

DSC Community Group

Sermon Summary, 9/18/2011

Title: "If You Want to be Happy For the Rest of Your Life..."
Series: "Pour Out Your Heart to Him: A Study in the Psalms" (Ps. 62:8)

Text: Psalm 1
Preacher: Ryan Kelly

1. **Our Irrepressible, Undeniable (and Seemingly Hopeless) Aim: True Happiness (1)**
 - "Blessed" really means happy. And not just happy but fruitful, fulfilled, confident, at peace. Psalm 1 tells us the pathway to true happiness even amidst hardships and difficulties."
 - Psalm 1 is sort of the "GATEWAY" to the rest of the Psalms. It's the intro.
2. **The Happy Path (1-2)**
 - ...steers clear of bad guides (1)**
 - Is this telling us to retreat and hunker down for protection?" The short answer is, no (Matthew 5; Matthew 28; John 17).
 - What Psa 1 is after are Qs like this: With what do you associate more? The world or the Word? To whom do you listen more? The world or the Word? Which is the greater influence in your living and thinking and priorities and pursuits?
 - Notice the progression Walk > Stand > Sit: There is a progression of saturation, of comfortableness.
 - ...stays close to the good guide (2)**
 - "his delight is in the law of the LORD": Law? Mosaic law? No. God's Word.
 - "on his law he meditates": Meditation = not mind emptying but mind chewing.
3. **The Happy Results (3)**
 - He is alive, not dry, fruitful, not useless. There is inner substance and stability
4. **The Sad, Destructive Alternative (4-5)**
 - If you throw chaff up into the wind, the grain falls to the ground and the chaff blows away.
 - What's communicated by that word picture? Chaff is a total contrast from the Tree: dry, empty, useless, fickle (circumstances are determinative), in the end it is simply gone.
5. **Two Kinds of People; Two Eternal Destinies (5-6)**
 - Are there two kinds of people or just one? Who is righteous? No one is righteous (Romans 3:23); Christians through faith are "counted" as righteous (Psalm 32:1ff; 1 Peter 3:18); Christians are becoming righteous; Christians one day will be made completely new.

Sample Questions:

- What comes to mind when you hear the word blessed? How would you describe what Psalm 1 means by "blessed" to someone new to the Bible? What are some of our personal perceived obstacles to blessing?
- Ryan talked about how Solomon went to the end of many roads (fame, sex, drink, power, money, etc.) for satisfaction and found none. How has this proven true in the roads you've traveled?
- What other Scriptures help us clarify what Psalm 1 is and is not saying about our relationship to the world? How have you gone wrong in the past? Where do you need to be careful (too close/removed)?
- What are some ideas, attitudes or behaviors that we're particularly vulnerable to in our day?
- Concerning meditation, what does this word mean to different people today, and what does it mean for the Christian? The Psalmist says to meditate "day and night." How is that possible? What has or does this look like in your life? Describe the fruit you've seen from faithfulness in meditation.
- What does this Psalm promise to those who delight in the Word? What does true prosperity mean for the Christian? Describe the life of someone you've known or know who is truly "blessed" in this way.
- Gospel: Ryan talked about what we mean when we talk about "being righteous." In light of the coming of Christ, in what sense are we and are we not righteous? Who was the most blessed man ever? Why? Are you hoping in the One who delighted in God's word perfectly and being conformed to His image?