

CHRISTIAN, BE GLAD AND HAPPY

Psalm 100

Introduction: Of all the people in the world who should show happiness, it should be Christians and yet to see some of them is to see some of the saddest looking people in the world. Why there are lost, damned, unbelieving people who appear happier than those who have eternal life, a home awaiting in heaven and are indwelt with the very presence of God. What is wrong with sad Christians?

I. PSALM 100 DESCRIBES SOME WAYS TO SHOW PRAISE TO GOD

1. Make a joyful noise - give shouts of acclamation, show great gladness and delight with an outward display of rejoicing, thankfulness, an open display of one's emotions of pleasure.
2. Be glad - cheerful, joyous, for there is a special reason to be happy, therefore express it outwardly with looks, smiles, words of happiness and praise.
3. By singing - saying words and sounds with musical modulations of the voice. Songs have a way of expressing what is in one's heart.
4. Be thankful - openly giving thanks, showing grateful acknowledgement of all God's favors and benefits.
 - Open forms of verbal expression of grateful thoughts and feelings.
5. By blessing, consecrating, thanking devoutly, bestowing happiness and prosperity on others.
 - To be positive and favorable, congratulating others who are equally blessed as you are.

II. MANY CHRISTIANS SEEM SO SAD AND DEPRESSED

1. Jesus was a man of sorrows while He lived here, but that was in order that WE might be a people of happiness.
 - Jesus was troubled so that we might rejoice.
 - Jesus served God, the Father in sorrow, that we might serve Him in gladness.
2. So many of God's Children are not happy and they walk around:
 - downcast, dejected, depressed, dismal, discouraged, gloomy, sad.
 - They come to God's House low in spirit, weary of life, discontented, of sinking heart, down in the mouth, in the dumps, in bad humor, grim faced and down fallen.
 - So many associate "being serious" with being mournful, glum, dull, soul-sick, etc.
3. Sadly, so too many Christians:
 - Seem so grave, gloomy, severe, seldom breaking into sunny smiles.
 - Sing hymns so sadly, so sternly, so gravely, never showing to anyone the slightest hint of enjoying singing.
 - Pray gloomy and grave prayers, pray as if God held a whip over them, or they were reporting the world's condition to God.
 - Are so dull and solemn in worship, so bare, so uninspiring, so empty of brightness and beauty.

III. WHY IS GLADNESS AND HAPPINESS SO RARE IN MANY OF GOD'S CHILDREN?

1. Some can never forgive and forget their own sins even though God does, they can't.
2. Others are hung up on the mysteries of life such as sorrow, pain, troubles, etc.
3. There are some who have unforgiven (hidden) sins.
4. Some misunderstand or misread the Gospel and other of the scriptures.
5. Most lack a real trust in God and are slow to believe Him, so slow.
6. Although many want to turn to God, but don't believe that He can really help them.
 - Some want to trust God, but don't think that He can do what He says He can do.
 - Some want to give up some habitual sin, but don't think that He can help them do it.
 - Some want to begin to make positive changes in their lives, but don't think He can help.
7. So many want to be happy, but just don't believe God can make them happy, free from worry and are afraid to leave their burdens with the Lord Jesus Christ.

CONCLUSION:

1. It is not God that hinders one from being glad and happy, it's one's own determination. No Christian will ever be happy until he/she is able to turn everything completely over to God.
2. Christian, remember:
 - God is supreme.
 - God made us and He cares for His own.
 - We are His people.
 - We are His "sheep."
 - God is good all the time to His Children.
 - His mercy is everlasting.
 - His truth is eternal and it is for everyone.
3. Christian, of all the people on earth who should be showing happiness, it should be us. Therefore, let's begin to live outwardly what we SAY we believe inwardly.
4. Let us give the Lord God open praise and appreciation, no matter what.