



God's Rules For Happy Living

- In our hectic world of suicide, depression, divorce, bitterness and hatred --
- happiness, joy and contentment are precious commodities indeed -- they are constantly being sought after.



Introduction

Introduction



- So many advertisements appeal to our natural desire to be happy -- promising joy and contentment if we will only try their product(s).
- Most advertising focuses upon fleshly lusts to entice people to buy their product(s).
- You never see ugly people selling products when they expect ugly people to buy such.

- **But look around you, the majority of people have never found true and lasting happiness!**
- **As a result, some people have become cynical about the elusive state of happiness -- denying that such even exists.**



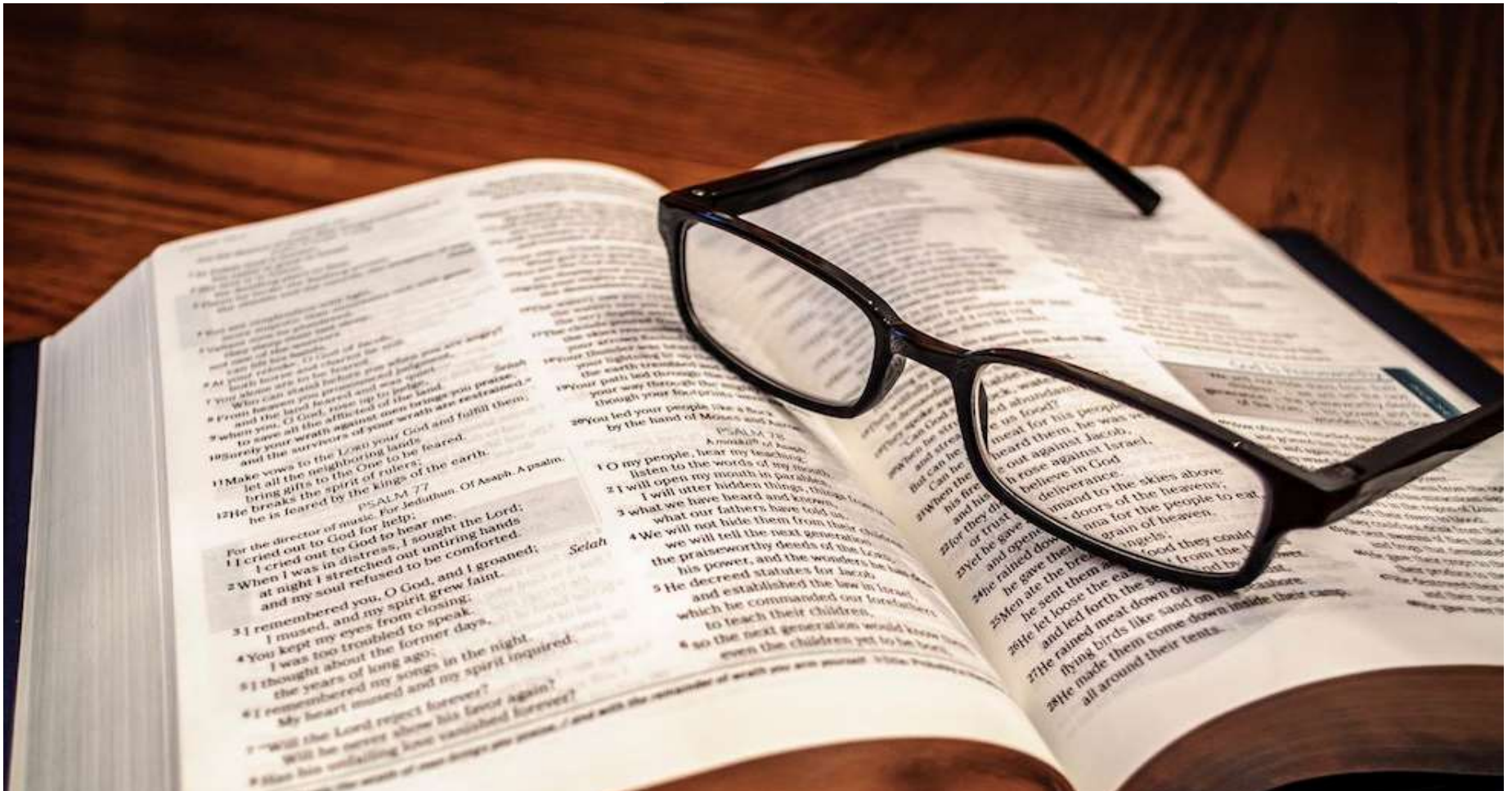
- **Is there such a thing as true happiness?**
- **Yes -- happiness is a reality and it can be ours.**
- **Not only can Christians be happy, but**
- **God expects and commands that his people be happy:**






Romans 14:17: *"For the kingdom of God is not meat and drink; but righteousness, and peace, and joy in the Holy Ghost."*

Philippians 3:1: *"Finally, my brethren, rejoice in the Lord. To write the same things to you, to me indeed is not grievous, but for you it is safe."*



Philippians 4:4: *"Rejoice in the Lord always: and again I say, rejoice."*
1 Thessalonians 5:16: *"Rejoice evermore."*

A dark brown leather armchair with decorative brass studs on the armrests is positioned on the right side of the image. An open book with white pages lies on the seat of the chair. The background is a soft-focus field of tall, green grass. The overall lighting is warm and natural, suggesting an outdoor setting.

1 Peter 4:13: *"But rejoice, inasmuch as ye are partakers of Christ's sufferings; that, when his glory shall be revealed, **ye may be glad also with exceeding joy.**"*

Paul rejoiced and was full of happiness even in less than pleasant circumstances.

2 Corinthians

6:10: "As
sorrowful,
yet **always**
rejoicing; as poor,
yet making many
rich; as having
nothing, and yet
possessing all
things."



2 Corinthians

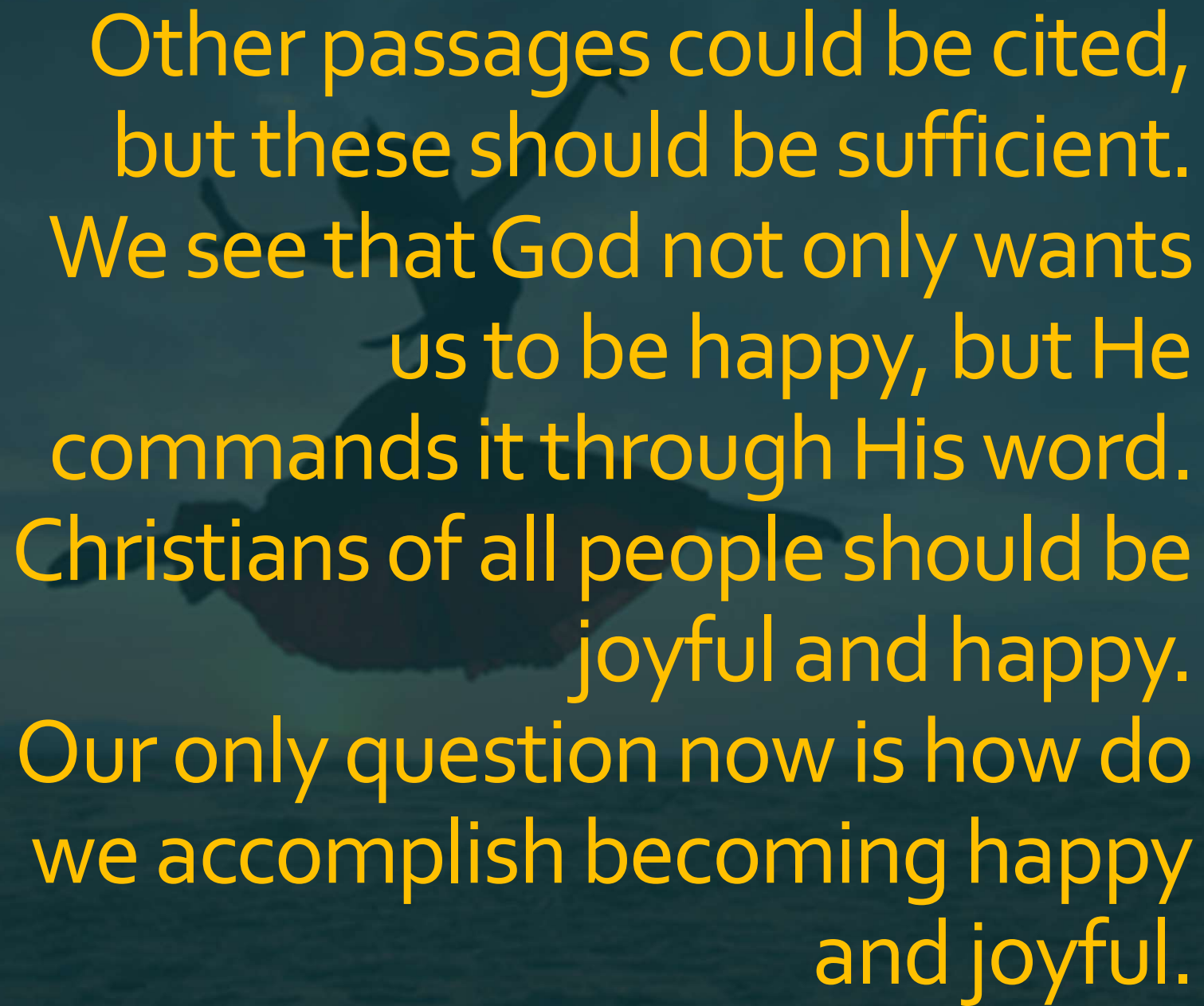
7:4: *"Great is my boldness of speech toward you, great is my glorying of you: I am filled with comfort, **I am exceeding joyful in all our tribulation.**"*



2 Corinthians

12:10: *"Therefore I take pleasure in infirmities, in reproaches, in necessities, in persecutions, in distresses for Christ's sake: for when I am weak, then am I strong."*





Other passages could be cited,
but these should be sufficient.
We see that God not only wants
us to be happy, but He
commands it through His word.
Christians of all people should be
joyful and happy.
Our only question now is how do
we accomplish becoming happy
and joyful.

**Happiness is not something that we
stumble on by accident.**

**Happiness cannot be bought, sold or
traded (regardless of the many sales
pitches to the contrary).**



**Fortunately, happiness is not a commodity
afforded only the rich or affluent.
Happiness is a state of mind within
everyone's grasp!**



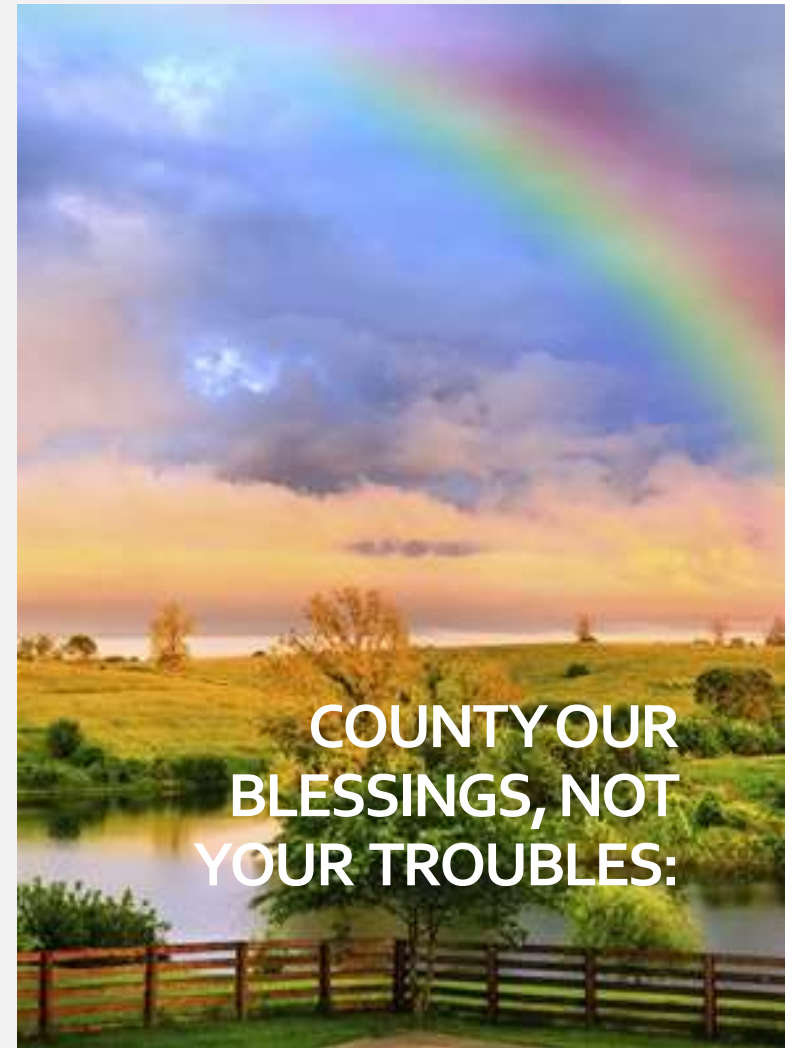
Many books have been written; all claiming to contain the formula for happiness and contentment.

But the very best advice to be found on the subject was written years ago and is found in God's Word -- the Bible.

In the short time that we have together, I want us to notice some of God's Rules For Happy Living.

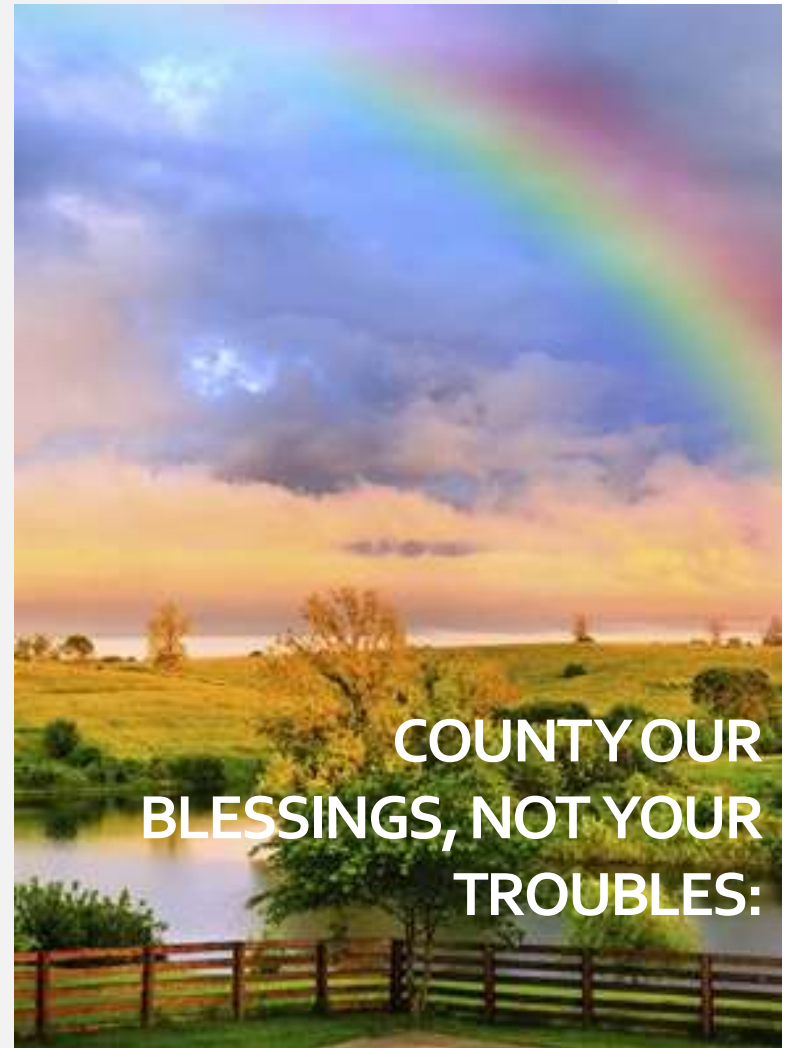


- Other people don't need your troubles, they have enough of their own.
- God has promised to bless His children abundantly.
- **Matthew 6:33:** *"But seek ye first the kingdom of God, and his righteousness; and all these things shall be added unto you."*



COUNTY OUR
BLESSINGS, NOT
YOUR TROUBLES:

- **Malachi 3:10:** *"Bring ye all the tithes into the storehouse, that there may be meat in mine house, and prove me now herewith, saith the Lord of hosts, if I will not open you the windows of heaven, and pour you out a blessing, that there shall not be room enough to receive it."*



COUNTY OUR
BLESSINGS, NOT YOUR
TROUBLES:



We live in the richest and
greatest nation in the
world.
Even the poorest
American is rich in
comparison to the rest of
the world.
Sure you have your
problems -- we all do --
but let's face it, our
blessings far outweigh
our burdens.



We need to practice
the words of the
song: "Count Your
Many Blessings."
If we will count our
blessings, we will be
happier and more
thankful to our
Heavenly Father.



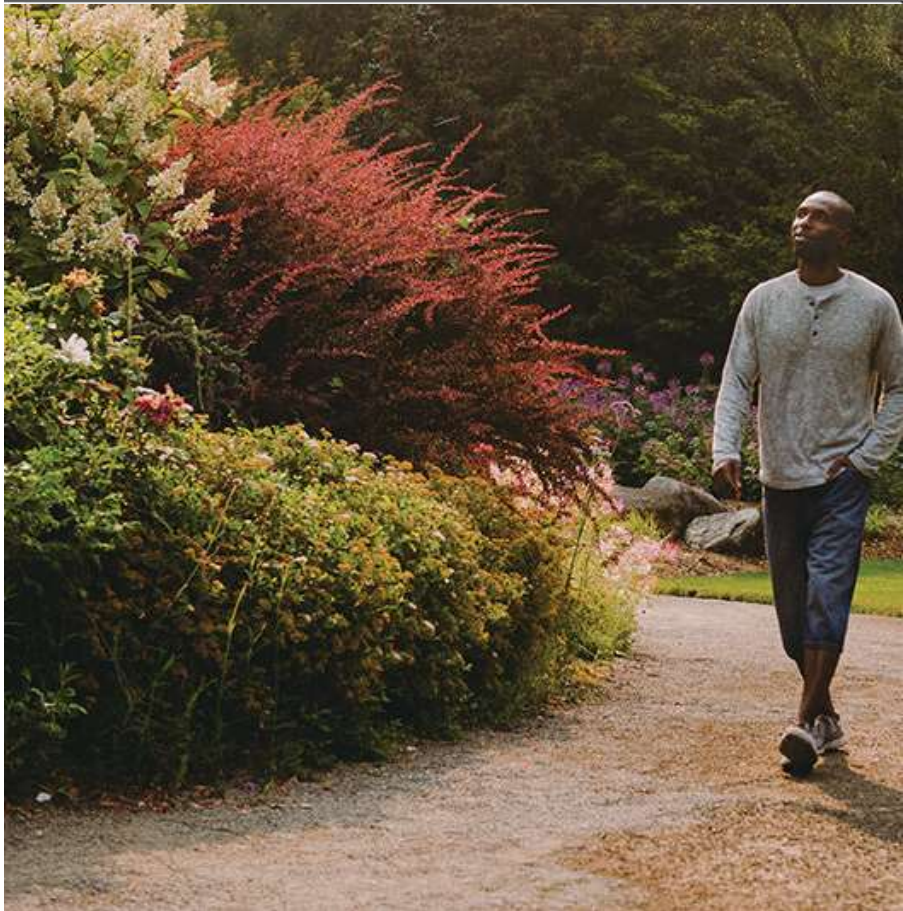
LIVE LIFE ONE DAY AT A TIME:

**We can conquer
any problem or
sin if we will
only learn to
live life one day
at a time!**



**LIVE LIFE ONE
DAY AT A TIME:**

**Most of our
fears for
tomorrow
never
materialize.**

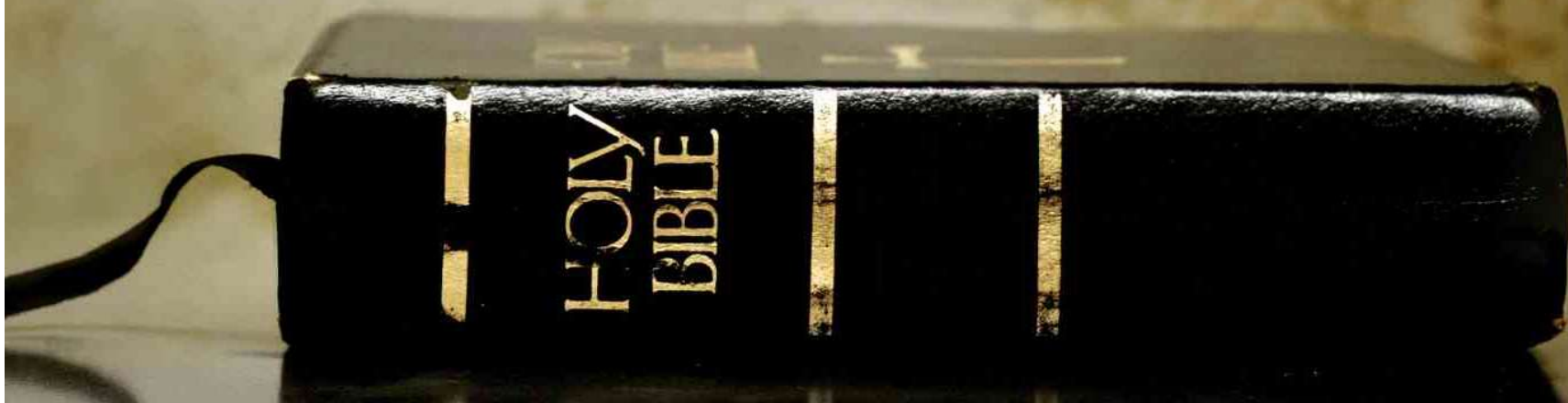


LIVE LIFE ONE DAY AT A TIME:

**If people would
only learn to
live one day at
a time, there
would be fewer
ulcers, and
fewer nervous
breakdowns.**

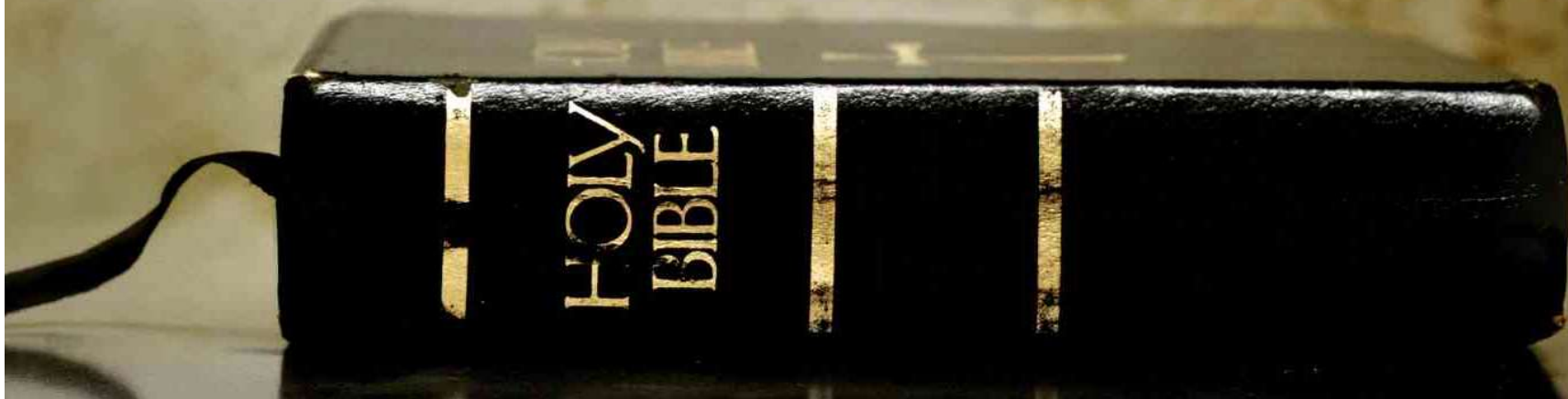
We have no assurance of living till tomorrow -- so why not take it as it comes -- one day at a time?

James 4:13-15: *"Go to now, ye that say, Today or tomorrow we will go into such a city, and continue there a year, and buy and sell, and get gain: (14) Whereas ye know not what shall be on the morrow.*



*For what is your life? It is even a vapour,
that appeareth for a little time, and then
vanisheth away. (15) For that ye ought to
say, If the Lord will, we shall live, and do
this, or that."*

If we would only learn this we would be
much happier.



LEARN TO BE A GIVER & NOT A GETTER:



- If we are not getting out of life what we expect, it may be that we are expecting to always receive and never give.

LEARN TO BE A GIVER & NOT A GETTER:



- **Luke 6:38:** *"Give, and it shall be given unto you; good measure, pressed down, and shaken together, and running over, shall men give into your bosom. For with the same measure that ye mete withal it shall be measured to you again."*

LEARN TO BE A GIVER & NOT A GETTER:



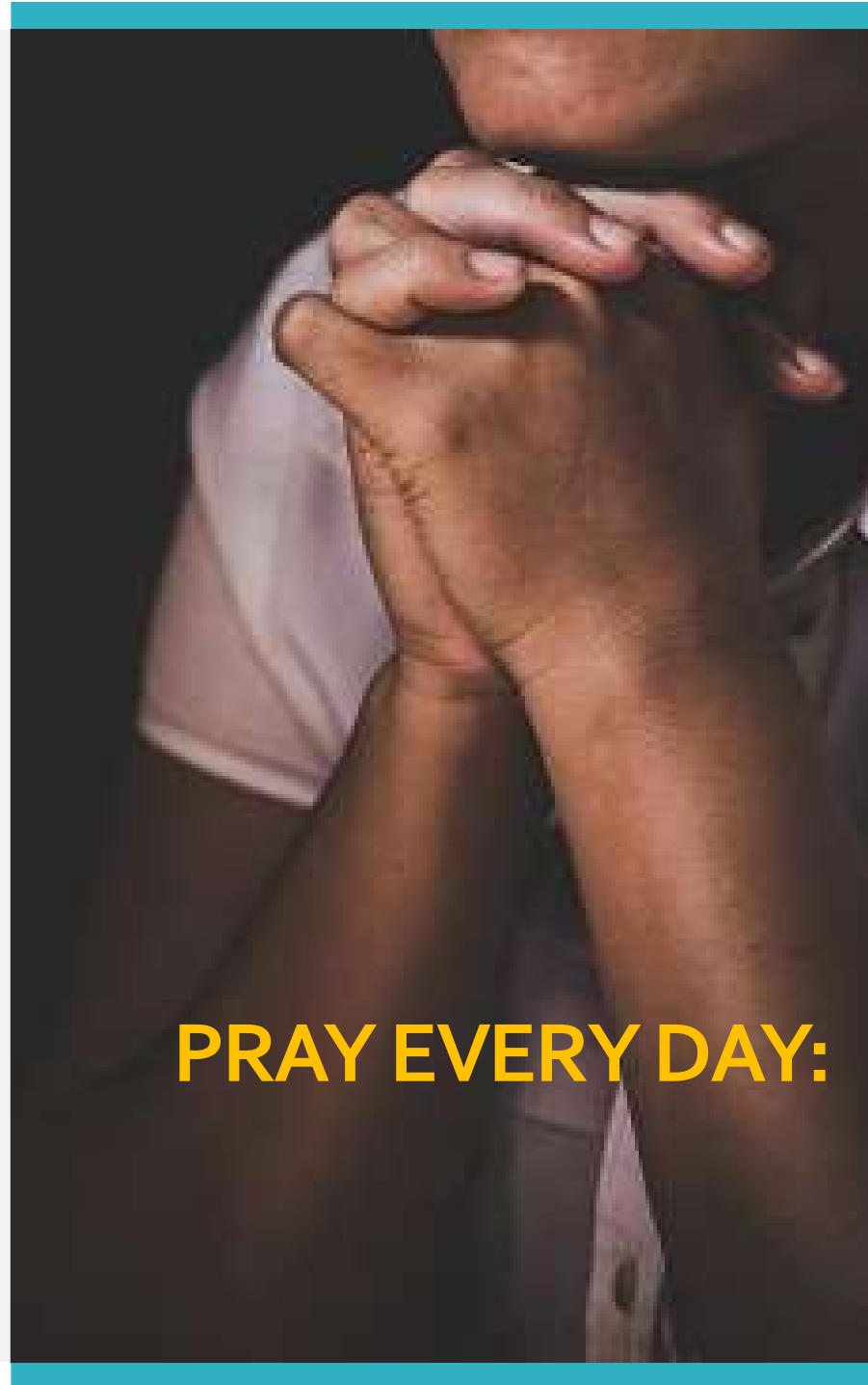
- Some go through life always expecting to receive from others, but they never give a thing.
- These people are despised for such behavior.

LEARN TO BE A GIVER & NOT A GETTER:



- **Acts 20:35:** "I have shewed you all things, how that so labouring ye ought to support the weak, and to remember the words of the Lord Jesus, how he said, **It is more blessed to give than to receive.**"

- Numerous scriptures could be cited:
- **I Thessalonians 5:17:** *"Pray without ceasing."*

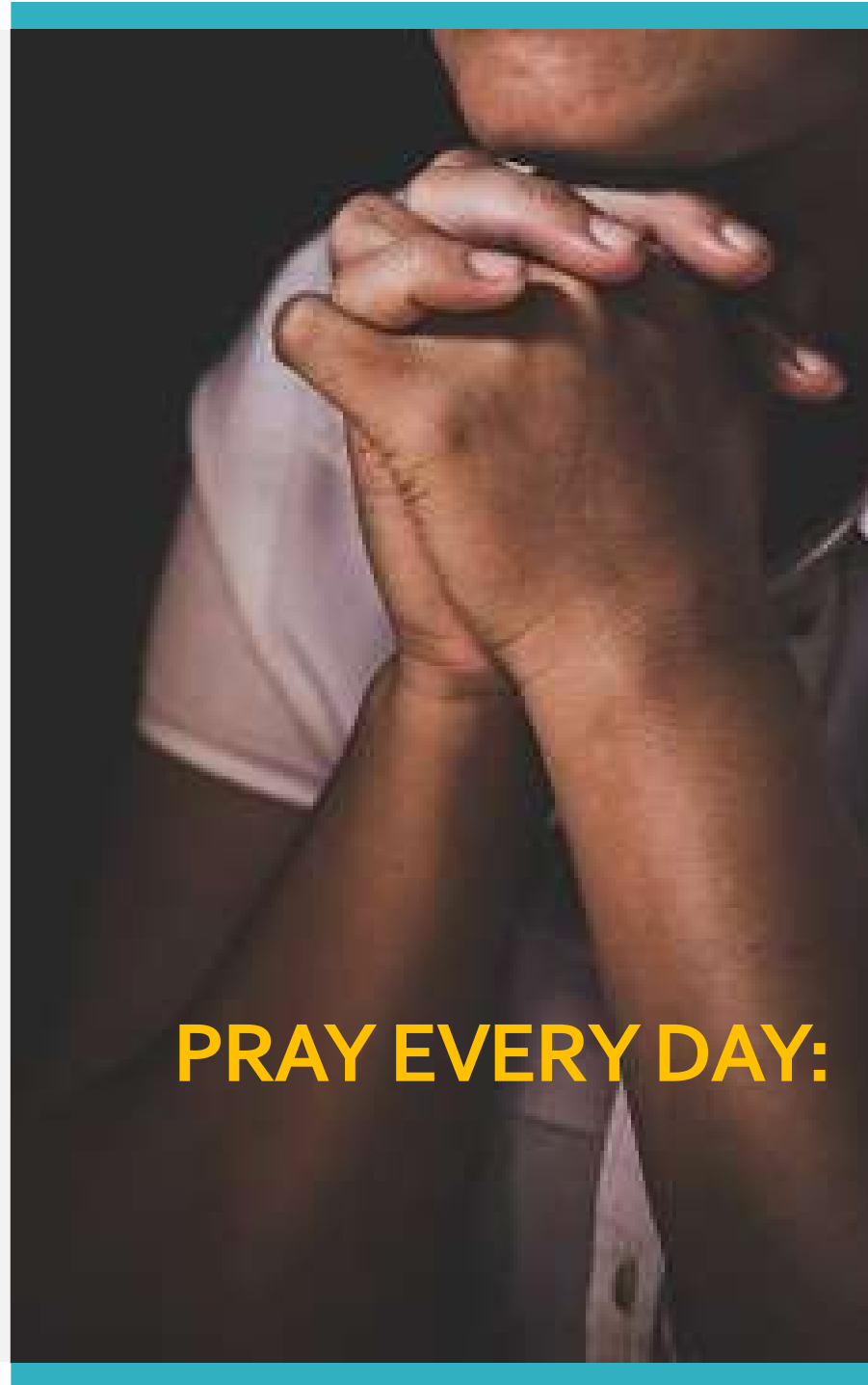


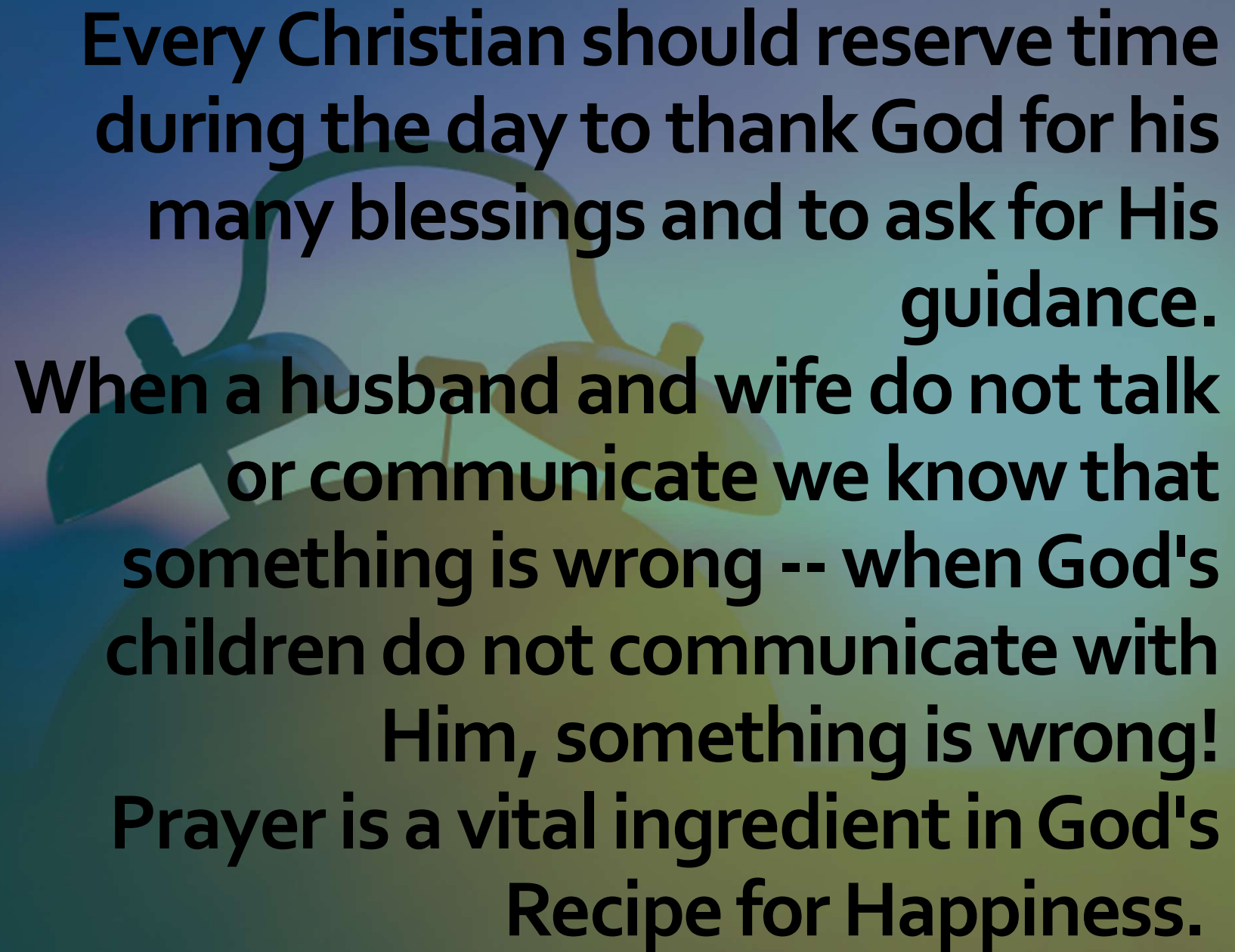
- **Philippians**

*4:6: "Be careful for nothing; but in everything by **prayer** and supplication with thanksgiving let your requests be made known unto God."*



- **Colossians 4:2:** *"Devote yourselves to prayer, keeping alert in it with an attitude of thanksgiving;"*





Every Christian should reserve time during the day to thank God for his many blessings and to ask for His guidance.

When a husband and wife do not talk or communicate we know that something is wrong -- when God's children do not communicate with Him, something is wrong!

Prayer is a vital ingredient in God's Recipe for Happiness.

LEARN TO COUNT:

*(This may sound
strange at first)*

All things have a place
in life.

Some things are
far more
important than
others.

We must learn to
keep important
things in first place.

Many things in life are important, (some more than others).

Our Lord stressed priorities in Matthew 6:33.

Spiritual matters must take priority over material things.

One cannot be truly happy until he learns to count the true value of things -- and put first things first.



- So often we allow little things to bother us (*often imaginary*).
- We allow little things (*and others*) to rob us of happiness.
- **Philippians 4:7:** "*And the peace of God, which passeth all understanding, shall keep your hearts and minds through Christ Jesus.*"
- We (*as Christians*) of all people have every reason to be at peace with ourselves -- we have peace with God.

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FILL YOUR LIFE WITH GOOD:

As God's children we should fill our minds with good thoughts and ideas.

Philippians 4:8: *Finally, brethren, whatsoever things are true, whatsoever things are honest, whatsoever things are just, whatsoever things are pure, whatsoever things are lovely, whatsoever things are of good report; if there be any virtue, and if there be any praise, think on these things."*

There should be no room for trashy evil thoughts in the mind of a Christian.

LEARN TO LAUGH AND LEARN TO CRY:



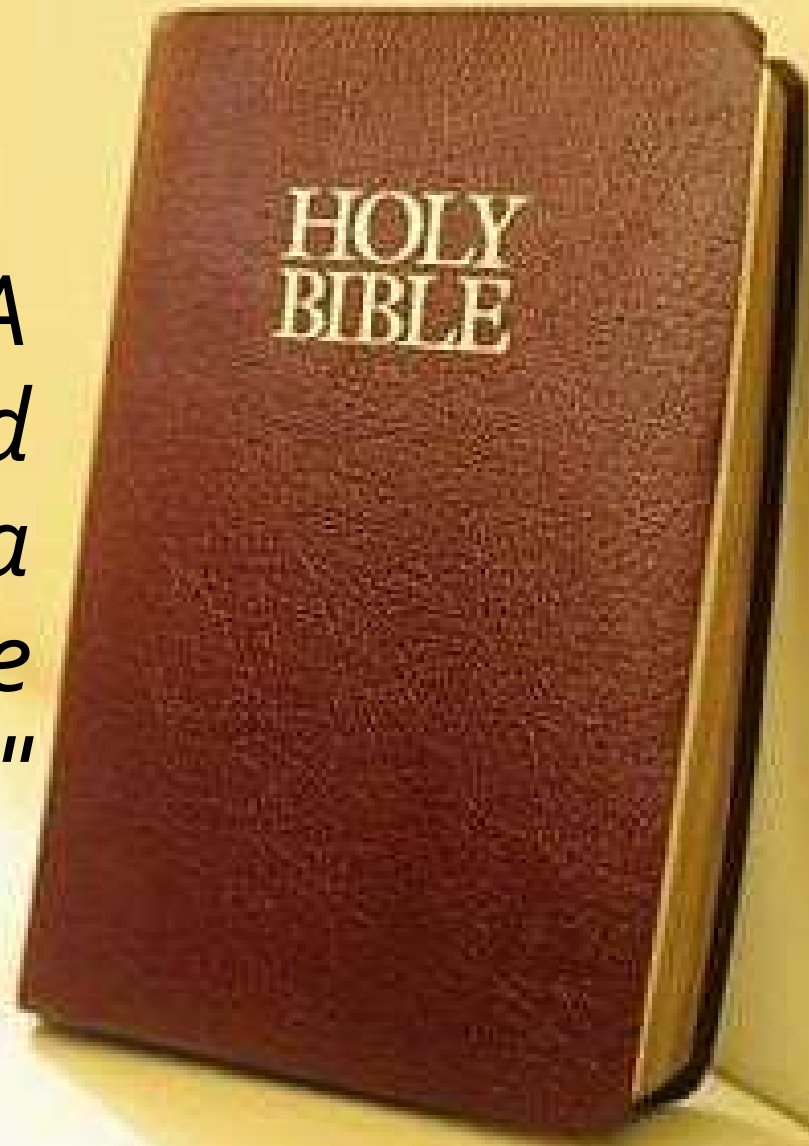
- It has been estimated that over 70% of all physical ills could be overcome if we could learn to laugh and cry.

LEARN TO LAUGH AND LEARN TO CRY:



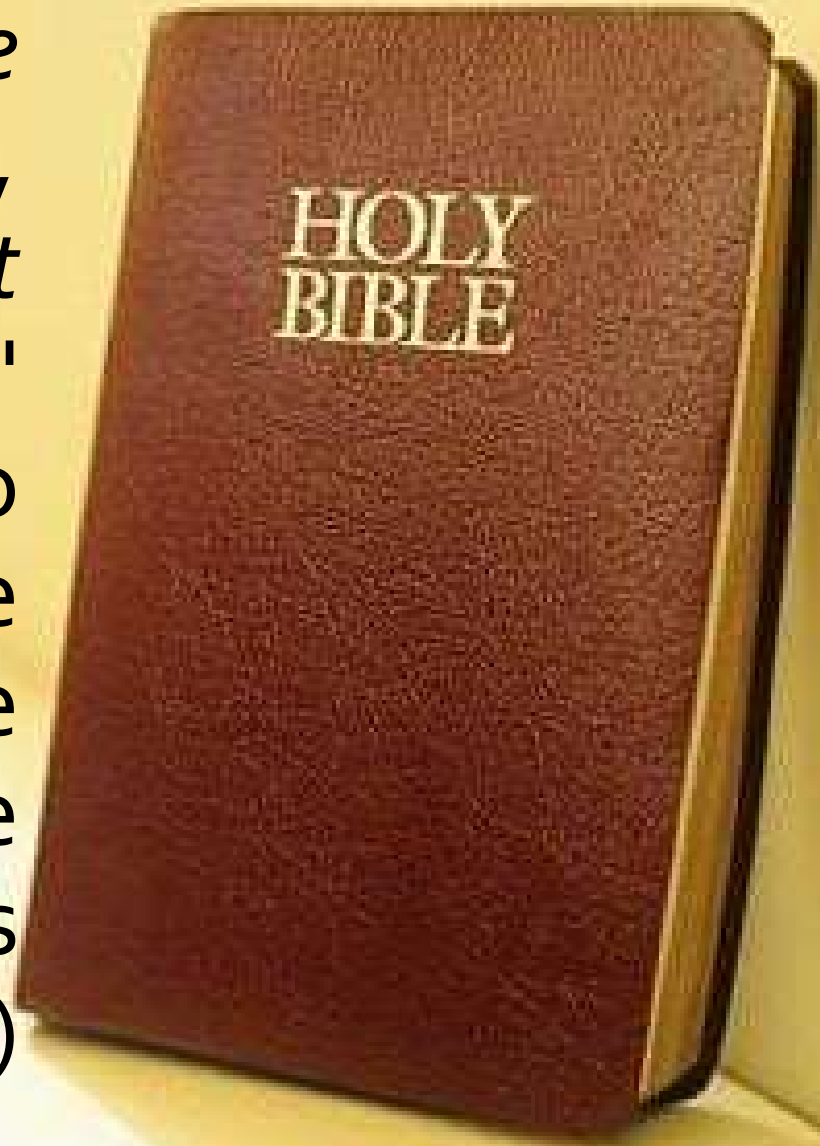
- Many think it's inappropriate. There are times when it is inappropriate.
- Yet it can also relieve a stressful situation.
- And we need wisdom to know when is the appropriate time.

Proverbs 17:22: "*A merry heart doeth good like a medicine: but a broken spirit drieth the bones.*"



Romans 12:15: *"Rejoice with them that do rejoice, and weep with them that weep."*

Only when we learn to laugh and cry with one another can we truly be happy and "bear one another's burdens." (**Galatians 6:2**)



LEARN TO PRACTICE THE HAPPINESS HABIT:

- Learn to smile & the world will smile with you.
- Either that or they will think you are nuts.
- **Philippians**
4:4: "Rejoice in the Lord always: and again I say, rejoice."



LEARN TO PRACTICE THE HAPPINESS HABIT:

- As we already mentioned, we have so much to be happy about.
- Let us show the world that Christians are truly happy people!



LEARN TO FEAR NOTHING OR NO ONE:

- As Christians we should crowd out our fears with faith in God.
- We are weak, but our Father is strong.
- **Matthew 10:28:** *"And fear not them which kill the body, but are not able to kill the soul: but rather fear him which is able to destroy both soul and body in hell."*



LEARN TO FEAR NOTHING OR NO ONE:



- **Philippians 4:13:** *"I can do all things through Christ which strengtheneth me."*
- With God on our side, what, or who do we have to fear?

LET GO AND LET GOD TAKE OVER:

- Too many people want to run their own lives after obeying the gospel.
- But we must let God have full control of our lives.
- This is the only way to find true peace and happiness.



LET GO AND LET GOD TAKE OVER:

- David spoke of this in Psalm 23.
- Until we truly let Christ be Lord (*Master*) of our lives, we will not, we cannot be truly happy!
- There can only be one person in the driver's seat.



CONCLUSION:

- Yes, Happiness can be found!!!
- Not in anything this world has to offer.
- True happiness can be found only in obedience to God's will.
- Only when we submit to God's Word can we have true peace and happiness.
- Have you found the happiness that God intended for us to know?
- Just remember, happiness is a habit -- a by-product of right thinking and living.