

Lessons Learned From Joy And Happiness

Sunday PM 09/09/18

Introduction:

This is obviously a companion to this morning's lesson. I got to thinking about the lessons we learn from bad events in our lives and wonder why is it we don't talk about the lessons we learn from the good things. I am reminded of a young lady that raised a calf for her 4-H club fair. She raised the calf to show and then be auctioned off. Usually the calf is bought by some business or group that wants to help the young person. Therefore, the calf usually brings pretty good money. However, the bidding on her calf caught some people off guard and it was over before they realized it. Her calf did not bring much money and she was devastated. Her parents tried to point out that events like this builds character. She replied that she felt her character was going to be bigger than her. In other words, it would be nice to have a little less character building.

We need to be thankful for the good in life and there is a lot of that, *James 1.17*. So what are some lessons we can learn from those events that gives us joy and happiness?

I) Defining

A) Joy --

1. the emotion of great delight or happiness caused by something exceptionally good or satisfying; keen pleasure; elation: (Dictionary.com)

2. In the Bible joy is connected with gladness, to rejoice, usually more of an inward quality. Thus the disciples rejoiced to suffer for the cause of Christ, *Acts 5.41*

B) Happiness (Happy)

1. delighted, pleased, or glad, as over a particular thing: characterized by or indicative of pleasure, contentment, or joy (Dictionary.com)
2. In the Bible the word "Happiness" is rendered blessed. Blessed means favored or to find favor or to be praised. Think of the Beatitudes.

II) What Brings Joy and Happiness To Us

A) There are the big things

1. Birth of a child, a wedding, your team winning the championship, graduating, being baptized, seeing your children obey the Gospel.
2. These are the things that don't happen every day but we remember them forever.

B) There are the little things

1. Seeing your child take its first steps, getting a raise, a warm hug, a friend coming to visit, getting to sleep late, etc.
2. These happen on a more regular basis but often unexpected.

C) Some of the above are due to outside influence and some to inward actions. *Luke 1.28; Acts 16.34*

1. Your team winning a championship probably has nothing to do with your ability to cheer them on.
2. Getting a good grade on a test has a lot to do with how you studied.

III) Lessons Learned From Joy and Happiness

A) There is light at the end of the tunnel.

1. All of us have "dark days" and trials. Most of the time things do get better.
2. Think of King David --
 - a. King Saul promised one of his daughters, Merab, and gave her to another man (*1 Samuel 18.19*). Only to marry Michal who loved him, *1 Samuel 18.20*
 - b. Persecuted by King Saul, only to become King of Israel.
 - c. Married Michal only to have her become bitter toward him, *2 Samuel 6.16*. He found Abigail, *1 Samuel 25*.
 - d. The loss of three children during his life, the birth of other children.
 - e. Persecution from the enemies of Israel, etc. Praise from God.

3. Think of Jesus' disciples
 - a. They followed Jesus for three years only to be told that He would leave them, *John 14.1-6*.
 - b. They saw Him die on the cross.
 - c. Their sorrow was replaced with such great joy that they almost could not believe it , *Luke 24.41,52*.
4. Most of the time things are not as bad as we think they are and they get better.
 - a. We have all read stories of people that are now successful tell of their past failures.
 - b. We should not dwell on the past but remember how blessed we have become.

B) Joy is not self-centered

1. Most of the things that will bring us joy in life will include other people.
2. Consider the following recipe for disaster:
 - a. Think constantly about yourself
 - b. Talk incessantly about yourself
 - c. Use "I" as often as possible
 - d. Mirror yourself continually in the opinions of others

- e. Listen readily to what other people say about you
 - f. Always expect to be appreciated.
3. The Bible speaks of serving God and helping others, *Phil. 2.1-4*
 4. There are times when we find joy by helping others and making others happy.

C) Your happiness depends on you and how you handle life's problems, *Matthew 6.34*

1. Most pessimists are not happy!
 - a. 30 percent higher rate of dementia
 - b. 40 percent higher rate of anxiety
2. Most optimist are happy!
 - a. 55 percent lower risk of death from all causes.
 - b. 23 percent lower risk of cardiovascular death than pessimists.
 - c. Fewer problems with work or other daily activities because of physical or emotional health.
 - d. Increased energy.
 - e. Feel more peaceful, happier, and calmer.

3. Are you a carrier or a forgetter, *Phil. 3.13*. Some people carry grudges, or never move on after a traumatic event and others learn to move on.
4. A victim is never happy. Flood victim, accident victim, etc. have you ever seen one that looks happy. A former victim has learned to deal and cope.

D) How great heaven will be, *Romans 8.28*

1. The joys and pleasures of this life are to be received with thanksgiving, *Psalms 100.4*. Count your many blessings name them one by one, count your many blessings see what the Lord has done.
2. Those blessings are not eternal. They are like the manna the children of Israel had in the wilderness; good to eat but temporary. *John 6.48-50*
3. The eternal blessings are greater, *2 Timothy 4.7,8*.
4. "How Beautiful Heaven Will Be"

Conclusion:

Life has its ups and downs; its good and bad days. Lindsey Vonn after winning the women's downhill spoke of her great joy in saying she could not be happier. She is wrong, the joy of that moment will fade away. It is the joy of heaven that will endure forever.