

SECRETS OF A HAPPY MAN

TRUST AND OBEY

Psalm 1

¹ Blessed is the one who does not walk in step with the wicked or stand in the way that sinners take or sit in the company of mockers,

² but whose delight is in the law of the LORD, and who meditates on his law day and night.

³ That person is like a tree planted by streams of water, which yields its fruit in season and whose leaf does not wither— whatever they do 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.

1. What are some characteristics of a “Happy Man?”

According to Dr. W. Graham Scroggie, there are 7 characteristics based on the above texts. They are as follows:

- a. **Vitality:** “a tree” This denotes life, and the happy man, the true Christian, has received a new life (John 3:3, 2 Corinthians 5:17)
 - b. **Security:** “a tree planted” This suggests a carefully chosen tree, cared for and cultivated. The life of the happy man is secure in Christ (Colossians 3:3 and John 10:28)
 - c. **Capacity:** “planted by streams of water” What does a tree need most? Moisture. Is there sufficient? Yes – rivers. In Christ the happy man has all that he needs for time and eternity. (John 7:38)
 - d. **Fertility:** “which yields its fruit” The happy man is fruitful. He brings forth the fruit of the Spirit. (Galatians 5:22-23 and John 15:16)
 - e. **Propriety:** “fruit in season” How wonderful this is! This man brings forth the right fruit at the right time, that is, patience in suffering, faith in trial, joy in prosperity, etc.
 - f. **Perpetuity:** “whose leaf does not wither” The new life received by the happy man is eternal life (John 3:15), and his fruit abides (John 15:16).
 - g. **Prosperity:** “whatever he does prospers” This is the sum of all the other six. (Romans 8:28)
2. What are some characteristics of an “Unhappy Man” and do others see these characteristics in you? What we believe about ourselves is not always how we are usually perceived by other.

Remember, someone's perception is their reality. Are we showing others that we are a, "Happy Man?"

3. What illustration does the Psalmist use to describe the wicked? What is chaff? What is chaff used for? What happens to chaff? What is the end result of the wicked as described by the Psalmist in verse 5? Does this end result for the wicked come true in this life, in eternity, or both?

Is there a secret? Yes! It is clearly stated, first *negatively* and then *positively*, in verses 1 and 2. It is a four-fold secret:

1. **Repentance.** This is implied in verse 1 by the three words "not", "or", "or". All have sinned (Romans 3:23), but the happy man has repented of his sin. Repentance is "a change of mind that leads to a change of action" (Isaiah 55:7). So, it must be complete – a turning from the *counsel* of the wicked, from the way of sinners and from *sitting* with the mockers. (Notice, before we leave verse 1, three names for the *unhappy* man; also, the subtle progression of sin -- "walking...standing...sitting.")

- a. Sin starts out small, then gets a little more comfortable, and before you notice it, you are "sitting and wallowing in it. How do we get ourselves out of it?

2. **Faith.** This is indicated in verse 2. This man is now happy because he has turned from verse 1 to verse 2; from sin to God, to Christ; to the will, the word and the way of the Lord. He is now a man of faith. But he is also a man of:

3. **Obedience.** "His delight is in the law of the Lord"; therefore, he is a man of obedience, and faith plus obedience brings true happiness.

Trust and obey,
For there's no other way
To be happy in Jesus,
But to trust and obey.

- b. It's hard to "trust and obey" all the time. What steps do you take each day to make it easier to do this?

3. **Communion.** Verse 2 tells us that this man is made and kept happy because he meditates day and night in the Word of God. This speaks of true fellowship with God.

- c. What things do you do that keeps you in communion with God?

When we walk with the Lord in the light of His Word,
What a glory He sheds on our way!
While we do His good will, He abides with us still,
And with all who will trust and obey.

Not a shadow can rise, not a cloud in the skies,
But His smile quickly drives it away;
Not a doubt or a fear, not a sigh or a tear,
Can abide while we trust and obey.

Not a burden we bear, not a sorrow we share,
But our toil He doth richly repay;
Not a grief or a loss, not a frown or a cross,
But is blessed if we trust and obey.

But we never can prove the delights of His love
Until all on the altar we lay;
For the favor He shows, for the joy He bestows,
Are for them who will trust and obey.

Then in fellowship sweet we will sit at His feet,
Or we'll walk by His side in the way;
What He says we will do, where He sends, we will go;
Never fear, only trust and obey.

Refrain:

Trust and obey, for there's no other way
To be happy in Jesus, but to trust and obey.