

Happiness in the Psalms

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Introduction

Life, liberty and the pursuit of happiness are universal goals. Everybody wants to be happy, but many look for happiness in the wrong places. Neither position nor possessions make one happy or unhappy. Disposition is an oft overlooked key. Heartfelt happiness comes from sharing a meaningful relationship with God, family, brethren, and our fellow man.

It is interesting to study the words “happy” and “blessed” as they are used in the Psalms. Family and children bring us happiness and joy (Psa. 127:3-5). Helping those who are less fortunate also is a source of happiness (Psa. 41:1-2). However, the vast majority of such verses focus on our relationship with God (Psa. 84:4-5; 144:15).

Trusting God

We can be happy trusting God (Psa. 40:4-5; 84:8-12; 146:1-7).

Reverencing God

We can be happy reverencing God (Psa. 34:8-14; 112:1-3; 128:1-6).

Obeying God

We can be happy obeying God (Psa. 1:1-6; 106:1-3; 119:1-3).

Worshipping God

We can be happy worshipping God (Psa. 2:10-12; 65:1-4; 89:11-18).

Accepting Correction From God

We can be happy receiving correction from God (Psa. 32:1-8; 51:1-15; 94:12-14).

Conclusion

Temporal and eternal happiness depend on our relationship with God. Are you a child of God? Do you share a covenant relationship with him? Have you sought his forgiveness? Have you obeyed the saving gospel of Christ?