

HOW TO BE HAPPY

Int.

1. Aim: To discuss some of the teachings from the Bible that bring real happiness.
2. Psalms 146:5-10 Bible Reading
 - a. V. 5 "Happy is he that hath the God of Jacob for his help, whose hope is in the Lord his God:"
 - b. Ps. 144:15 "Happy are the people whose God is the LORD!"
3. Our English word "happy" is simply defined as, "Fortunate or lucky... cheerful...contented... characterized by or indicative of pleasure...." (Random House College Dictionary).
4. The Bible does not present happiness as an experience that just happens because of luck or some pleasure we just feel in our minds.
5. Happiness is something all of us desire to have.
6. "We hold these truths to be self-evident, that all men are created equal, that they are endowed by their Creator with certain unalienable Rights, that among these are Life, Liberty and the pursuit of Happiness." Second paragraph of Declaration of Independence - July 4, 1776
7. To millions of people happiness is only a word. They have heard of it, but they have never achieved it. Achievement seems impossible. Many seek it and few find it. Is happiness an impossible dream?
8. We can learn what God teaches us about how to be happy !

Discussion

I. WHAT IS HAPPINESS?

A. Definitions of happiness?

1. "Something that depends not on position but on disposition?"
2. Happiness has more to do with what we are than who we are or what we have.
 - a. We used to say, "a chicken in every pot" then it was a "car in every garage."
 - b. Now we have two or three cars in every garage, boats sitting in the driveways. We eat food that has already been prepared for us. The lettuce is already chopped. The carrots peeled. And we have more money than people have ever had and we still are not happy. The reason is that...
3. Some seek happiness in worldly sins
 - a. Alcohol, drugs, Sexual sins and material possessions do not bring happiness.
 - b. Because the pleasure of these sins is short lived
 - (1) Alcohol has consequences - Prov. 23:32 "At the last it bites like a serpent, And stings like a viper." [they call it the happy hour]
 - (2) Job 20:5 "That the triumphing of the wicked is short, and the joy of the hypocrite but for a moment?"
 - (3) Heb. 11:24-26 - "...pleasures of sin for a season..." NKJV "enjoy the passing pleasures of sin," The wicked rejoice in these quick thrills
 - c. Money, gold, and material goods do not bring real happiness.
 - (1) Happiness is not found in money—Jay Gould, the American millionaire, had plenty of that. When dying, he said, "I suppose I am the most miserable man on earth."
 - (2) 1 Tim. 6:6-10

B. The joy experienced by the righteous is different

1. Consider the joy experienced by the righteous.

- a. It is a joy inexpressible and full of glory. 1 Pet. 1:8-9 "Whom having not seen, ye love; in whom, though now ye see him not, yet believing, ye rejoice with joy unspeakable and full of glory: Receiving the end of your faith, even the salvation of your souls." **Unspeakable** = Too great for words
- b. One must experience it to know of it.
- c. To describe to someone else the joy which we experience is very difficult.

2. The joy of the righteous is constant - not short lived

- a. II Cor. 7:10 asv "For godly sorrow worketh repentance unto salvation, [a repentance] which bringeth no regret: but the sorrow of the world worketh death."
- b. Trials, persecutions or hardships do not lesson the joy that a Christian has
- c. In fact Jesus said: "Blessed are ye, when [men] shall revile you, and persecute [you], and shall say all manner of evil against you falsely, for my sake. Rejoice, and be exceeding glad: for great [is] your reward in heaven: for so persecuted they the prophets which were before you." Mt.5:11-12

II. HERE IS WHAT THE BIBLE SAYS ABOUT HAPPY PEOPLE

A. Those who fear the Lord are happy

1. Ps. 128:1-2 NKJV "Blessed is every one who fears the LORD, Who walks in His ways. 2 When you eat the labor of your hands, You shall be happy, and it shall be well with you."

2. Pro. 28:13,14 NKJV "He who covers his sins will not prosper, But whoever confesses and forsakes them will have mercy. 14 Happy is the man who is always reverent, But he who hardens his heart will fall into calamity." Fears God

B. The people who keep God's laws are happy

1. Prov. 29:18 "Where there is no vision, the people perish: but he that keepeth the law, happy is he."
2. This is very much like what Jesus said in Jn. 13:17 "If ye know these things, happy are ye if ye do them."
3. In this time when people do not want to obey laws and respect authority it is important to learn that the really happy people are the ones who fear God and keep His laws.
4. Solomon wrote many years ago "...whoso trusteth in the Lord, happy is he."
Prov.16:20

III. CHRISTIANS SHOULD REJOICE

- A. Some Christians are unhappy and walk around with a frown on their face.
 1. They are constantly complaining about the toils and burdens of living the Christian life.
 2. They do not seem to be happy about the choice they made to follow God's word and have the hope of a home with God in heaven
 3. Why would the people of the world want to become a Christian if all they see is us is a sad ugly disposition.
 4. Smile in your hearts

B. Scriptures tell us to rejoice

1. Phil. 3:1 "Finally, my brethren, rejoice in the Lord."
2. Phil. 4:4 "Rejoice in the Lord always: and again I say, Rejoice."
3. 1 Thes. 5:16 "Rejoice evermore." Rejoice - to be cheerful, calmly happy or well off

C. There are many reasons why we can rejoice and be happy

1. Because of the many earthly blessings we enjoy - food, clothes, shelter, family
2. That our sins are forgiven - 1 Pet. 1:3-6
3. Because our names are written in heaven - Luke 10:20
4. Because we have been delivered from the bondage of sin - Romans 6:7-8
addiction to sin
5. For the protection that God provides for us - 1 Pet. 5:7 "casting all your care upon Him, for He cares for you."
6. For the Hope of a home with God in heaven - Col. 1:5 "because of the hope which is laid up for you in heaven, of which you heard before in the word of the truth of the gospel,"

D. As Christians we can rejoice and be happy

IV. HOW IS TRUE HAPPINESS FOUND AND KEPT ?

- A. True happiness is a state of mind.
 - 1. A feeling of contentment OR well being.
 - 2. Lasting happiness is contentment not tied to the physical realm.
- B. True Happiness is not found in what the world offers us.
 - 1. This world can never satisfy the spiritual.
 - 2. This world was never intended to make us fully happy. Things, and that's what this world is, cannot make us happy. - Matt. 16:26 "For what is a man profited, if he shall gain the whole world, and lose his own soul? or what shall a man give in exchange for his soul?"
 - 3. Paul could be in prison and his life on trial and be happy.
 - 4. Yet, the governor Felix, who seemed to have all, with his power, wealth and possessions could not be happy. Acts 24:25
- C. True happiness comes when we have a right relationship with God and His Son.
 - 1. Man was created by God and endowed with relationship needs. (I need relationships to make it)
 - a. -- I may find some happiness in a relationship confined to the flesh.
 - b. -- But the relationships that we have among the human family do not supply all we need for happiness.
 - 2. That relationship that we need the most begins with Jesus Christ.
 - a. John 15:5 "I am the vine and ye are the branches; he that abideth in me and I in him, the same bringeth forth fruit, for without me ye can do nothing."
 - b. Without Jesus I can never have contentment, for I am made that way by God.

- c. "Every good gift and every perfect gift is from above, and cometh down from the Father of lights..." Jas. 1:17
- d. Phil. 4:7 "And the peace of God, which passeth all understanding, shall keep your hearts and minds through Christ Jesus."

D. Jesus teaches me three things about happiness

1. It is within: Not what I have, but what I am.
 - a. Mat. 5:1-12
 - b. These promises of happiness are not based upon possessions but profession.
2. It is in serving:
 - a. Acts 20:35, "It is more blessed to give than to receive."
 - b. Life lived only for self does not bring happiness.
 - c. Helping others to be happy brings us the greater happiness.
 - d. Happiness is a by-product of an effort to make someone else happy.
3. I am made to live for eternity. Thus, the ultimate realization of happiness is not terrestrial but celestial.
 - a. 1 Cor. 15:40 "There are also celestial bodies, and bodies terrestrial: but the glory of the celestial is one, and the glory of the terrestrial is another."
 - b. Col. 3:2 "Set your affection on things above, not on things on the earth."

CONCLUSION

1. Worldly people are looking for joy and happiness
 - a. But they look for it in worldly pleasures and in material possessions
 - b. They look for it in all kinds of activities - employment, sports, hobbies
 - c. True happiness is not based on external things of this world
2. Real happiness is based on a spiritual relationship with God.
 - a. Sin separates us from God - but God sent his son to die in our place
 - b. Heb. 2:9 "But we see Jesus, who was made a little lower than the angels for the suffering of death, crowned with glory and honour; that he by the grace of God should taste death for every man"
 - c. By obedience to the gospel we have our sins washed away
 - i. Plan of salvation - H.B.R.C.B = Salvation
 - ii. We must remain faithful - living faithfully
 - d. Then we can be happy
3. The worldly do not remain happy very long they are never truly satisfied
4. The Christian can be happy through all the trials, hardships and troubles of life because he has hope.

TRUE HAPPINESS

Life is a mixture of sunshine and rain, Good things and bad things, pleasure and pain. We can't have all sunshine, but it certainly is true There never is a cloud the sun won't shine through. So always remember, whatever betide you, The power of God is always beside you. And if friends disappoint you, and plans go astray, And nothing works out in just the right way, And you feel you have failed, in achieving your goal, And that life wrongly placed you in an unfitting role. Be not concerned with the world's empty praise, Seek first His kingdom and you will possess The world's greatest riches, TRUE HAPPINESS.