

Mixtape

Mixtape: through the psalms

SCRIPTURE: Psalm 1:1-3

God has given us a MIXTAPE of sorts in the Old Testament. It's called the book of Psalms.

(From YouVersion Bible App) The book of Psalms is a collection of song lyrics. Like many songs, they were first written in response to events in the lives of their authors. Later, the whole community used them in worship. When Israel returned from exile in Babylon many of the songs from over the centuries were collected in the book of Psalms.

The book of Psalms thus operates at two levels: individually the songs explore a wide variety of honest spiritual responses to God, while the overall collection tells, and celebrates, the work of God in history to save his people.

Let's look at Psalm 1. The first song added to God's MIXTAPE goes like this...

Psalm 1:1-3

¹Blessed is the one who does not walk in step with the wicked or stand in the way that sinners take or sit in the company of mockers,

²but whose delight is in the law of the Lord, and who meditates on his law day and night.

³That person is like a tree planted by streams of water, which yields its fruit in season and whose leaf does not wither—whatever they do prospers.

To me this song is a happy song. It evokes feelings of blessing and prosperity in the Lord.

What if I could give you a template of how to find happiness? Let's unpack these lyrics and see if we can find God's way to happiness.

Psalm 1:1

¹Blessed is the one who does not walk in step with the wicked or stand in the way that sinners take or sit in the company of mockers

The song writer touches on something good from the very beginning of this song.

It matters who you hang out with.

1 Corinthians 15:33-34

³³Do not be misled: "Bad company corrupts good character."

³⁴Come back to your senses as you ought, and stop sinning; for there are some who are ignorant of God—I say this to your shame.

The truth is this, you will go where the people you are around go.

I'm not saying we should never be with those who are not Christians, but I believe we have to be closer to those who do believe.

When you are with some people is it like you are keeping in step with them, are you in step with something wicked?

The longer we are with someone, the more likely it will be that we get in sync with them. We will begin to get in step with them.

One of the steps in this happy life is to...

FOSTER GOD HONORING RELATIONSHIPS

Psalm 1:2

²but whose delight is in the law of the Lord, and who meditates on his law day and night.

What do you delight in? Sports. Family. Money. Position? The songwriter says we should delight in god's word, day and night.

It matters what you are thinking about.

If you read through the Psalms you will find this theme, whether in good times or bad, God's word is a comfort and joy to those who are trying to follow God. The Psalms encourage us to be intentional about listening to God through His word.

Psalm 19:14

¹⁴May these words of my mouth and this meditation of my heart be pleasing in your sight, Lord, my Rock and my Redeemer.

I believe that meditation is simply having God's word on our minds and in our hearts at all times. Now that assumes a couple things. 1) it assumes we know God's word; 2) it assumes that we take God's word with us everywhere.

You see I think that if we could make a habit of keeping God's word at the forefront of our minds and hearts it would change how we act, how we interact, how we think, what we say. And those new habits would contribute to our overall happiness.

Let's do this, let's....

MEDITATE ON GOD'S WORD

Psalm 1:3

³That person is like a tree planted by streams of water, which yields its fruit in season and whose leaf does not wither— whatever they do prospers.

The final thing that will contribute to this happy life is to produce fruit. We are all looking for significance. One of the ways to find significance is to serve others.

It matters how you serve others.

One of the key ways to overcome difficult times in our own lives is to keep our focus outward. Our tendency is to collapse inward, but God says we are to look up and help others.

1 Peter 4:10

¹⁰Each of you should use whatever gift you have received to serve others, as faithful stewards of God's grace in its various forms.

God gifts each one of us in different ways. These gifts were not intended to make ourselves look good or glorify ourselves. They were intended to serve others.

Maybe we should be ready at all times to serve others. To jump in the game and make a difference.

Psalm 1:3 says we should

SERVE OTHERS IN SIGNIFICANT WAYS

Something I noticed...

LOVE GOD (meditating on God's word helps us know and love God)

LOVE EACH OTHER (fostering God honoring relationships)

LOVE THE WORLD (serve others in significant ways)

Small Group Questions.

1. What was the first album that you purchased? What was the format? LP, 45, 8 track, tape, CD, digital, or streaming subscription? How often do you listen to that song or band today?
2. Have you ever made a mix tape for someone? What were some of the songs you put in the mix?
3. As a group discuss what happiness is. Is happiness and joy different? What do each come from?
4. Read Psalm 1: 1-2, and 1 Corinthians 15: 33-34. What do these passages say about different types of relationships? How do we cultivate healthy relationships?
5. 1 Peter 4:10 - in what way has God gifted you that you are able to serve someone else? What is your favorite way to serve?
6. Have you ever been asked to do something that you weren't expecting to do, but you ended up excelling at that thing?