

IF YOU'RE HAPPY AND YOU KNOW IT...!

INTRODUCTION:

1. Everyone seems to be searching for happiness, but not many know what it is.
2. Proverbs 15:13,15
3. Proverbs 17:22
4. Matthew. 5:1-12
5. Luke 6:20-23
6. Let us look at what happiness really is and how to achieve it and hold on to it.

I. HAPPINESS IS CONTENTMENT OF MIND

- A. Matt.6:25-34
- B. Jno.14:27; 16:33
- C. Phil.4:6-7, 11,13
- D. 1Tim. 6:6-10
- E. Prov.30:7-9

II. HAPPINESS IS SPIRITUAL AND PHYSICAL FULFILLMENT

- A. 2Timothy 3:16-17
- B. 2Cor.13:9
- C. Col.2:9-10
- D. Heb.13:20-21
- E. Matt.19:16-22

III. HAPPINESS IS ACHIEVED IN PART BY SERVING OTHERS

- A. Matt.20:20-28
- B. Acts 2:44; 4:32
- C. Luke 12:16-21

IV. HOPE AND ASSURANCE LENDS TO HAPPINESS

- A. 1Thess.4:13
- B. Acts 24:15
- C. Rom. 8:24-25
- D. Heb.11:16
- E. Eph. 1:13-14- guaranteed but don't have it yet.

V. HAPPINESS IS NOT CONTINGENT UPON ONE'S PRESENT CIRCUMSTANCES

- A. Phil.4:1-8
- B. 2Cor.4:7-15
- C. Acts 5:41
- D. Acts 16:25-singing and praying in jail

VI. HAPPINESS CAN ONLY BE TAKEN FROM ONE WHO ALLOWS IT !

- A. Jno.10:27-30
- B. Take houses, goods, health, life, but can't take happiness unless we give it up!
- C. Job-"curse God and die, "receive the good and not the bad!"
- D. Rom. 8:31-39

VII. HAPPINESS STARTS FROM WITHIN AND CAN BE CONTROLLED

- A. One chooses to be happy or not by choosing whom he will serve (Romans 6:16-17)
- B. One is unhappy because he lets himself be.

VIII. PRESCRIPTION FOR HAPPINESS

A. 1 Peter 3:10-12

1. The market is flooded with books that tell us how to succeed in hundreds of areas of life.
2. The Bible contains God's prescription for a happy life.

LIVE ONE DAY AT A TIME:

- A. Many folks try to live three days at a time. They relive yesterday, worry about tomorrow, and waste today in the process.
- B. Matthew 6:34 *Sufficient for today is the trouble thereof.*
- C. Phil.4:6; 1 Peter 3:12;
- D. Psalms 118:24 – *This is the day which the Lord has made, we will rejoice and be glad in it!*

COUNT YOUR BLESSINGS AND NOT YOUR PROBLEMS:

- A. James 1:17
- B. Psalms 23:5-6
- C. Romans 8:18
- D. By dwelling on your few problems you forget your many blessings.

BE AN OPTIMIST NOT A PESSIMIST:

- A. Phil.4:13
- B. Romans 8:28,31,37-39
- C. He who thinks he can—can.
- D. We generally find what we expect to find.
- E. Try to see some good in every situation.

FALL IN LOVE WITH LIFE AND LIVING:

- A. Some are dead while they live (1 Timothy 5:6).
- B. 1 Peter 3:10
- C. Titus 1:8
- D. Every man will die, but few will truly live!

FILL YOUR LIFE WITH GOOD THINGS

- A. Matthew 12:43-45 The empty house
- B. Philippians 4:8-9

KEEP YOUR PRIORITIES STRAIGHT:

- A. Matthew 6:33
- B. Matthew 22:37-39
- C. Matthew 6:17-21

BE A GIVER INSTEAD OF A GETTER:

- A. Acts 20:35
- B. Luke 7:36-49
- C. Galatians 6:10
- D. James 1:27

DEVELOP A SENSE OF HUMOR:

- A. Proverbs 15:13
- B. Proverbs 15:15
- C. Proverbs 17:22
- D. Don't take your self too seriously.

- E. Don't let people or things get under your skin so easily (Psalms 37:1-8).
- F. Phil.4:6

TRUST IN GOD AND FEAR NOTHING OR NO ONE:

- A. 1 John 4:18 *Perfect love casts out fear.*
 - B. Feed your faith and your doubts will starve to death.
 - C. Pray without ceasing
 - D. Keep God's word in your heart.
 - E. Walk in the light.
1. Trust in the Lord and lean not on your own understanding.
 2. Let go and let God direct your life.

CONCLUSION:

1. Happiness is contagious
2. It is up to you whether or not you are happy
3. No one can make me happy or mad or anything else unless I allow them to. !
4. It is my prayer that you are happy!
5. Real happiness starts with your obedience to the gospel!
6. If you are happy; work hard to stay that way!
7. If you feel as if something is missing, perhaps the spiritual part of your being needs to be fulfilled.