



Lesson 10: Happiness

Psalm 128 (The Message)

- 1-2 **128** All you who fear God, how blessed you are!
how happily you walk on his smooth straight road!
You worked hard and deserve all you've got coming.
Enjoy the blessing! Revel in the goodness!
- 3-4 Your wife will bear children as a vine bears grapes,
your household lush as a vineyard,
The children around your table
as fresh and promising as young olive shoots.
Stand in awe of God's Yes.
Oh, how he blesses the one who fears God!
- 5-6 Enjoy the good life in Jerusalem
every day of your life.
And enjoy your grandchildren.
Peace to Israel!

I. Promises & Pronouncements

Psalm 128 features a word that describes a life filled with happiness – blessing. This word blessing is seen in this Psalm with three promises: “All you who fear God, how blessed you are!” “You...deserve all you've got coming.” “Enjoy the blessing! Revel in the goodness!”

It concludes with three powerful pronouncements: “Oh, how he blesses the one who fears God!” “Enjoy the good life in Jerusalem.” “Enjoy your grand-children.”

In between those promises and pronouncements is an illustration of blessing: “Your wife will bear children as a vine bears grapes, your household lush as a vineyard, / The children around your able as fresh and promising as young olive shoots.”

These all lead up to a happy and abundant life. A life that is filled on one side with promises of blessings, on the other side with pronouncements of blessings, and many blessed experiences in-between.

II. *Sharing In Life*

The illustration in the middle of the Psalm shows us how the blessing works: “Your wife will bear children as vine bears grapes, your household lush as a vineyard,/ The children around your table as fresh and promising as young olive shoots.”

Though culture has changed for which this illustration stems from, the meaning is still with us. Blessing has the power to increase. It functions by sharing and delighting in life. Blessings are meant to multiply, to be shared, and enjoyed with others. Psalm 128 helps us do that. To have happiness. Christian blessing is realizing that, “it is more blessed to give than receive.”

However, being blessed does not exclude difficulties and hardships. But these come from the outside and faith which comes from the inside can guard, protect, and give us victory (1 John 2:15-17; 5:4-5).

III. *Traveling By The Roads*

There are no tricks involved in getting in on this life of blessing, and no luck is required. We simply need to become Christians and begin a life of faith. We acknowledge God as our maker and creator. We accept Christ as our savior, and we come to him with humble hearts and He brings us into a loving relationship with God. We begin this journey of faith at our baptism where enter into Christ and then we walk in His ways and follow His path. In the plain words of the psalm: “All you who fear God, how blessed you are! How happily you walk on his smooth straight road!”

“Enter through the narrow gate; for the gate is wide and the way is broad that leads to destruction, and there are many who enter through it. “For the gate is small and the way is narrow that leads to life, and there are few who find it. (Matthew 7:13-14)