



THE PURSUIT OF HAPPINESS Psalm 1

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Stuart Briscoe

We all know that according to the Declaration of Independence our Creator has granted His creatures certain inalienable rights such as "Life, liberty and the pursuit of happiness." But what is happiness and where should it be pursued? Psalm 1 tells us!

I. The Desire for Happiness.

- A. A universal longing for contentment, fulfillment, a sense of well being.
- B. A common perception that happiness is related to happenings.
- C. A resultant channeling of resources, energies into organizing "happenings."

II. The Delusions of Happiness.

- A. Pursuing it energetically where it is not to be found.
- B. Not to be found in the "advice of the morally wrong." v. 1
- C. Not to be found in the path trod by those missing the mark.
- D. Not to be found in the dwellings of the cynical.

III. The Description of Happiness.

- A. "Blessedness" — "happy, fulfilled or intrinsically right." (N.B.C.)
- B. Unrelated to happy happenings. See Matthew 5:3-10
- C. Blessedness based on "the teachings of the LORD." v.1; See Proverbs 3:1; 9:10
 - 1. A source of delight.
 - 2. Producing a permanent inner disposition.
- D. A life of inner sufficiency—like a transplanted tree. v. 3
- E. A life of regular productivity—"fruit in season."
- F. A life of reliable consistency—"leaf does not wither."
- G. A life of significant prosperity—lit. "goes forward."
- H. A life of quiet tranquility—"the LORD watches over." v. 6

Points to ponder: Having the right to pursue happiness does not guarantee you will find it.

Further reading: Stuart's book, *What Works When Life Doesn't*, contains this message and others from the Psalms.