

Name _____

MONDAY: Happy You!

How many people do you know who are happy? What have you noticed about people who are happy? Why do you like to be around them? _____

Do you think your family and friends would describe you as a happy person? Why or why not?

Do you think of yourself as a happy person? Why or why not? _____

God wants us to be the kind of person that can be truly happy. If you open your Bible in the middle, you will find a books of songs called Psalms. God talks in Psalm 1 about how we can become the kind of person who can be happy. Since happiness matters, we will invest this week and next week thinking through what God tells us in Psalm 1.

What is the first word of Psalm 1? _____ What do you think it means to be blessed? _____

Some Bible versions translate the first word in Psalm 1 as “how blessed” or “how happy” or “oh, the joys.” Clearly being blessed has a lot to do with being joyful and happy. Sometimes people describe joy as being something based in God while happiness is based in circumstances. However, the Bible uses the terms *joy* and *happiness* to mean the same thing. (For examples, see: Esther 8:16 [NIV], Jeremiah 31:13 [HCSB], and Proverbs 23:25 [NLT]). Most dictionaries list *joy* and *happiness* as synonyms.

What are the three things Psalm 1:1 tells us that a blessed, joyful, happy person does **not** do?

Does not. . . _____

or _____

or _____

Want to become a Psalm 1 kind of person who God can bless? It’s not going to happen if you let yourself be influenced by the kind of people who do not take God seriously and walk in God’s ways.

TUESDAY: A Different Delight

Yesterday we talked about the person who wants to be truly happy. Let's say you want the happiness that comes from following God. Do you remember the three things that you would need to completely avoid?

1. Avoid taking advice from evil people. People who do not take God seriously but follow their own way of doing things are going to lead you astray. Those people may or may not look evil. Satan, the enemy who wants to destroy you, looks like an angel of light (2 Corinthians 11:14).
2. Avoid doing what sinners do. All of us sin. Sin is anything I say, think, or do that does not please God. The person who wants to be happy needs to avoid people who are bent on sinning and make sinning the habit of their life. Sin has the power to trap us and make us its slaves.
3. Avoid joining with those who make fun of (mock) God. Mockers are never going to help you understand God and His good plan for you.

Think about the shows and movies and songs you have heard lately. Which (if any) promote what God says is evil? Which (if any) portray sinful lifestyles as acceptable? Which (if any) make fun of God and Christians?

Instead of filling our brains with media that makes us think about things that pull us away from God, we can fill our brains with Truth that will pull us towards God. Read Psalm 1:2. What should a person who wants to be blessed take delight in?

The law of the Lord really means all God has told us in His Word. The person who wants the happiness God offers is going to meditate. What do you think it means to meditate?

Do you remember how you felt before the first time you walked into a class at church or school or, if you play sports, how you felt before you joined a new team? Our brains go into overdrive with both excitement for how good something could be and dread for how bad it could be. We begin to play out possible scenarios for how things could go. Thinking to yourself in this way is really meditation. What would you need to be able to meditate on (delight in) God's Word?

God's Word won't influence our thinking if we don't understand it and connect it to our lives.

WEDNESDAY: Meditate . . . About What?

Think through the last twenty-four hours. What are five things you have been thinking about?

Do you ever watch a movie and find the scenes replaying in your head? That's meditating.

Do you ever have an argument with someone and then—after you walk away—rethink the argument and come up with a bunch of ideas you wish you had said? That's meditating.

Do you ever dread going into a new situation because you are afraid you will make a fool of yourself if they ask you to do something you don't know how to do? That's meditating.

Meditation is a word that can be confusing—especially since there is more than one type of meditation. Some religions teach that meditation is the practice of emptying your mind of thoughts. The person God tells us about in Psalm 1 is doing a radically different meditation.

To understand what it looks like to meditate on God, take a look at Psalm 63:1–6.

This psalm is written like a letter. Who is it written to? _____

David, the person who wrote this psalm, is longing for God. What does he say in verse 3 is better than life? _____

According to verse 5, what satisfies David more than his favorite meal? _____

According to verse 6, what does David lie awake thinking about at night? _____

Let's go back to Psalm 1. According to verse 2, the people who are going to know God's joys are going to meditate _____ and _____.

This doesn't mean the Psalm 1 happy person just sits around all day reading the Bible. But it does mean that they keep God in the picture and think about Him as they walk and talk and eat and drink and go to bed and get up.

Have you noticed how some people stay connected to their phone all the time? They may be talking to you, but if their phone pings or vibrates—they have to check it. Many people check their phones right before falling asleep, during the night if they wake up, and in the morning first thing. You already know how to meditate.

Question is—will you meditate on social media and events your phone tells you about—or will you delight in God and re-direct your thoughts to Him?

THURSDAY: Like a Tree

Do you remember the two times the Psalm 1 happy person meditates on God's Word?

_____ and _____

In Deuteronomy 6:7 God had Moses tell parents to talk about God's Word at four different times. Find all 4 and write them here:

If you have parents telling you God's Word all throughout the day like that—thank God! If you have teachers who talk about God and His ways while you are at school—thank God! They are helping you learn how to meditate on God's Word day and night.

Apart from parents and teachers—friends play a big part in what we think about. What are things your friends often get you thinking about?

What comes to us through our play lists and media channels has a direct line to our brain through our ears and eyes. What do the things you regularly watch and listen to influence you to think about?

Take a look at Psalm 1. What does verse 3 tell us that the Psalm 1 happy person is like?

Where is the tree? _____ When you plant a tree by water it's going to grow much better than a tree that gets watered only every now and then. Without water, the leaves on trees shrivel up and the tree is fighting just to stay alive. With water, the tree has beautiful leaves and is able to produce fruit to bless others.

Verse 2 is talking about the Psalm 1 happy person meditating on God's Word day and night. Just as water helps a tree grow and flourish, God's Word will help us grow and flourish spiritually. When verse 3 says that what godly people do turns out well, it doesn't mean that we will not have problems or that we will be rich. We will find out more about what it means in connection with the rest of this chapter next week.

Name _____

FRIDAY: Connection Reflection

What did you learn about happiness from Psalm 1 this week? _____

What types of people did you find out you need to avoid if you are going to become a Psalm 1 happy person? _____

What did you learn about meditation this week? _____

Have you ever memorized Bible verses before? _____ If you have, how would memorizing help you meditate on God's Word? _____

List all the ways you can think of to meditate on God's Word, even if you don't have any of it memorized. _____
