

SERMON NOTES

Series: The Days Psalms of Our Lives

Title: The Truly Happy Person

Text: Psalm 1

Topic: The Life God Blesses

Teacher: Dr. Barry D. Lovett

Time: 10/18/26

File Under: Expository



There are only two kinds of people – the _____ and the _____.

The opposite of wisdom is not ignorance, it's _____.

Psalm One is a portrait of a happy person. *“Blessed is the man”* literally means, *“How _____ the man.”*

THE _____ OF THE HAPPY MAN:

The blessed man does not do certain things,

1. ...walk in the counsel of the wicked
2. ...stand in the way of sinners
3. ...sit in the seat of mockers.

The “ungodly” are not necessarily _____, they just don’t have _____ for God in their lives.

“Sinners” refers to those who habitually _____ against God.

“Mockers” are those who _____ of God and His followers.

THE _____ OF THE HAPPY MAN:

The blessed man knows there are some things he _____ do. He _____ in the Word of God and he _____ on it.

Meditation is going _____ again and again.

THE _____ OF THE HAPPY MAN:

The blessed man is _____, _____, _____ and _____.

“...blessed is the man who trusts in the LORD, whose confidence is in him. He will be like a tree planted by the water that sends out its roots by the stream. It does not fear when heat comes; its leaves are always green. It has no worries in a year of drought and never fails to bear fruit.” Jeremiah 17:7-8.

THE _____ TO THE HAPPY MAN:

The ungodly man is _____, _____, _____, _____, and _____.

There are _____ to our choices.

“...nor sinners in the assembly of the righteous.” In the final judgment, hypocrites will not be able to _____ with the true followers of Christ.

“...be sure your sin will find you out.” Numbers 32:23. *“The soul that sins, it shall die.”* Ezekiel 18:4, 20. *“Don’t be deceived, God is not mocked. What a man sows, that he will reap.”* Galatians 6:7.

“The Lord knows the way of the righteous.” “Knows” here means more than simply being aware - God _____ about His children! It is a _____ action.

God is _____ watching the blessed person.

Digging Deeper: What are the “blessed” like? What is the point of the tree comparison? What are the “wicked” like and why? What was the “law of the Lord” in David’s day? How could one meditate on it so long? Do you feel a tension between the two “ways”? Is there a third way? Why or why not?

For Further Reflection: How should people today find happiness according to TV, music and ads? Where have you searched for happiness? Where do you find it?

Next Week’s Sermon: Psalm 8. *Reaching Your Full Potential.* “Who am I?” Only God has the right answer. Within every person’s heart there is an emptiness that can only be filled by God. Only as God is given liberty to move into that emptiness do we begin to reach our intended potential and fulfill our purpose.