

The Way of True Happiness
International Bible Lesson
Psalms 146:5, 6
Sunday, August 5, 2012
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“Happy is he that hath the God of Jacob for his help, whose hope is in the LORD his God: Which made heaven, and earth, the sea, and all that therein is: which keepeth truth for ever” (Psalms 146:5, 6—KJV).

“Happy are those who have the God of Jacob to help them and who depend on the LORD their God, the Creator of heaven, earth, and sea, and all that is in them. He always keeps his promises” (Psalms 146:5, 6—GNB).

“Happy are those whose help is the God of Jacob, whose hope is in the LORD their God, who made heaven and earth, the sea, and all that is in them; who keeps faith forever” (Psalms 146:5, 6—NRSV).

No matter how well-meaning our leaders, family members, and friends when they promise to help us if we ever have any needs, the psalmist reminds us that since they are mortal we should not count on them to always be there for us (Psalms 146:3, 4). The happiest people trust in the God of Jacob, who revealed himself to Moses as “the LORD.” Those who trust the Bible’s teachings find happiness in knowing that God created heaven, earth, the sea, angels, human beings, animals, and everything else that exists. Knowing with certainty that God exists and has the power and wisdom to maintain in existence and manage all God created gives believers a greater sense of security than trusting only in other peoples’ plans and purposes in their behalf.

Those who study the Bible can learn enough about God's ways to trust "in the LORD." The psalmist revealed that the LORD "keeps faith forever." From reading the Bible, we know that God always does what He says and keeps every promise. Because God is immortal, God will always be there for us. The psalmist declared that he would praise the LORD his whole life long, because God executes justice, feeds the hungry, frees prisoners, restores sight, lifts people up, watches over widows and orphans, loves the righteous, and ruins the way of the wicked. The Bible gives many reasons for finding true happiness in the true God, who is willing and able to do all of these things and many more now and forever.

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Thinking Further

1. In what way or ways do you praise the LORD?
2. For what do you praise the LORD the most?
3. For what promises of the LORD do you praise the LORD most often?

4. Why are those “whose hope is in the LORD their God” happy?

5. What new ways of praising the LORD have you learned from others in class discussion or from this Bible Lesson? Will you use any of these new ways?

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