

## Psalm 1

<sup>1</sup>Blessed is the man  
who walks not in the counsel of the wicked,  
nor stands in the way of sinners,  
nor sits in the seat of scoffers;  
<sup>2</sup>but his delight is in the law of the LORD,  
and on his law he meditates day and night.  
<sup>3</sup>He is like a tree planted by streams of water  
that yields its fruit in its season,  
and its leaf does not wither.  
In all that he does, he prospers.  
<sup>4</sup>The wicked are not so,  
but are like chaff that the wind drives away.  
<sup>5</sup>Therefore the wicked  
will not stand in the judgment,  
nor sinners in the congregation of the righteous;  
<sup>6</sup>for the LORD knows the way of the righteous,  
but the way of the wicked will perish.

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# The Good Life

## 'How to be happy'

### Psalm 1

#### Introduction - Where do you go for advice?

#### Be happy by listening to God (v1-2)

- Delight yourself in God's word

- Don't listen to those who don't listen to God

#### Be happy by avoiding God's judgment (v3-6)

- Nourishment in life

- Preservation at death

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#### Next week

Has science buried God?  
Guest speaker: David Wilkinson  
(Wednesday only)

#### Bible references:

Jeremiah 31:33, Luke 24:25; 3:17