

## How To Live A Happy Life

No. 230

### Introduction.

I. Some time ago, a man and his son decided to find out the secret to happiness. So one day, they turned on their computer, booted up a search engine on the Internet, and typed in the words "true happiness" hoping they would find the answers. However, after several minutes of searching, the computer said, "No documents match the search." In other words, the computer indicated that true happiness could not be found in the world.

### II. This illustration points out a great tragedy in our world.

A. The vast majority of people are not happy. The vast majority of people know nothing about real joy and contentment. The vast majority of people know nothing of the abundant life.

1. **Dennis Wholey**, the author of "Are You Happy," reports that according to expert opinion perhaps only about 20 percent of American people are truly happy.

2. I am not sure about the exact percentage, but I do know the majority of people are not happy.

B. This is certainly not the way God wants it to be. God wants all men to become His spiritual children and wants His children to be happy. (Psa. 144:15; Jn. 16:33; Phil. 4:4; 1 Thess. 5:16; 1 Pet. 3:10-12).

C. Let us briefly discuss how to find true happiness.

I. **Keeping God's Commandments** - True happiness comes by keeping God's commandments. (Prov. 29:18).

A. The writer of the first psalm said. (Psa. 1:1,2).

B. The writer of the 119<sup>th</sup> psalm wrote. (Psa. 119:1).

C. **Today the masses of people ignore these teachings about happiness.**

1. They spurn the Creator and His commandments. They seek to find happiness by breaking God's commandments rather than by keeping them. True happiness cannot be found apart from God and His commandments.

2. Solomon sought to find happiness apart from God, and concluded that all is vanity apart from God. He concluded that real happiness comes to those who fear (reverence) God and obey Him. (Eccles. 12:1, 13).

II. **Give Our Hearts To The Lord And Receive His Salvation** - True happiness comes from giving our hearts to Jesus and receiving His salvation.

A. **The Bible teaches that all of us are sinners.** It teaches that this sin separates us from God. It teaches if this sin is not covered (forgiven) that it will send us to the devil's hell. It teaches that sin may bring us some moments of pleasure, but that it bring misery to our lives. This large auditorium could not hold all the books that could be written about the heartaches and miseries of sin. Truly the way of the transgressor is hard. Truly the way of the transgressor is filled with pain and heartache.

B. **Christ is the answer to the abundant life** - to true happiness. (Jn. 10:10).

1. Yes, Jesus came to give us the abundant life, but it does not come automatically,
2. We must in trust **submit our lives to Christ to be saved and be happy.** (Jn. 3:36; 6:15;14:6).

C. In the long ago Isaiah wrote about the joy of salvation. (Isa. 12:2-6)

**2 "Behold, God is my salvation, I will trust and not be afraid; For the Lord God is my strength and song, And He has become my salvation."3 Therefore you will joyously draw water From the springs of salvation. 4 And in that day you will say, "Give thanks to the Lord, call on His name. Make known His deeds among the peoples; Make them remember that His name is exalted." 5 Praise the Lord in song, for He has done excellent things; Let this be known throughout the earth. 6 Cry aloud and shout for joy, O inhabitant of Zion, For great in your midst is the Holy One of Israel.**

1. When we receive salvation in Christ, and deliverance from the bondage of sin, we should experience joy and happiness. **Like Isaiah,** we should shout aloud and sing for joy.
2. When Jesus Christ enters into our lives, we cannot help but to rejoice. Do remember what the Ethiopian Eunuch did after he gave his life to Jesus and was baptized? The Bible says that he "went on his way rejoicing" (Acts 8:39).
3. As a **third-century man** was anticipating death, he penned these last words to a friend:  
**"It's a bad world, an incredibly bad world. But I have discovered in the midst of it a quiet and holy people who have learned a great secret. They have found a joy, which is a thousand times better than any pleasure of our sinful life. They are despised and persecuted, but they care not. They are masters of their souls. They have overcome the world. These people are the Christians and I am one of them."**
4. **There is joy beyond comparison in being a Christian.** If you are a Christian (submitting your life and heart to Jesus), then you know the joy of which I am now speaking. If you are not a Christian, you are missing out on the joy of life. Become a Christian this day, and experience not only the forgiveness of your sins, but also the happiness that accompanies it.

III. **Not Being Caught Up In Materialism** - True happiness comes by not being caught up in materialism.

A. Why is it that most people are not happy? I think I know the answer to this question.

1. **People look for happiness in all the wrong places.** The reason why most people are not happy is that they look for true happiness in worldly things. Some try to find happiness in alcohol and drugs, but find these things enslave, maim and kill. Others are caught up in materialism.
2. The Bible teaches that worldly possessions cannot bring us true happiness.
  - a. Paul wrote, **"6 But godliness actually is a means of great gain, when accompanied by contentment. 7 For we have brought nothing into the world, so we cannot take anything out of it either. And if we have food and covering, with these we shall be content. 9 But those who want to get rich fall into temptation and a snare and many foolish and harmful desires which plunge men into ruin**

**and destruction. 10 For the love of money is a root of all sorts of evil, and some by longing for it have wandered away from the faith, and pierced themselves with many a pang.** (1 Tim. 6:6-10).

b. Paul emphatically teaches we should be content with what we have. Money will not bring happiness and contentment, but it is the root of all kinds of evil. It leads to theft, cruelty, murder and a host of other sins. When money becomes our number one priority, it causes us to neglect God, our families, ourselves and everything else important.

c. **It is evident material possessions cannot bring us true happiness.**

- 1) If true happiness could be found in material possessions, then most of us in America should be delirious with joy and happiness beyond description. We would be producing books and poems that describe our state of unparalleled bliss. We would be walking around with constant smiles on our faces and telling others how happy we are.
- 2) Instead, we find those who have a lot of material possessions have a high rate of divorce, suicide, depression, child abuse, and other personal and social problems. All this is surely proof that happiness is not found in material possessions.

IV. **Right And Positive Thoughts** - True happiness comes from having right and positive thoughts.

A. Happiness comes from **reflecting on the salvation we have in Christ.** (Phil. 4:4; Rom. 8:1).

B. Happiness comes from **right thinking.** (Phil. 4:8).

1. If we want happiness, we must fill our minds with lovely, pure, admirable and praiseworthy thoughts.
2. If we want to be happy, we must think happy and uplifting thoughts. (Prov. 23:7).

C. Happiness comes from **positive thoughts.**

1. For most of us, however, our inner dialogue doesn't consist of **positive thoughts.** We are filled with negative, critical, angry, self-blaming and defeatist thoughts. When we engage in these negative-thinking patterns, we squeeze out the joy and happiness in our lives.
2. **Harry Perry** was told he was dying of leukemia, so he threw in the towel and started to act as if life was over. He quit his job, ruled out marriage, spent thousands on treatments, drank heavily, and spent most of his time alone. He was waiting to die, but he might as well have been dead already. Harry's life was empty, even though he wasn't dead. As a matter of fact, he wasn't even dying. About 5 years after the initial diagnosis, another checkup showed that Harry did not have the disease. He has since then married, bought a home, and quit treatments. He feels great. Nothing has actually changed except Harry's attitude. When he thought he was dying, he set a course of self-destruction. When he learned he wasn't a victim of leukemia, he set a course of happy living.
3. The **application to this story** is that some of us may be physically alive, but mentally dead. Our negative attitudes are quenching our spiritual joy. We if want joy and happiness, then we must change our attitudes. We must have positive attitudes that bring glory to Christ and bring out the best and finest in us.

V. **Purge Anger From Our Hearts** - In order to live happy lives, we must purge anger from our hearts.

A. I did not see this movie, but I am told in the **movie Forrest Gump**, there was a scene that has one of the central characters, Jenny, returning to her old home after her father had died. She found the old farmhouse

was broken-down and abandoned. As she reflects on the sexual abuse that she endured as a child, she is overcome by rage and begins throwing rocks at the house. Jenny finally falls to the ground in exhaustion and the scene closes with Forest Gump philosophically saying, "Sometimes there just aren't enough rocks."

1. **Many of us struggle with anger.** It can stem from a variety of reasons and some anger seems very justifiable.

2. Yet, unresolved anger leaves us reaching and crying out for more rocks. The rage is never satisfied and happiness squeeze out of our lives.

B. Brethren, through the power of the Spirit of God that is living in us, **we can find the strength to lay down the rocks of anger and forgive those who have hurt us.**

1. If we are harboring anger and bitterness against someone, then it is time for us to let go of it and forgive. (Mk.11:25; Eph. 4:31, 32).

2. Once we let go of the anger and bitterness that has been festering up in our lives, the sunshine of joy will rise up again and bring happiness back to your lives.

### Conclusion.

I. To live happy lives, we must keep God's commandments and receive Christ as Lord and Savior. We must not be caught up in materialism. We must have right and positive thoughts and purge anger from our hearts.

II. If we do these things, then we are on our way to living joyous, bright, and cheerful spiritual lives.

III. Recently I read these words that will enhance our enjoyment and happiness in life.

<p>Watch Butterflies or Birds.          Be grateful for good health.          Don't interrupt.          Take a nap on Sunday afternoon.          Never deprive someone of hope.          Be thankful for every meal.          Never be afraid to say, "I'm Sorry."          Improve your performance by improving your attitude.          Wave at children on the school bus.          Leave everything a little better than when you found it.          Take time to smell the roses.          Don't tailgate.          Keep it simple.          Enjoy good company.          Keep your promises.          Listen to your children.          Be kinder than necessary.          Take good care of those you love.          Make it a habit to do nice things for people who never find out.          Judge your success by the degree that you enjoy peace and good health.</p>	<p>Be a good loser.          Be a better winner.          Be romantic.          Live so that when your children think of fairness, caring and integrity, they think of you.          Enjoy real maple syrup.          Never refuse homemade brownies.          Remember other people's birthdays.          Sing in the shower.          Resist gossip          Don't nag.          Don't expect that money will bring you happiness.          Say "THANK YOU" a lot.          Take care of your reputation; it is your most valuable asset.          Don't rain on other people's parade.          Don't postpone joy.          Whistle. (This is something I cannot do)          Call your mother.          Do more than what is expected of you.          Be someone's hero.          Count your blessings...daily.          Enjoy a sunrise, sunset</p>
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IV. These suggestions, added to the truths in this lesson, will add happiness to our lives.

- A. We are now ready to sing the hymn of invitation. Christ is the Savior of the world and He wants to save you.
- B. Come to Christ now and submit your life to Him in faith and baptism. Let Christ give you forgiveness and happiness and joy. Come as we sing.

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