

**“The Happy Life”**  
*Sermon Notes*

- **For you to be happy, your life must follow the grain of God’s design from the beginning of creation**

*\* What is God’s design for the happy life? The blessings of...*

1. Faithful walk with God (1)

2. Fruitful work (2)

3. Flourishing family (3-4)

*\* Psalm 128 directs us to take stock of the happy life and...*

1. Count our blessings (1-3)

2. Call on God to pour out his peace upon our church (4-5)

**Next Week:** Genesis 3

## **MEFC Study Guide**

For the week of September 15th - 21st

### **Context — let's get our bearings in the Psalms**

1. The Biblical context of Psalm 128 is Psalm 127. James Hamilton rightly captures the importance of Psalm 127. Solomon meditated in song on the covenant promise of God to his father David (see 2 Samuel 7). The Lord promised to build a house, and to do so through the seed of David. Solomon was thinking about that very task — building a temple—stones and mortar and labor and shift schedules...but he was also thinking about the long-term promise of a royal Davidic son. We have the vantage point of seeing the fulfillment of this promise in Jesus, the everlasting King, "...the promised line of descent would culminate in Jesus, the ever-reigning seed (2 Sam 7:12-14), who promised to build his church (matt 16:18), the temple of the Holy Spirit (1 Cor 3:16)." Psalm 127 speaks about the house for David's son, but what about blessings for the rest of Israel? Read that psalm before you enter into our study of Psalm 128.

### **Observation— let's make note of the key ideas**

2. Key ideas: Consider important or repeated words, phrases, ideas. What do they contribute to the scene? What kind of life does the imagery of this psalm describe in verses 1 to 4?
3. The tone shifts in verses 5 and 6. How can you tell that it shifts to a form of prayer? What is the wish? If the Lord answers this prayer, what is the outcome?

### **Meaning — let's make sense of the ideas**

4. What does the passage reveal about who God is and what he does in the world?
5. What does this passage reveal about who God's people are and how they can walk with God?
6. How does the description of the blessed man follow the grain of God's design from the beginning of creation (recall our time in Genesis 1-2)?

7. What is the main point or theme of Psalm 128? Summarize the meaning in one sentence:
8. How does this passage bridge to Jesus and the gospel?

**Application — let's connect God's ancient word to our modern walk with God**

9. How is your life similar or different from the realities of this psalm? How do you wrestle with the idealistic vision of this psalm, over against the realistic realities of sin and suffering?
10. Head: How does this passage challenge (or confirm) what I believe: what I understand about God, his world, and myself?
11. Heart: Is there some attitude I need to change? How does this passage shape my desires and affections?
12. Hands: How does this passage exhort me to change the way I live, especially in relationship to God?