

## **THE PERSON WHO IS TRULY BLESSED**

*"Blessed is the one who does not walk in the step  
of the wicked or stand in the way that sinners take  
or sit in the company of the mockers  
but whose delight is in the law of the LORD  
and who meditates on his law day and night."*

Psalms 1:1-3

### **REFLECTION**

Where do we go to find true happiness – that kind of happiness that stays in us and with us, no matter what the situation we may encounter in life? That deep happiness described in the Bible as being "blessed"?

Often the "happiness" that we hear people talk about refers to an emotional state of elation and perhaps euphoria associated with certain temporary good feelings. Such kind of "happiness" is usually dependent on external factors – an achievement, a job well-done, a compliment, a promotion, good fortune. This feeling is not necessarily wrong. We can all do with more of such feelings derived from praise and accomplishment.

But true happiness that lasts can only be found in following the way of our LORD, as revealed in scripture. Psalms 1 offers a clear counsel on how we may find happiness which will stay with us come what may.

If we are looking for true and lasting happiness, do not depend on earthly "things" and "treasures." More importantly, we must avoid those preachers and persons who promote what might look attractive but offer no real security when we have to sail through rough waters.

There are too many such preachers and persons around in our world offering us easy steps to happiness. But when we investigate deeper into their teachings, we will discover that they are fool's gold. Psalms 1 advises us to dissociate ourselves from the way and company of the wicked, sinners and mockers. These are the people whose values are superficial, whose attitudes are cynical and whose lifestyle are materialistic.

We are still at the beginning of a fresh new year. If we want to start the New Year on the right footing, we should take the pastoral advice of the Psalmist to seek after and follow the way of our LORD. When we do that, we stand a better chance of being the person who is truly blessed.

### **PRAYER**

*"Our Heavenly Father, guide our steps as we journey into 2022. If we falter pick us up and help us to walk closely with you. Let the rest of the year be one in which we will intentional be involved in studying your Word and following your Way. Amen."*

### **SUPPLICATION**

- During this time of pandemic, we should praise and thank God for the churches where we can still gather for worship even in a limited way. We also thank God for the media platforms available for live streaming of our worship services. We ask that the pandemic will end soon so that we can return to the churches, unimpeded by restrictions, to worship, to serve and to make disciples.
- Pray for churches where sizable number of youth and young adults seem to have dropped out, including those who have moved away from the faith. Ask God for wisdom, commitment and mentors who will be able to provide meaningful teachings and role models for those who are looking for God and who need guidance and spiritual friends.
- Pray for church-related schools and social agencies that God will continue to use the schools and agencies to reach more people with the love of Christ. Pray that they will have a constant supply of dedicated staff and funds for their works.
- Lift up to God the future of our country. Pray that wise, courageous, and visionary leaders will emerge to lead the country into the future with greater success, without compromising on moral integrity, righteousness, justice and care for the poor and vulnerable, and our tortured world.

*"How blessed is he who never consents  
by ill-advice to walk;  
Nor stands in sinners way, nor sits  
Where men profanely talk,  
But makes the perfect law of God,  
His business and delight;  
Devoutly reads therein by day  
And meditates by night."  
(Adapted from Psalms 1)*

**If you need any prayer or pastoral care support, kindly  
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