Rules For Happiness

Introduction: Over the last number of months the song "Happy" has been playing on the air waves. Its popularity suggest among other things, happiness is desired. Everyone wants to be happy and enjoy life. We want our children to be happy in most cases. God desires our happiness too. The Bible has many references to joy and happiness. Christianity is designed to produce true joy and gladness not sorrow and depression. This lesson will deal with some rules for happiness.

**I) Where Is Happiness? Not!**

**A) Unbelief -- Voltarie was an infidel of the most pronounced type. He wrote, "I wish I had never been born."**

**B) Worldly pleasure -- Lord Byron lived a life of pleasure. He wrote "The worm, the canker, and the grief are mine."**

**C) Money -- Gay Gould, a millionaire said when dying, "I am the most miserable man on earth."**

**D) Position and fame-- Lord Beaconsfield enjoyed life more than his share of both. He wrote, "Youth is a mistake, manhood a struggle, old age a regret."**

**E) Military glory-- Alexander the Great conquered the known world, he cried, "There are no more worlds to conquer."**

**II) Where Is Happiness?**

**A) Keep life simple**

1. Be temperate, practice self control, over your habits, **Galatians 5.23; Phil. 4.5**.

2. Avoid self indulgence, **Colossians 3.5-6**

3. Practice frugality, **Proverbs 21.17**

a. Be content with what you have and know the difference between what you need and what you want.

b. We often want more than we can afford, creating financial stress and ruin.

c. We sometimes want that which we really don't need for it is not good for us.

**B) Cultivate a yielding spirit**

1. Avoid the spirit of Diotrephes. Everything has to be my way.

2. Develop the spirit of Abraham, **Genesis 13.7-9.**

a. Giving others the "right of way" usually ends the stress.

b. Know when and when not to take a stand.

**C) Cultivate a forgiving spirit**

1. Forgiving others is easy and hard at the same time. It is easy when we are forgiving those we love. It is hard when we are forgiving our enemies.

2. The more we practice forgiveness the better we get at it, **Ephesians 4.31-32**

3. Return good for evil, **Romans 12.17-21**

4. Learn to forget all unkindness you receive (Joseph, **Genesis 41.51).**

**D) Be interested in others**

1. Happiness is found is helping others, **Matthew 20.28**

2. Be a Good Samaritan, **Luke 10.30-35.**

3. Realize how blessed you are and how much you have.

**E) Develop Real Friends**

1. There is difference between those who we know and those who we become friends.

2. To have friends one must be friendly, **Proverbs 18.24**

3. To laugh and cry with others, **Romans 12.15.**

**F) Be Grateful for what you have**

1. Begin each day "counting your blessings" **Psalm 116.12.**

2. Peace and gratitude go together, **Colossians 3.15**

**G) Live one day at a time.**

1. Today is all any of us have, don't worry about tomorrow, **Matthew 6.34.**

2. Think of tomorrow in "If the Lord wills" terms, **James 4.14-15.**

Conclusion: Living the Christian life provides us with the blessings of our spiritual family, knowing God hears our prayers, God knows our trials, the hope of heaven.