

# Psalm 1

## If You're Happy and You Know It...

The Summit Church (CPC), Standalone

**MPT:** Blessed and happy are those who apply their hearts to the pursuit of heavenly wisdom, found by meditating on God's Word and avoiding being influenced by the ungodly.

**MPS:** Happiness is a byproduct of holiness. The happy person keeps the right company, plants the right roots, and proclaims the right Savior.

*Anteneshia to read:*

<sup>1</sup>Blessed is the man who walks not in the counsel of the wicked, nor stands in the way of sinners, nor sits in the seat of scoffers;

<sup>2</sup>but his delight is in the law of the LORD, and on his law he meditates day and night.

<sup>3</sup>He is like a tree planted by streams of water that yields its fruit in its season, and its leaf does not wither.

In all that he does, he prospers.

<sup>4</sup>The wicked are not so, but are like chaff that the wind drives away.

<sup>5</sup>Therefore the wicked will not stand in the judgment, nor sinners in the congregation of the righteous;

<sup>6</sup>for the LORD knows the way of the righteous, but the way of the wicked will perish.

## INTRODUCTION

I wanna ask you a question and have you think for a moment: If your life stayed the exact same from this moment forward...**nothing changed**—your **circumstances**, your **job**, your **relationships**, your **health**—would you be HAPPY?

I grew up during what's been called the “**Disney Renaissance**.” This was the **resurgence of Disney** where some of the **greatest movies** of our lifetime were released: **Lion King, Aladdin, Little Mermaid, Beauty and the Beast, Rescuers Down Under**. One thing Disney made famous was how, inevitably, **every movie was tied up in a nice little bow** where our protagonist gets *more than they could ever ask or imagine* and the movie would end with some form of (and **help me finish the phrase**): “...and they all lived happily ever after.”

This is what Hollywood sells us...and it's the same thing every new marketing campaign is selling...you know that, right? You were so happy with your **new phone** until the **new-new phone** came out and now you have the **old phone** and you need the **new phone** to make you happy again cuz the **old phone is old and dumb** compared to the **new one** that's the exact same thing but with a camera that has 1 more megapixel for you to take selfies with. (Am I right or am I right?!)

Researchers have found that people from all over the world rate **happiness** as **more important than any other personal outcome**—more than being wealthy, having material possessions, or even getting into heaven.<sup>1</sup>

<sup>1</sup> <https://www.psychologytoday.com/us/basics/happiness>

I mean who *doesn't* wanna be **happy** and **blessed** and **avored**? Nothing wrong with wanting to be happy; **even kids understand this**: look at any elementary school yearbook that asks, “*What do you want to be when you grow up?*” and every answer is either ‘Happy’ or ‘Astronaut.’ (We’ve gotta assume they wanna be a happy astronaut...)

In general, we tend to fall in one of two categories when it comes to happiness. First, and I think this is the majority, believe what we’ve been taught by **screens, society, and social media**: “*If I just had \_\_\_\_\_, then I’d be happy.*”

- *I’ll be happy...when I’m successful.*
- *I’ll be happy...when I’m married to the right person.*
- *Getting my dream job/car/house/vacation/being the starter on the team will make me happy.*

○ Most of us think, “*If I just had \_\_\_\_\_ then I’d be happy.*”

But there’s also some here who have come to believe that **happiness isn’t attainable at all**:

- *I can’t be happy when my relationship has fallen apart.*
- *My best years are definitely behind me; it’s all downhill from here.*
- *I’ll never recover from this diagnosis.*
- *It’s impossible to be happy when life is so unfair.*

Well the Psalms, written 3000 years ago, deals with some of the most **poignant existential questions** that we still ask today, including, “Can we truly be happy? And, if so, why am I not happy?” **If your life stayed the exact same from this moment forward...would you be happy?**

What Psalm 1 shows us is that **happiness is possible**, and, furthermore, that **the choice for happiness is yours**.

## CONTEXT

Psalm 1 is the, well, *first* of all the Psalms...and it’s a **practical wisdom** Psalm—it draws a contrast between two types of **people**, two types of **approaches to life**, two **roads we can travel**, two **destinies for our lives**. One path leads to happiness and blessing; the other leads to emptiness and perishing.

Now how many of you have ever heard, “*God doesn’t care so much whether you’re happy...he just wants you to be holy*”? Like Jesus’s favorite song is, “*if you’re happy and you know it...REPENT.*”

- I just wanna tell you, in the Christian life, **happiness and holiness are not bifurcated**; it’s a **false dichotomy** that you’ve gotta choose between **happy and holy** cuz they’re two separate things. They’re not.
- **(I actually struggled with this like crazy before I got saved...)**

Well, in these verses from Psalm 1, we’re given a description of the kind of person God blesses and makes happy. Let’s look at some of this practical wisdom from these six verses on how we can be happy...look at v1...

## WALKTHROUGH

**<sup>1</sup>Blessed is the man who walks not in the counsel of the wicked, nor stands in the way of sinners, nor sits in the seat of scoffers;**

“Blessed” is the Hebrew word *asher*, meaning “happy; fortunate.” The biblical idea of happiness is the kind of **happiness that flows from a**

sense of well-being and righteousness.<sup>2</sup> Calvin defined happiness as “the inward blessing of a good conscience.”

So, blessed is the man who—or **happy is the man who walks not in the counsel of the wicked,** nor stands in the way of sinners, nor sits in the seat of scoffers.

The first thing we see is that...

### 1) The happy person...keeps a distance from the world (v1)

Now isn't it interesting that the happy man is **first characterized by what he does not do**... from what he **excludes** himself from... what he **abstains** from. (As I'm growing older I'm realizing that wisdom is as much knowing what (and who!) to say 'no' to as it is what to say 'yes' to.)

I'm not sure how you read this, but, to me, it seems like it'd just be easier for the Psalmist to say, “**if you want to be happy, don't be wicked, don't sin, don't scoff**.”? But that's not how he wrote it... he says, **“Blessed is the man who walks not in the counsel of the wicked, nor stands in the way of sinners, nor sits in the seat of scoffers;**

- It's phrased like this because the **contrast** he's making—what he wants us to **examine**—is where our influence is coming from. He wants us to examine how we are being shaped.

PJD talked about this last weekend in his message on friendship, but he said you become like who you hang out with (you'll end up the sum average of your 5 closest friends). Tell me the **way in which you**

walk and the company in which you keep, and I'll show you the end of which you will attain.

The question the Bible tells us to ask ourselves is: *Am I being influenced by those who, according to God's Word, are wicked, ungodly, and sinners? Or am I being influenced and shaped by the Word of God?*

There's this **subtle**, almost **invisible**, quality about sin that draws you slowly away from Jesus and leads toward a **progressive intensification of wickedness**. And **the progression here links the people in your life with the patterns of your life.**

**Walk → Stand → Sit** has to do with the **patterns** of your life...  
**Wicked → Sinners → Scoffers** has to do with the **people** you listen to and the **company** you keep... when you **walk with the wicked** (taking their counsel), you end up **standing with the sinners** (hanging around and engaging in that way of life), and before you know it you're **seated with the scoffers** (in Jewish culture, you sat with who you belonged to... to **sit with scoffers** means you're **identifying as one**. You're sitting with those who openly defy God's ways and, at times, are quite literally making fun of—*scoffing*—at those who are striving after holiness and living according to God's Word.)

- *Pfft, come on, mom, everybody's wearing clothes like this now. It's not 1920. Grow up. Scoffing.*
- *Bro, it's just a show. Are you serious? It's not real. Who cares what's in it? Scoffing.*
- *I don't see the big deal—you're engaged but Jesus told you you can't live together? Seems a little extreme. Scoffing.*

I've gotta ask: Where do your greatest influences come from? In fact, what if, for you, the wicked/sinner/scoffer weren't just **who you're**

<sup>2</sup> Wilson, *NIV Application Commentary*, 94

**hanging out with, but for you it's more the inputs you're allowing in your life?** For you it might be Netflix, social media, or a certain podcast...and you're allowing it to influence how you think? If all we have in our lives are **godless inputs** then why in the world would you think your heart is going to give off **Godly outputs**?

- You ever get done **binge watching a show** and just feel better about yourself and happier?
- Do you ever put your phone down after **scrolling through Instagram for 20 mindless mins** and say, *"Man, I'm so glad I did that. I just feel better about my life now that I've mentally compared myself and all my faults to everyone else's fake reality. Gah, I'm just so happy and fulfilled now."*
- Jesus aside, even if all we were after is happiness in life, we'd have reason to listen to the Psalmist here—cuz so many things **promise happiness** but only **lead to emptiness**. I've told you before, **my life before Christ could be characterized as "temporary satisfactions."**
- Godless inputs = godless output. Church, let's turn down **godless inputs** and **turn up the Word of God** in our lives.

Last thing I'll say on this: when I say "the happy person keeps a distance from the world" I know you're probably thinking, *"Pastor, are you saying we should never hang out with non-Christians?"* Absolutely not. I'm not talking about **isolating** ourselves from the world; I'm talking about **being influenced** by it.

- Jesus himself regularly hung out with **tax collectors** and **sinners** and **drunks**. He was **on a mission** and he hung around them because **it's not the healthy who need a doctor, but the sick!**

- He doubles down on this in **John 17:15–17** when he prays to God and says: "God, <sup>15</sup>**I do not ask that you take them (Christians) out of the world, but that you keep them from the**

**evil one.** <sup>16</sup>**They are not of the world, just as I am not of the world.** <sup>17</sup>**Sanctify them in the truth; your word is truth.**

You wanna be kept from the evil one? Jesus says "then live your life according to the truth of God's Word." And, wouldn't you know it, **Jesus and the Psalmist agree perfectly**, because the second thing we see here is that...

## **2) The happy person...delights in the Word (v2)**

Spoken **negatively** in v1, the righteous are those who **turn away from** the counsels, walk, and friendship of the wicked and ungodly...now, **positively stated in v2, <sup>2</sup>but (rather) his delight is in the law of the LORD, and on his law he meditates day and night.**

Two word things here:

Number one is the word "law." For the original audience this would've meant the Torah—the first five books of the Bible. For us it means the entire canon of Scripture—the whole Bible. The "law" here means the **whole truth of God as revealed in the Word of God**; it's **God's words about God's ways**. You should hear that as, *"The blessed person delights in and meditates on the Bible."*

Second, see that word "delight"? When the Psalmist comes to the Bible, he finds **delight** and **direction**...not drudgery! *Is that how you feel when you open the Bible?*

The blessed person isn't someone who just **does the law** or **reads their Bible**...it's someone who **DELIGHTS in the law!** Let's not reduce Christianity to a list of **demands, dos, don'ts, and willpower**.

Christianity isn't just about what we do; it's about what we love and delight in. It's about our *desires*. I don't follow God's laws because it's my duty; I follow them because **I delight in what God has done for me on the cross through Jesus**, and now it's my delight to follow him dutifully!

The happy person *delights* in the Word. Notice it's NOT "blessed is the man who seeks after blessedness. . . happy is the man who seeks after happiness. . ." Yet isn't that how we tend to live? **Our tendency is to think life is all about finding happiness.** So what we do is we decide **what conditions we believe are necessary to bring about that happiness** and then we **work to bring those conditions about**. There are two problems with that approach:

1. **More often than not, we're wrong in our assessment of what conditions are necessary for happiness.**

I want you to notice how **happiness here has nothing to do with money, or possessions, or relationships, or health**. Not, "*Blessed is she who drives a Tesla. . . blessed is he who sold his house at the right time . . . blessed is she who is on the Executive team . . . blessed is he who has kids who are great athletes. . .*" **Happiness has nothing to do with a 'what.'**

If happiness were only about a 'what' then that means I could always go out and get w/e it is that makes me happy whenever I'm feeling down. But, as Andy Stanley says, **a happy 'what' always leads to a disappointed 'what's next?'**

- That's why the allure of the new **phone**, the new **car**, new **outfit**, new **relationship**, new **house**, etc. always wears off and you need to know *what's next*.

- This is why you move into your **dream home** which is "perfect" but then 6 months later you're already talking about the things you wish it had or "what you really need is. . ."

2. **The second problem with thinking we know how to find happiness is that **when suffering comes along—and it will—it basically destroys your reason for living.****

If your reason for living is to *be happy*—where **your happiness is your highest priority and has ultimate meaning in your life**—then if something comes along and makes those conditions unattainable then you fall into despair because you believe happiness is out of reach; it's just not possible anymore.

- If the condition for my happiness is that **my kids need to be perfect** in every way, then the reason I'm so angry when they step out of line is because they're messing with *my happiness*.
- If the condition is a **particular person's approval**, then when nothing I do is good enough for them, life is full of despair because their dissatisfaction tells me *my happiness* is unattainable.

This is how the world finds happiness—and *it doesn't work!* It's a constant let down. It's why all these celebrities who have bagillions of dollars are all still so miserable (**except for Dwayne Johnson who, contrary to PJD's beliefs, is the actual greatest actor of our generation**).

**Listen: Our only hope against the pleasures of the world is the pleasures of the Word.** And the same way we end up seeking after the pleasures of the world—by **looking** at them, **thinking** about them, **chasing** after them—that's the same way we seek after the pleasures of the Word: **delighting in the law of the Lord—looking** at the Word,

thinking about the Word, **chasing** after the Word, **meditating** on the Word.

- **Delighting** comes from meditating.
- **Meditating** comes from knowing.
- **Knowing** comes from reading and memorizing and storing away the promises of God found in Scripture.

Think of meditating on the Word like you're **chewing on it**, you're **digesting it**, you're getting all the meat off those bones and you're **applying it to your life and making it a part of your inner person.**<sup>3</sup>

How do we meditate on the Word of God? It's not rocket science:

- **Read:** quiet time, TSC Bible reading plan, listen (audio Bible)
- **Memorize:** friend, Fighter Verses
- **Journal:** 5 year journal
- **Pray:** summitchurch.com/prayer

When you meditate on the Word, your mind will be controlled by the Word. When your mind is controlled by the Word, you'll be **led by the Spirit and walk in the Spirit.** And when we do that, delight and desire and satisfaction will be awakened in our souls.

- Those who find their delight in the Word instead of the world will experience a **blessing** and **happiness** that **only God can give** and that **the world can never take away!**
- He who finds the Word of God has **joy for every sorrow** and **truth for every situation.**

First, the blessed/happy person does NOT walk, stand, or sit in the ways of the ungodly.

Second, the blessed/happy person DOES delight in the law of the Lord.

### 3) The happy person...is deeply rooted by the waters (vv3-4)

<sup>3</sup>He is like a tree planted by streams of water that yields its fruit in its season, and its leaf does not wither.

In all that he does, he prospers.

<sup>4</sup>The wicked are not so, but are like chaff that the wind drives away.

To grow roots, you have to be **planted spiritually** (I don't mean physically...we're the ones always trying to *send* you to some church plant or mission field!). What I mean is that when you plant your life like a tree on the **foundation of God's Word**, the result will be a life that is at least three things: **fruitful, durable, and prospering.**

#### a) A planted person is fruitful.

**Strawberry picking...** "Oh yeah, that's a good one!"

- Most of us treat Christianity like we're **picking fruit**: You come to church and think, "Oh, that **moral** looks good. Oooo, I love that **promise of Jesus...** Lemme get some of that. **Highly blessed with little stress?** Yes, Lord!"
- But Christianity isn't like a **laborer picking fruit**—you don't come to church to find the things you like and cherry pick them and try to graft them into your life and personality and behavior—that's RELIGION. You might fill up your Christianity-basket for a bit, but you're not connected to the vine so your fruit will eventually wither.
- Christianity isn't like a **laborer picking fruit**; Christianity is a life which **bears fruit** because you've become a tree planted by

<sup>3</sup> Weirsbe

streams of water. That's the GOSPEL: it changes you from the inside out. Because you're connected to the source of living water, our lives begin to produce fruit because of where our roots are planted. So our **attitudes** change, our **behaviors** change, our **words** change: we become people of greater **peace, compassion, patience, and wisdom**...our hearts change. **Our roots always affect our fruit.**

Too many Christians are more concerned about the **fruit** than they are the **roots**...but **the roots are the most important part**. If you've **ceased to bear fruit**, it's because **something has happened to the root**. If you call yourself a follower of Jesus, but you're not producing any spiritual fruit, you should ask yourself where you're planted right now and what you're doing to root yourself by streams of water.

- You wanna soak up water from the stream of mercy? The stream of grace? The stream of peace? It's not gonna happen automatically...you do that by (going back to v2) meditating and planting roots in Christ, and from that you'll be fruitful.

**b) A planted person is durable.**

<sup>3</sup>... its leaf does not wither.

**In all that he does, he prospers.**

<sup>4</sup>The wicked are not so, but are like chaff that the wind drives away.

For all of the non-NC State grads in the room who are not agriculturalists, chaff represents those whose **lives are not planted**. **Chaff is the light, airy shell around a wheat seed** that can be whisked away by simply throwing it up in the air where the wind would catch that shell and it'd fly off. Then the farmer would thresh the wheat and separate the **useful wheat** from the **useless chaff**.

What this is saying is that some of you aren't like **planted trees**, but you're more like **powerless chaff**. The smallest wind comes along and you get tossed in the air and blown away, because your **life**—your **happiness, your peace, your foundation**—is **built** on and **dependent** on **circumstances** and **conditions** and **things** that are unstable.

I cannot say this enough: happiness is never found in **what happens to you** or **what you have**. Happiness is found in **what's inside of you**—in **who you are**.

- It's like **Dale Carnegie** once said: "**Two men look out through prison bars...one sees mud, the other sees stars.**" The difference is what's inside of them because of where they have planted their roots!
- I've heard PJD say **your happiness cannot be dependent on your happenings**. You will never be happy if your happiness is based on circumstances. Ever. **Don't let your happiness depend on something you can lose.**

In contrast to chaff, **trees are rooted**—which means they're **durable**. They won't come crashing down with a little wind. **Life** and **frustrations** and **interruptions** and **unexpected problems** are going to happen, but you're not blown over by these things cuz **your roots are deep into Christ**.

In his book *Walking with God Through Pain and Suffering*, Tim Keller talks about how the modern approach to happiness is to **remove any and all suffering by any means**. So we **avoid, sedate, eliminate, etc.**, but, he says, "**No amount of money, power, and planning can prevent bereavement/loss, illness, relationship betrayal, financial disaster, or a host of other troubles from entering your life. Human life is fatally fragile and subject to forces beyond our power to manage.**"

- You know the one thing you can manage? What you're **meditating** on and where you are **planted** and what waters you're **drinking** from.
- **Picture of seed growing** // Don't despise the mundane. God is doing something beneath the surface that will sustain you during seasons of hardship and produce fruit in its due season.
  - Listen: **Mom**, when you wake up at 5a to do quiet time before your kids get up, you're probably *not* going to have this life-altering experience with God. BUT, your roots are growing deep and you're planting your life on Jesus and when the wind comes—cuz it's coming—you won't be blown away.
  - **Student**, I know trying to follow Jesus and not participating in all the parties and jokes and not being up to date on the latest shows and social media trends can feel lonely, BUT you are growing roots deep into Jesus and when the winds come at you you're not going to be blown away like your friends. You'll be planted and durable. Don't give up! There's something happening under the surface that will one day produce incredible fruit in your life!

A planted person is **durable**, unable to be shaken by the changing winds and storms of this life.

A planted person is **fruitful, durable**, and lastly...

**c) A planted person is prospering.**

v3 says, "In all that he does he prospers."

Does that mean if you delight yourself enough in God's Word and meditate enough that your **business** is gonna succeed, and your **health** is always gonna be good, and that your **relationships** will all be awesome, and your **car** will never break down? ... Well, *maybe*. It doesn't *not* mean that.

Before you call me a **prosperity gospel heretic** let's do a little **prosperity hermeneutics**. The Bible says that when you are **delighting** in God's Word, **trusting** in God's ways, **walking** according to God's wisdom...then God approves of that type of surrendered person and what do we know?:

- We know that **God works all things together for the good of those who love him** and are called according to his purpose (**Romans 8:28**)
- We know that the eyes of the LORD run to and fro throughout the whole earth, to give **strong support** to those whose heart is blameless toward him. (**2 Chron. 16:9**)
- **Proverbs 28:20**, "A faithful man will **abound with blessings...**"
- **Proverbs 16:20**, "**Whoever gives thought to the word will discover good, and blessed is he who trusts in the Lord.**"
- **Proverbs 21:21**, "**Whoever pursues righteousness and kindness will find life, righteousness, and honor.**"

This ain't **prosperity gospel**, this is **proverbs gospel**: we do things God's **way**, according to God's **word**, things tend to **work** out...and even when they don't work out like we want them to, our hearts can still be happy cuz our hope is not in prosperity it's in a Person.

- And as my Sister in Christ, Priscilla Shirer likes to say: Even when you're going through **times of separation** from your usual surroundings of happiness, remember **you are not separated from the One who's promised to sustain you where he's placed and planted you.**



**Psalm 4:7**, “You have put more joy in my heart than they have when their grain and wine abound.”

## CONCLUSION (VAMP)

It’s like my **Sister Priscilla Shirer** likes to say: Your **peace** and **provision** cannot be rooted in **unpredictable** and **undependable** things around you. Your hope, your *happiness*, is found and embedded in something else...namely, in someone else! So when you’re going through **times of separation** from your usual surroundings of happiness, remember **you are not separated from the One who’s promised to sustain you where he’s placed and planted you**. Your **external resources** may feel shaky and uncertain, but if God planted you there, then he will sustain you there by his waters. He will not fail to ‘supply ALL of your needs according to his riches in glory in Christ Jesus.’”

- Our real source of **happiness**, and **sustenance**, and **peace**, and **resources** are not found in *something*...they’re found in *someone*.<sup>4</sup>

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At this point you might be thinking, “*Hey, Preacher, I appreciate what you’re saying, but I don’t need Christianity to be happy. In fact, I’m happier than most Christians I know. I’m glad you found happiness in Jesus, but I’m just fine without him.*”

What I’d say to you is this: while God might be allowing you to **experience happiness apart from him**, all of that gladness in your life are actually **gifts meant to lead you to him**. And the fact that you’re celebrating your joy apart from the joy-giver means you might not

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<sup>4</sup> Priscilla Shirer, *Elijah*

have a **felt joy problem**, but you certainly (like all of us!) have a sin problem.

- (Seeking happiness is not sinful...but sin *is* seeking happiness apart from, or even in defiance of, God since he’s the source of all real happiness.)

And there’s only one way to remedy that sin problem: **you come to Jesus**. You **repent** and **trust** in Jesus. You **confess** and **believe** Jesus has atoned for your sin.

**Jesus and Christianity are not relevant to you just so you can have some existential experience of joy; it’s relevant to you because of your sin**. And one day you are going to **stand in front of God and give account** of everything you’ve done, said, and given allegiance to. Today, if you do not place your faith in Jesus, you stand not only as a **branch withering from the Vine** (John 15:16), but you stand as a **branch prepared for the fire** that is to come...and on that day, I promise you won’t be happy.

Which is why ultimately...

### 4) The happy person...decides to follow Jesus (vv5-6)

Our Psalm started with the word “blessed,” and here’s how it ends:

<sup>5</sup>Therefore the wicked will not stand in the judgment, nor sinners in the congregation of the righteous; <sup>6</sup>for the LORD knows the way of the righteous, but the way of the wicked will perish.

This Psalm starts with the word “blessed”... and ends with the word “perish.”

He traded his **perfect life** for our **sinful ones**. And now the choice is ours: **we can prosper with God's grace, or we can perish by God's judgment.**

Two ways...which will you choose today?

## BOW HEADS

Righteousness in Christ Jesus that leads to everlasting life?

Wickedness following your own ways that leads to the unquenchable fire?

## PRAY

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## COMMUNION

At the end of your life, listen to me, **you end up where you choose to be. How you live and where you choose to stand** has life-shaping consequences for eternity.

I'm begging you today to choose to order your life around the Word of God. Jesus often talked of **two ways**: 2 gates, 2 roads, 2 trees, 2 types of fruit, 2 houses, 2 foundations.

- Righteous and wicked
- Follower of Jesus or follower of Satan
- Wide gate that leads to destruction or the narrow gate to eternal life.

The choice is yours:

You are either wicked and like chaff, which one day will end in **destruction** and will be **burnt up in horror**, because a day of separation is coming. "[God's] **winnowing fork is in his hand, and he will clear his threshing floor and gather his wheat into the barn, but the chaff he will burn with unquenchable fire.**" (Matt. 3:12).

Or you can be counted as righteous because of the gospel, which is the power unto salvation for all who would believe. The gospel is that we can be saved because of what Jesus has done for us on the cross:

- Jesus **bore our griefs** on the cross
- Jesus **carried our sorrows** on the cross
- Jesus was **pierced for our transgressions and crushed for our iniquities** on the cross
- The punishment that was to be ours, he took it on the cross.  
For the Lord laid on him, Jesus, the iniquity of us all.