

Life Lessons from Book of Psalms

LESSON 8: TRUE HAPPINESS

REFLECTION

Begin your study by sharing thoughts on this question.

**1. What is your favorite hobby or activity?
Why do you enjoy it?**

BIBLE READING: Psalm 62:1–12 NIV

¹ [For the director of music. For Jeduthun. A psalm of David.]

Truly my soul finds rest in God;
my salvation comes from him.

2 Truly he is my rock and my salvation;
he is my fortress, I will never be shaken.

3 How long will you assault me?
Would all of you throw me down—
this leaning wall, this tottering fence?

4 Surely they intend to topple me
from my lofty place;
they take delight in lies.
With their mouths they bless,
but in their hearts they curse.

5 Yes, my soul, find rest in God;
my hope comes from him.

6 Truly he is my rock and my salvation;
he is my fortress, I will not be shaken.

7 My salvation and my honor depend on God;
he is my mighty rock, my refuge.

8 Trust in him at all times, you people;
pour out your hearts to him,
for God is our refuge.

9 Surely the lowborn are but a breath,
the highborn are but a lie.
If weighed on a balance, they are nothing;

together they are only a breath.

10 Do not trust in extortion
or put vain hope in stolen goods;
though your riches increase,
do not set your heart on them.

11 One thing God has spoken,
two things I have heard:

“Power belongs to you, God,

12 and with you, Lord, is unfailing love”;
and, “You reward everyone
according to what they have done.”

DISCOVERY

Explore the Bible reading by discussing these questions.

2. List the images from this psalm that show the psalmist’s confidence in God.

3. How does God protect his people?

4. How does this psalm encourage you to deal with problems and pain?

5. What does this passage reveal about the value of power, wealth, and status?

(We may want to learn more about what the Bible teaches about the value of power, wealth, and status. Refer them to these passages: Deuteronomy 8:18; Ecclesiastes 5:10; Luke 12:15; 14:7–14; Romans 12:16; 1 Timothy 6:17–19; James 1:9–11; 5:1–3.)

6. How does God reward his people?

INSPIRATION

The only ultimate disaster that can befall us, I have come to realize, is to feel ourselves to be home on earth. As long as we are aliens, we cannot forget our true homeland.

Unhappiness on earth cultivates a hunger for heaven. By gracing us with a deep dissatisfaction, God holds our attention. The only tragedy, then, is to be satisfied prematurely. To settle for earth. To be content in a strange land....

We are not happy here because we are not at home here. We are not happy here because we are not supposed to be happy here. We are “like foreigners and strangers in this world” (1 Pet. 2:11).

Take a fish and place him on the beach. Watch his gills gasp and scales dry. Is he happy? No! How do you make him happy? Do you cover him with a mountain of cash? Do you get a beach

chair and sunglasses? Do you bring him a Playfish magazine and martini? Do you wardrobe him in double breasted fins and people-skinned shoes?

Of course not. Then how do you make him happy? You put him back in his element. You put him back in the water. He will never be happy on the beach simply because he was not made for the beach.

And you will never be completely happy on earth simply because you were not made for earth. Oh, you will have moments of joy. You will catch glimpses of light. You will know moments or even days of peace. But they simply do not compare with the happiness that lies ahead.

(From When God Whispers Your Name by Max Lucado)

RESPONSE

Use these questions to share more deeply with each other.

7. Where do people look for satisfaction?

8. What happens to us when we depend on people or objects to make us happy?

9. When are you most likely to feel “at home” on earth?

(Note: David wrote this psalm during the time of his son’s rebellion (2 Samuel 15–18). Even in the midst of this heartbreaking and seemingly hopeless situation, David knew God was in control. He found true relief and happiness because he put his hope in God.)