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

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

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

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

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

**II) Where Is Happiness?**

**A) Keep life**

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**

**B) Cultivate a spirit**

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

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

**C) Cultivate a spirit**

1. Forgiving others is easy and hard at the same time.

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** (Joseph, **Genesis 41.51).**

**D) Be in others**

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

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

**E) Develop Real**

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

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

**F) Be for what you have, Psalm 116.12**, **Colossians 3.15**

**G) Live one at a .**

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.