

September 3, 2017

Series: Authentic: Living Life through the Psalms

Title: Finding Delight

Text: Psalms 1:1-3

**Psalm 1:1–6 (NKJV)**

***Blessed is the man Who walks not in the counsel of the ungodly, Nor stands in the path of sinners, Nor sits in the seat of the scornful; <sup>2</sup> But his delight is in the law of the LORD, And in His law he meditates day and night. <sup>3</sup> He shall be like a tree Planted by the rivers of water, That brings forth its fruit in its season, Whose leaf also shall not wither; And whatever he does shall prosper. <sup>4</sup> The ungodly are not so, t are like the chaff which the wind drives away. <sup>5</sup> Therefore the ungodly shall 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 ungodly shall perish.***

### **Introduction of Series:**

Over the next several weeks, we're going to live and view life through the Psalms.

### **Overview of the Psalms**

~ Psalms means, "in Hebrew, praises." In Greek its translated "songs."

~David wrote about half of the 150 Psalms. Other authors included Asaph (12), Korah (10) Solomon (2), Moses (1) and approximately 48 of the psalms are anonymous.

~The writing of the Psalms covers about a 1000 year period from the time of Moses (15<sup>th</sup> Century) to the postexilic period (5<sup>th</sup> Century), the period after he captured by the Babylonians.

~The final editor of the work of the book of Psalm was probably Ezra (around 450 BC).

~Psalms are songs filled with repetition but not without meaning. (***Psalms 107 – "Oh that men would give thanks to the Lord for His goodness and for His wonderful works to the children of men."***)

~Psalms, give voice to the wide range of human emotions which arise for everyday experience.

-More importantly to us, they clear teach us that God wants to "hear our cry." (***Psalms 103:14, "For he knows our frame; he remembers we are dust"***)

~We can be "real" with God and live in the place of authenticity with Him. (***Psalms 2:1 – heathen rage (nations are out of control), Psalms 73 – why does God allow the wicked to prosper.***)

Hence, the series title, "**Authentic – Living life through the Psalms.**"

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seat of the scornful; <sup>2</sup> *But his delight is in the law of the LORD,* And in His law he meditates day and night. <sup>3</sup> *He shall be like a tree Planted by the rivers of water, That brings forth its fruit in its season, Whose leaf also shall not wither; And whatever he does shall prosper.*

Psalms 1 & 2 are an Introduction to the Book of Psalms, they are intentionally placed in the front of the book. The authors are unknown. They start and end the same way:

*Psalms 1:1 – Blessed is the man who...*

*Psalms 2:12 – Blessed are all those who ...*

In Psalms 1, we are given the overall purpose for the book of Psalms

1. It is a manual for **LIVING THE ABUNDANT LIFE** (be the person who prospers in all that he does! (1:3 – and whatever he does shall prosper)

**Prosper** – “to do well, go well, do good – to have success; to have a weapon that prevails (*Isaiah 54:17* – No weapon formed against me shall “do well.”)

2. It communicates the message to us that through all aspects of life and experiences – **THE LORD REIGNS!**

### **Finding Delight (Psalms 1:1-3)**

*Gold is this verse – vs. 2*

### **Facts about Life in the Psalms (Lyrics: Facts of Life)**

1. **Life is Crazy** – we have cra, cra all around us!
2. **Life is Confusing** – things happen in life (to us) that do not make sense! Painful, Disappointing, Unmet Expectations, Hiring/Firing, Relationships Strained (expecting things from people that only God can give), Anxious etc.
3. **Life is Crowded** – we are all at capacity!

**Most people are not Doing Well ... Here’s the problem will all of mankind!**

- **Delight Confusion:** peoples delight is off target, can’t get satisfaction, they take pleasure in the wrong things...

**Delight** – Heb., “to make do” and often refers to taking joy or pleasure in something or someone! Synonymous with the verbs “to love” and “to be pleased.”

It is the action of seeking or desiring to do what will bring happiness, pleasure, fulfillment or satisfaction! The English idiom that expresses this meaning is “to have one’s heart set on” someone or something!

**In the Law of the Lord...** “the whole law of God ... everything God teaches

Here's the Key for all mankind, to all of life, to living the abundant life is **"finding delight" in the right something and someone!**

1. **We have to fight for Delight** (the right delight, because there is so much vying for our attention, desire, pleasure and our eye)

## 2. **We have to be intentional about our Delight (e.g. Coffee)**

*Colossians 3:1-2* - *If then you were raised with Christ, seek those things which are above, where Christ is, sitting at the right hand of God. <sup>2</sup>Set your mind on things above, not on things on the earth*  
Traditional KJV, says **"set your affections"** (mind)

## 3. **We must develop a desire for Delight**

Most Christians want God on their own terms... no development (discipleship) of what it means to follow Him.

German theologian, [Dietrich Bonhoeffer](#), called *The Cost of Discipleship*, published in 1937. In that book, Bonhoeffer defined "cheap grace" as "the preaching of **forgiveness without requiring repentance**, baptism without church discipline. **Communion**

**without confession.** Cheap grace is **grace without discipleship, grace without the cross, grace without Jesus Christ."**

We want the **benefits of Christianity without the costs involved.**

(We are not called so that He can follow us (bless me, give me, do for me), he called us out of darkness to follow the light!

We develop desire through daily discipline ...

- *Psalms 40:8* "I delight (take joy) in doing your will, my God, for your instructions are written on my heart."
- *Psalms 37:4* – "Delight yourself in the Lord..."
- *Philippians 2:13* – For it is God who works in you to will and to act on behalf of His good pleasure. **(Berean Study Bible)**

## Conclusion/Big Idea/Closing Prayer:

**BIG IDEA: "Lord, put on my heart... the things that are on your heart!"**