word.
 1. **Psalm 119:97**, **“Oh, how I love your law! It is my meditation all the day.”**

III. God Brings Stability To This Life. (Psalm 1:3) “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.”

- A. This person is compared to a tree planted by a stream.
- B. There are four things that are true of a Godly person.
 1. First, he is planted.
 2. Second, he bears fruit.
 3. Third, he doesn’t wither.
 4. Fourth, he’s prosperous.