

## HOW TO BE HAPPY

### Philippians 4:6-12

**Introduction:** Ever feel like Job when he said, "...*man that is born of a woman is of few days and full of trouble...*" ? David also had his days of unhappiness and wrote: "...*Oh that I had the wings of a dove, for then I would fly away and be at rest. Lo, then would I wander far off and remain in the wilderness. I would hasten my escape from the windy storm and tempest...*" (Psalm 55:6-8). All of us have wished that we could just crawl off into a hole somewhere when we were just tired and unhappy. There just is no place, however, that we can go and get away from everything and everybody for no matter where we might go, God is there to deal with as well as our own selves, who can run away from him/herself?

*Psalm 139:7-12*

### I. UNHAPPINESS IS NOT A NORMAL THING

1. Every person has to learn how to live and our constitution states that "man has the right to life, liberty and the pursuit of happiness."
  - Everyone has "pursued" happiness many times but few have caught it and held it for some time.
2. What is the unhappy person to do?
  - The old saying "grin and bear it" doesn't work.
  - How about blaming the environment?
  - One's surroundings can attack one's happiness.
  - Can't blame one's family, friends or even one's own physical body.
3. Happiness is inside a person.
  - Jesus said, "...*I am come that they might have life and that they might have it more abundantly...*" (John 10:10)

### II. LEARNING TO ADJUST HELPS UNHAPPINESS

1. To be happy, one must learn to adjust to life as it is.
  - Everything is constantly changing - one's body, ideas, the world, everything EXCEPT God.
  - Some have cursed the day they were born but what good does that do?
  - Some have learned to turn stumbling blocks into stepping stones.
    - Remember Helen Keller, blind from birth, and what all she contributed to the world?
  - There is nothing to fear when one is willing to adjust.
    - Sometimes one has to reduce his/her desires to almost nothing.
    - If one cannot do what he/she wants, then do what one can.
    - If one cannot get what he/she wants, then want what he/.she can get.
2. Adjusting to life is a lesson from the Bible.
  - *Philippians 4:11-13*
    - Paul prayed several times for a "thorn" to be removed from his flesh but the Lord told him that His grace was sufficient and that His strength was made perfect in our weakness.

- Paul said, *"...most gladly therefore will I rather glory in my infirmities, that the power of Christ may rest upon me. 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..." (2 Corinthians 12:8-10)*

### III. LIVING FOR THE ETERNAL HELPS UNHAPPINESS

1. It really doesn't matter what a person's dearest treasure in life may be, whether pleasure, recreation, fame, beautiful home, money, or simply control of one's family, ALL eventually lead to unhappiness.
  - How many have suffered unhappiness because they have devoted their lives to trying to get temporary things, things which they can't take with them into eternity?
2. Jesus told the rich, young ruler, who came to Him asking how he could have eternal life that whatever he had to give it all away but the young man didn't want to let go of all the wealth he had.
  - Jesus said, *"...seek first the kingdom of God, and His righteousness..."*
  - People can use what they have for the kingdom of God or they can go through life suffering unhappiness.
  - It is not the material things that brings unhappiness so much as it is how they are used.

### IV. MAKING OTHERS HAPPY HELPS UNHAPPINESS

1. To be happy, quit trying to be happy and begin trying to make OTHERS happy.
  - Get one's mind off of him/herself and on to others.
  - Don't just talk about treating others as one wants to be treated, DO IT!
  - Do something for others that one has to sacrifice in order to do.
  - Make it a habit of sharing with others what they might need.
2. To be happy, study the Bible.
  - The theme of the Bible from cover to cover is "giving."
    - *"...For God so loved the world that He GAVE..."*
    - *"...it is more blessed to give than to receive..."*
    - *Psalm 1*

### CONCLUSION:

1. What would you give to be happy?
2. Would you give YOURSELF in order to be happy?
3. There is really only ONE who can make you happy but He will not force Himself upon you and that is the Lord Jesus Christ.
  - Be "happy in the Lord..."
4. There is no reason for anybody, especially Christians, to live unhappy lives it's just not normal living.
  - Adjust to life, focus on eternal things, make others happy, get into God's Word.