

# How to: Have a Happy New Year!

*Psalm 1*

**1. Happiness is living life optimally as your Creator \_\_\_\_\_.**  
How does Scripture define happiness?

**2. \_\_\_\_\_ adopt the thinking or the practices of the wicked.** Specifically, what are we instructed to avoid (vs. 1)? What progressions do you notice for the person who does these things and of the type of person committing these things?

**3. \_\_\_\_\_ delight and meditate on the Lord's instruction.** How does something become our delight if it is not currently our delight? What does it mean to meditate on God's law? What does meditation look like biblically?

**4. Happiness will be measured by the near and distant \_\_\_\_\_.**  
What are the two possible outcomes? What are the righteous compared to? Does this sound like a happy, blessed, and fortunate life? What are the wicked compared to? Does that sound happy, blessed, or fortunate?