

# CRIES OF THE HEART

Wrestling with God through the Psalms

1 Blessed are those who do not walk in step with the wicked or stand in the way that sinners take or sit in the company of mockers,  
2 but who delight in the law of the LORD and meditate on his law day and night.

3 They are 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 will be destroyed.

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*Are you happy?*

# The Happiness Movement

“The happy man is a hollow man.”

Eric Wilson , *Against Happiness*

“To be stupid, selfish, and have good health are three requirements for happiness.”

Gustave Flaubert, French Novelist

*Happy are you, O Israel! Who is like you,  
a people saved by the LORD, the shield of your help,  
and the sword of your triumph!*

Deuteronomy 33:29

# Psalm One: Gateway to the Scriptures

Happiness is possible  
*v. 1 Blessed are those who...*

## Happiness is a choice

*v. 1 Blessed are those who do not walk in step with the wicked or stand in the way that sinners take or sit in the company of mockers...*

*The Lord says: These people come near to me with their mouth and honor me with their lips, but their hearts are far from me. Their worship of me is based on merely human rules they have been taught. **Isaiah 29:13***

Happiness is a consequence

*v. 2 but who delight in the law of the LORD and  
meditate on his law day and night.*

*“God cannot give us a happiness and peace apart from Himself, because it is not there. There is no such thing.”*

**C.S. Lewis**, *Mere Christianity*

Happiness is a fundamental

*v. 3 They are like a tree planted by streams of water,  
which yields its fruit in season and whose leaf does not  
wither-- whatever they do prospers.*

*“A table, a chair, a bowl of fruit and a violin; what else does a man need to be happy?”*

Albert Einstein

*For what we preach is not ourselves, but Jesus Christ as Lord, and ourselves as your servants for Jesus' sake. 6 For God, who said, "Let light shine out of darkness," made his light shine in our hearts to give us the light of the knowledge of God's glory displayed in the face of Christ.*

*7 But we have this treasure in jars of clay to show that this all-surpassing power is from God and not from us. 8 We are hard pressed on every side, but not crushed; perplexed, but not in despair; 9 persecuted, but not abandoned; struck down, but not destroyed*

*2 Corinthians 4:5-9*

*Are you happy?*

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