

## True Happiness

Ponder: Superficial happiness in contrast to blessedness

Scripture: “Blessed is the man who walks not in the counsel of the ungodly, nor stands in the path of sinners, nor sits in the seat of the scornful” (Psalm 1:1, NKJV).

What does it take to make you happy? A million dollars? Perfect health? Countless friends?

While these might be desirable, true happiness (which Scripture often calls “blessedness”) goes beyond superficial matters. It stems not from outward circumstances, but from your relationship with God. The peace, contentment, and tranquility that result from knowing God approves of you constitute genuine happiness.

The person described in the first half of the first psalm enjoys God’s approval. Does the Lord reward him materially? Indeed, He does! But those things are not the basis of his blessedness. To the contrary, the man is blessed because, first, he does not heed ungodly counsel. Legion are those who have followed the advice of the worldly-wise and found themselves estranged from God! The righteous patriarch Job stated, “The counsel of the wicked is far from me” (Job 21:16).

Second, the blessed man does not stand in the path of sinners. That path is heavily traveled, but leads to eternal destruction (Matthew 6:13). Stand in the path of sinners and you’ll be walking down it soon enough.

Third, the blessed man does not sit in the seat of the scornful. To sit in their seat is to participate with them in mocking and deriding God and all that is holy. Obviously such vile behavior would not result in approval from God!

Instead of following ungodly advice, standing in the path of sinners, and mocking God, the blessed man delights in the law of the Lord and thinks about it constantly. He fills his heart with thoughts of God’s greatness, His faithfulness in keeping His promises, and the kind of behavior that He requires of His people. Since behavior is triggered by what is within our hearts, the wisdom consuming a steady diet of God’s word is readily evident.

Do you want to be happy? Not superficially, but blessed in the Biblical sense? Shun the world’s wisdom and the path leading to eternal ruin! Fill your heart with God’s word; mull it over in your mind continuously. How about starting right now?

Song: “Give Me The Bible”

Prayer: Righteous Father, we thank You for revealing within Your word the attitude and behavior You require from us. Help us to reject the sinful alternatives the world offers us. May we fill our hearts with your word so that our deeds will please You. In Jesus’ name, Amen.