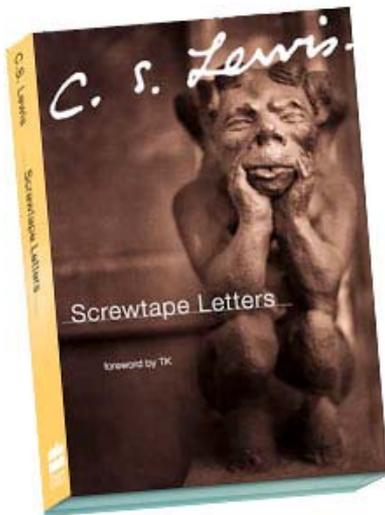


By Dr. Andrew Corbett

What is a rich life? I recently heard that this generation of Australians are four times wealthier than their parents were at the same stage of life, but simultaneously they are also four times more depressed! One wonders just how much Australians spend each year on trying to alleviate their sadness and depression. Perhaps material wealth is an inadequate measure of richness? How then should we measure "rich"? The Book of Psalms suggests that a rich life is one in which there is happiness, joy, blessing and pleasure. The various Psalmists experienced the depths of despair, and the ecstasies of delight, yet in both extremes concluded the same thing: God is the source of true riches and worthy to be worshiped! As we journey through the Psalms we are going to discover the true secrets of lasting happiness and how to live an enriched life.

1. Contrary to what many believe, what does Psalm 16:11 reveal about the source of true joy and pleasure?



The richest life is a life in fellowship with God. Perhaps the most successful strategy of the enemy is to distract the child of God from enjoying a relationship with God. In the C. S. Lewis' book, *Screwtape Letters*, he writes a satirical account of a senior demon, *Screwtape*, writing to a junior demon, *Wormwood*, about his progress in ruining people's lives.

Wormwood reports his failure. Upon investigation Screwtape discovers why Wormwood failed to ruin a believer's relationship with God. Wormwood had tried to distract the Christian from his prayer-time and Bible reading, and thought he was doing well until the Christian commenced doing something no demon could counter. Wormwood wrote to Screwtape that the believer began to take pleasure in his prayer-time and Bible reading. He said that the believer would go for a morning walk and admire God's creation while he delighted in prayerful conversation with God. Delight and pleasure! scolded Screwtape, that's where you went wrong. You should have made prayer a ritual and Bible reading a duty, said Screwtape. When a believer begins to discover the delights of a prayerful relationship with God and takes pleasure in meeting God through the reading of His Word, there's nothing we can do to hinder him!

2. What do we learn from Psalm 111:2 about God and the response to this by His people?

3. Note the following Psalms. What aspect to the "works of God" do they highlight? Match the Psalms on the left with the most appropriate description on the right-

- | | |
|-----------------|---------------------------------|
| (i) Psalm 8 | (a) God's miraculous redemption |
| (ii) Psalm 104 | (b) God's vast creation |
| (iii) Psalm 105 | (c) God's Law (Word) |
| (iv) Psalm 1 | (d) God's amazing provision |

4. "A life lived in God's will is an enriched life!" How does Psalm 37:4 state this?

The Psalms invite us to change our attitude. While we may have an attitude of despair, we are directed toward having an attitude of delight. To *delight* demands that we take joy and pleasure in something or someone. Delight breeds thankfulness.

5. Note what the following Psalms prescribe that we take delight in-

(i) Psalm 1:1 _____

(ii) Psalm 35:27 _____

(iii) Psalm 119:14 _____

(iv) Psalm 119:16 _____

(v) Psalm 119:24 _____

(vi) Psalm 119:174 _____

A person who delights in the right things will become a delightful person! And a delightful person is person who will have an enriched life.

Amen.