

## LIVING A HAPPY LIFE

### Int.

1. Aim: To show some principles that are given in the Bible for living a happy life.
2. Phil. 4:4 NKJV "Rejoice in the Lord always: again I will say, Rejoice." - Rejoice = to be calmly happy or well-off
3. Everyone wants a happy life!
  - a. No one honestly says they ENJOY being unhappy.
  - b. Much that we do in life is to avoid unhappiness.
  - c. Illustration: The story is told of a king who was very unhappy and sad in life. His wise men advised him to find a perfectly happy man and wear his shirt for two weeks and this would cure him of his sadness. They believed that the owner's happiness would rub off on him. They searched throughout the kingdom and finally found a man who was perfectly happy. But it didn't help the king for the perfectly happy man had no shirt!
4. Happiness does not depend on having things.
  - a. One survey indicates that only about 20% of Americans are truly happy? Why? People look for happiness in all the wrong places. They look for happiness in worldly things !! Joy is not found in what is around you. Joy is found in what is inside you.
5. What is happiness?
  - a. It is not just joy or pleasure, because we can have that even in sinful things.
  - b. It is not just having the circumstances of life just perfect.
  - c. Happiness is a state of mind which is found only in Christ. John 10:10
6. We need to show that TRUE HAPPINESS lies in Christ Jesus.
7. Seven ways to be happy

## Discussion

### I. TRUST IN GOD

- A. Prov 3:5-6 - We should trust Him--guidance to our life "Trust in the LORD with all your heart; and lean not unto your own understanding. 6 In all your ways acknowledge him, and he shall direct your paths."
- B. Prov. 16:20b - "...Whoever trusts in the Lord, happy is he"
- C. Matt 6:31-33 - We can trust Him to meet our needs
- D. Phil 4:6-7 - We can have peace when we trust Him "Be careful for nothing; but in every thing by prayer and supplication with thanksgiving let your requests be made known unto God. 7 And the peace of God, which passeth all understanding, shall keep your hearts and minds through Christ Jesus."

### II. ENJOY THE BIBLE

- A. Ps 1:1-2 NKJV - DELIGHT in God's law "Blessed is the man Who walks not in the counsel of the ungodly, Nor stands in the path of sinners, Nor sits in the seat of the scornful; 2 But his delight is in the law of the LORD, And in His law he meditates day and night." Delight = pleasure, desire, pleasant, willingly
  - 1. Many STUDY it some, KNOW a little, but don't DELIGHT IN IT
  - 2. To DELIGHT IN IT is to love to hear and obey it!
- B. Ps 119:103 NKJV - "How sweet are Your words to my taste, Sweeter than honey to my mouth!"
- C. Matt 5:6 - "Blessed are those who hunger and thirst for righteousness: for they shall be filled."
- D. Blessed are they who do HUNGER AND THIRST after RIGHTEOUSNESS

- E. The scriptures provide comfort, strength, hope, joy, gladness, encouragement, and guidance. Do you read the Bible daily? Do you study it?

### **III. Live Righteously**

- A. Ps 32:10-11 - The righteous, upright in heart shall rejoice "Many sorrows shall be to the wicked; But he who trusts in the LORD, mercy shall surround him. Be glad in the LORD and rejoice, you righteous; And shout for joy, all you upright in heart!"
- B. Righteous living is living according to God's rules and regulations.
- C. Ps 64:10 "The righteous shall be glad in the LORD, and trust in Him. And all the upright in heart shall glory."
- D. Tit 2:11-12 - We know how we should live in this world "For the grace of God that brings salvation has appeared to all men, teaching us that, denying ungodliness and worldly lusts, we should live soberly, righteously, and godly in the present age,"

### **IV. WORSHIP GOD REGULARLY AND GENUINELY**

- A. Ps 122:1 "I Was glad when they said unto me, Let us go into the house of the Lord."
- B. Ps 95:1 "O come, let us sing unto the Lord: let us make a joyful noise to the rock of our salvation."
- C. Ps 96:9-11 All the earth should fear before Him, rejoice
- D. If worship to us becomes a drudgery, a burden and an obligation we find hard to bear, we must WAKE UP! We're listening to the Devil then, and not to God!
- E. John 4:24
- F. Worship to God is the way to feed and nourish our soul. Soul wellness is essential to being happy.

## V. KEEP A CLEAN CONSCIENCE

- A. I Tim 1:19 - Holding faith, a good conscience. "having faith and a good conscience, which some having rejected, concerning the faith have suffered shipwreck,"
- B. Acts 24:16 - Like Paul, our conscience should be void of offence
- C. II Tim 1:3 - Paul served with a pure conscience "I thank God, whom I serve with a pure conscience, as my forefathers did, as without ceasing I remember you in my prayers night and day,"
- D. Guilt of a conscience which convicts us of sin is a burden. - It was to Joseph's brothers. - Gen 42:21
- E. Rom 4:22-23 - No happiness if self-condemned

## VI. LEARN CONTENTMENT

- A. The most effective con men, they say, appeal to the "something for nothing" greed in their victims, which means they are less likely to be suspected or reported because the victim KNOWS they, too, are somewhat in the wrong.
- B. Phil. 4:11 - Paul had learned contentment "Not that I speak in regard to need, for I have learned in whatever state I am, to be content:"
  1. Many today have not really learned contentment, though they may be growing spiritually in other ways
  2. The discontented will murmur, like Israel - I Cor. 10:10 "nor complain, as some of them also complained, and were destroyed by the destroyer."
- C. We need to be content in life (I Tim 6:6) "But godliness with contentment is great gain."
- D. Joy is only a pretense without contentment--only a pretense

## VII. Stay busy doing GOOD THINGS

- A. This is a good philosophy for EVERY Christian's life
- B. Idleness breeds displeasure, time to do evil things, and think of evil things to say and do
- C. I Tim 5:13-14 - Younger women supported by the church might do this
- D. Rom 12:11 - Not slothful in business (diligence) slothful = lazy
  - 1. We must work diligently without slacking off
  - 2. We must work persistently in doing good things
  - 3. We must be consistent in our work--doing good
- E. This includes labor to provide for our family
  - 1. I Tim 5:8 - Must provide for our own house
  - 2. Eph 4:28 - Work with our hands "Let him that stole steal no more: but rather let him labour, working with his hands the thing which is good, that he may have to give to him that needeth."
- F. But it includes all manner of good deeds - Gal 6:10 - "As we have opportunity do good unto all men especially unto them who are of the household of faith."
- G. One feels fulfilled and happy with a sense of worth when we keep working.
  - 1. I'm worth something--People need the service I provide
  - 2. I have a place--There is something for me to do
  - 3. Accomplishment--Joy and satisfaction of a job well done
- H. I Cor. 15:58 - "Always abounding in the work of the Lord,..."
- I. Happiness comes as a by-product of making others happy.

## Conclusion

1. Where is Happiness ?
  - a. Not in unbelief - Voltaire was an infidel of the most pronounced type. He wrote: "I wish I had never been born."
  - b. Not in pleasure - Lord Byron lived a life of pleasure, if anyone did. He wrote: "The worm, the canker, and the grief are mine alone."
  - c. Not 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."
  - d. Not in Position and Fame - Lord Beaconsfield enjoyed more than his share of both. He wrote: "Youth is a mistake; manhood, a struggle; old age, a regret."
  - e. Not in military Glory - Alexander the Great conquered the known world in his day. Having done so, he wept in his tent, because, he said, "There are no more worlds to conquer."
  - f. Where, Then is Happiness Found?
    - i. The answer is simple: In Christ alone.
    - ii. John 16:22 "Therefore you now have sorrow; but I will see you again and your heart will rejoice, and your joy no one will take from you."
    - iii. Acts 4:12 "Nor is there salvation in any other, for there is no other name under heaven given among men by which we must be saved."
2. Happiness is something that can come to those who follow Christ
3. Christ offers us the key to living by setting an example for us
4. Happiness comes, not from what one has, but what one becomes.

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