



CELL GUIDE

TOPIC	Song For Happy Times	SPEAKER	DSP Chua Seng Lee
THEME	Lessons From Selected Psalms	DATE	25 & 26 June 2022

MESSAGE SUMMARY

INTRODUCTION

In the fourth and final sermon of this series, DSP Seng Lee drew lessons from Psalm 1 to teach us how we can live in a way that will gain God's approval.

SONG FOR HAPPY TIMES

Although many think of 'happiness' as a superficial feeling of delight, the word 'happiness', or 'blessed' ('bārûk') appears frequently in the book of Psalms. DSP Seng Lee highlighted examples of its usage, which range from praise (i.e. 'delighting in the Lord'), to the joy of salvation (Psalms 32:1), gratitude for safety in the Lord (Psalms 34:8) and the satisfaction of being close to God (Psalms 64:4).

Unlike the later Psalms, (e.g. Psalm 150), which guide Christians on how to praise God, Psalm 1 focuses on something more fundamental—how to live in a way that pleases God. The main teaching, in v6, tells us that God knows, or approves, of the righteous. How, then, can we live in a righteous manner that God will approve of?

1) Be separated from the Ways of the World

We live in the information age, where advice on any topic can be easily sought and found. However, we need to rely on the Word in order to discern what constitutes godly advice and what does not (v1 and 1 Corinthians 3:19).

We should also refrain from gossiping, or mocking and criticising others (i.e. 'scoffing') (v1).

There are consequences to sin; v6 mentions that the 'wicked would perish'. We should therefore guide our oikos towards the narrow and righteous path (Matthew 7:13), and make sure that we are ourselves influenced by godly people who would do likewise for us.

2) Be saturated with the Word of the Lord

While v1 mentions what the blessed person would not do, v2 details what they do instead: meditating on the Word and delighting in it.

As with learning any new skill, reading the Bible may seem daunting to some. However, by being disciplined about it, and by adapting the way we study the Bible to our individual learning styles, it would eventually become a joyful habit.

Christian meditation involves allowing the Word of God to enter our minds so we can live by the Word. Ps Felicia guided the congregation through a Scripture meditation session:

1. Read the Scripture—which word or phrase stand out to you?
2. Reflect on them—what is God saying to you through the word or phrase?
3. Respond—how will you respond to God based on what you have read or encountered?
4. Rest in the Lord

When we are saturated in the Word and it dwells in our hearts, we will know how to live according to it. God's words will also come to mind to guide us, especially in times of need.

CONCLUSION

At the beginning of this series, Ps Seng Lee mentioned that he would 'begin with the end in mind, and end with the beginning in mind'. This is why he concluded the series with Psalm 1. While there are Songs for all seasons, we need to first learn to live in a righteous manner that God would approve of. We need to know God better before we can praise Him appropriately.

QUESTIONS

1. Share about a time where you found it challenging to separate from the ways of the world. Why was it a struggle?

2. DSP Seng Lee emphasised the importance of being 'saturated in the Word', so that God's words will naturally come to mind, especially in times of need. When has knowing the Word helped you in a much needed and/or timely way?

3. Ps Felicia led us through a Scripture meditation session. Have you practised a Scripture meditation session recently? Which verse(s) did you meditate on, and what were your takeaways?