



MIXTAPE, PART 1: HAPPY

Psalm 1 compares a righteous person to a fruitful tree and a wicked person to chaff, and the psalmist contrasts the behaviors leading to each. In our fast moving world, with lots of distractions that pull us away from the things of God and steer us into the possibility of chaff. How do we get on and keep on track in pursuing the place of righteousness of which the psalmist speaks? This message makes it clear that an individual must make a conscious decision to partake of essential nourishment from God’s Word and embrace specific disciplines that effectively awaken the soul.

BIG IDEA: **Don’t get stuck—meditate & chew on God’s Word regularly.**

DISCUSSION QUESTIONS

1. What makes you happy? Where have you searched for happiness? Where did you find it?
2. How should people today find happiness, according to TV, music, and advertisements?
3. *With your Bible or your Bible App, read Psalm 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. But his delight is in the law of the Lord, and on his law he meditates day and night.
Psalms 1:1-2

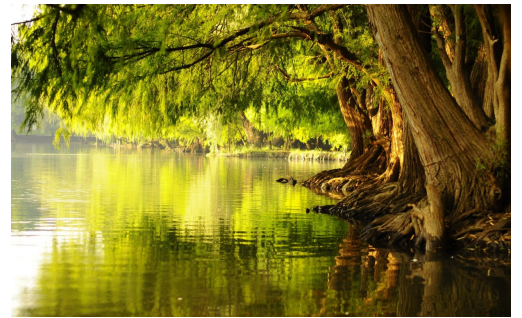
He is like a tree planted by streams of water, which yields its fruit in season and whose leaf does not wither. Whatever he does prospers. Not so the wicked! They are like chaff that the wind blows away.
Psalms 1:3-4

Therefore the wicked will not stand in the judgment, nor sinners in the assembly of the righteous. For the Lord watches over the way of the righteous, but the way of the wicked will perish.
Psalms 1:5-6

4. Try this. Read through Psalm 1 again. As you do, circle the characteristics of the godly and the ungodly. Then take some time to formulate them in your own words and write them down.

The Godly	The Ungodly
_____	_____
_____	_____
_____	_____
_____	_____

5. What are the blessed like and not like?
6. What is the point of the tree comparison? What are some characteristics of trees that are beside the water?



Imagine for a moment you are sitting near a stream that is flowing with crystal clear water over rocks and tree stumps with its gentle sound. You are sitting under huge trees that are old, but still very vibrant and green. As you observe the beauty of God’s creation, notice at the bottom of those trees, near the stream—the roots are exposed typically. Those roots grow deep into that stream of water. We are very much like those trees.

As the roots of these trees near the stream they are exposed to all the elements that may prevail around them. They are totally dependent upon that stream for its nourishment and water. Storms and drought may often beat at this tree, but because its roots are deep into that stream of water it remains constant, vibrant, stable, and steady. The trees will lose a limb from time to time. The trees may show signs of scarring from horrific storms that battered against it sometime within its life. However, it never faltered or died with its roots embodied deep in the water.

7. What are the wicked like and why?
8. What do you think the author meant by delighting in the *Law of the Lord*? What are some ways in which you can delight in the Lord?
9. What was the *Law of the Lord* in David’s day? How much of the Bible did David actually have? (verse 2) How could one meditate on it so long?
10. Do you feel a tension between the two ways? Is there a third way? Why or why not?



GOING DEEPER

1. One of the nickname's of Jeremiah the prophet is the plagiarizing prophet. Jeremiah spent so much time reading the Bible, the Law of the Lord, that when he wrote, his pen would just supernaturally drift towards thoughts he had read in God's Word before.
2. *With your Bible or your Bible App, read and compare Jeremiah 17:5-8 with Psalm 1.*

This is what the Lord says: "Cursed are those who put their trust in mere humans, who rely on human strength and turn their hearts away from the Lord. He is like a tumbleweed in the desert, with no hope for the future. They will live in the barren wilderness, in an uninhabited salty land."

Jeremiah 17:5-6

"But blessed are those who trust in the Lord and have made the Lord their hope and confidence. They are like trees planted along a riverbank, with roots that reach deep into the water. Such trees are not bothered by the heat or worried by long months of drought. Their leaves stay green, and they never stop producing fruit."

Jeremiah 17:7-8



3. What are some of the characteristics of a tumbleweed? How is a tumbleweed different than trees planted along a riverbank?
4. How is Jeremiah 17 similar to Psalm 1? How is it different? In what ways does Jeremiah expound on the idea presented in Psalm 1?
5. What times of spiritual drought have you experienced? What keeps you going during these dry times?
6. At present, are you feeling like a *tumbleweed in the desert* or a *tree planted by the water*? Why do you feel this way?

WHAT WILL YOU DO?



Multiplied happiness comes from being single-mindedly committed to God. Genuine happiness comes from wise, God-centered living. Perhaps you have been on a lifelong search for true happiness. Or maybe you are searching for a happiness lost—a happiness you thought you possessed until it left along with your marriage, your children, or your health. But none of these things—as wonderful as they are—can bring lasting genuine happiness. Following God's plan is a fulfilling way to live—a way that leads to happiness—whatever your circumstances.

How would you find time this week to meditate on God's Word, so you can be blessed? What changes do you need to make in your schedule and priorities so you can delight in and meditate on God's Word?

CHANGING YOUR MIND

But his delight is in the law of the Lord, and on his law he meditates day and night. 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.

Psalms 1:2-3