



# Psalm 128-How to be Happy

1. What insight, principle or observation from this week's message did you find to be most helpful, eye opening or troubling? Please explain.
2. When you think of happy people, or the blessed life what do you think of? How would one get there?
3. Read Psalm 128:1. How does the Psalmist describe the blessed life? What does he say we must do? Is this surprising, why?
4. Read Psalm 128:2-3. What does the Psalmist describe as the outcome of the happy life? What strikes you about this? Where is wealth or the overabundance of pleasure or stuff? Why do you think it isn't mentioned?
5. At no point does the Psalmist say we have to seek blessing or happiness. What do you think is the difference of chasing it, and learning to receive life as blessing?
6. Read Psalm 128:4-6. What strikes you?
7. Alvin suggested from the passage that we grow in happiness or the blessed life when we seek God (obeying him) and learn to receive life as blessing through gratefulness. In what area's of life are you fighting obedience to God? In what areas of life are you entitled, thinking God owes you? What mundane parts of life can you be grateful for more right now, and receive as blessing from God?
8. Pray together.