

True Happiness Is In Jesus Christ

Text: Psalm 144

I. Introduction

- A. Everyone wants a happy life. No one honestly says they **ENJOY** being unhappy.
- B. Much that we do in life is to avoid unhappiness.
- C. Even worldly people everywhere are looking for happiness, joy, fulfillment
 - 1. They look for it in worldly pleasures
 - 2. They look for it in material possessions
 - 3. They look for it in work, activities, sports, hobbies
 - 4. They look for it from friends, relatives, family, etc.
- D. We need to show that **TRUE HAPPINESS** lies in Christ Jesus
 - 1. **1 Corinthians 3:21-23** -- All things are ours.
 - 2. **Philippians 3:7-9** -- Everything else is really worthless
 - 3. **2 Corinthians 4:15-5:1**-- All things for our sakes—an eternal home

II. Seven ways to be happy.

A. Trust in God

- 1. **Proverbs 3:5-6** -- We should trust Him—guidance to our life.
- 2. **Proverbs 16:20** -- Whoso trusteth in the Lord, happy is he.
- 3. **Matthew 6:31-33** -- We can trust Him to meet our needs
- 4. **Philippians 4:6-7** -- We can have peace when we trust Him

B. Relish the scriptures

- 1. **Psalm 1:1-2** -- **DELIGHT** in God's law
 - a) Many **STUDY** it some, **KNOW** a little, but don't **DELIGHT IN IT**
 - b) To **DELIGHT IN IT** is to love to *hear* and *obey* it!
- 2. **Psalm 119:103** -- How sweet are thy words unto my taste...
- 3. **Matthew 5:6** – *Jesus said* - Blessed are they who do **HUNGER AND THIRST** after **RIGHTEOUSNESS**
- 4. The scriptures provide comfort, strength, hope, joy, gladness, encouragement, and guidance

C. Live Righteously

- 1. **Psalm 32:10-11** -- The righteous, upright in heart shall rejoice
- 2. **Psalm 64:10** -- The righteous shall be glad in the Lord
- 3. **Titus 2:11-12** -- We know how we should live in this world

D. Worship God regularly and genuinely

- 1. **Psalm 122:1** -- I Was glad when they said unto me, Let us go into the house of the Lord.
- 2. **Psalm 95:1** -- O come, let us sing unto the Lord: let us make a joyful noise to the rock of our salvation.
- 3. **Psalm 96:9-11** -- All the earth should fear before Him, rejoice
- 4. If worship to us becomes *a drudgery*, a burden and an obligation we find hard to bear, we must **WAKE UP!** We're listening to the Devil then, and not to God!

E. Keep a clean conscience

- 1. **Acts 24:16** -- Like Paul, our conscience should be void of offence
- 2. **1 Timothy 1:19** -- Holding faith, a good conscience.
- 3. **2 Timothy 1:3** -- Paul served with a pure conscience
- 4. Guilt of a conscience which convicts us of sin is a burden.
 - a. It was to Joseph's brothers. (**Genesis 42:21**)
- 5. **Romans 6:22-23** -- No happiness if self-condemned

F. Learn CONTENTMENT

- 1. The most effective con men, they say, appeal to the "*something for nothing*" greed in their victims, which means they are less likely to be suspected or reported because the victim **KNOWS** they, too, are somewhat in the wrong.
- 2. The opposite of contentment would be covetousness. Paul tells us that is the same as idolatry (**Ephesians 5:5, Colossians 3:5**) It was this desire Paul said worked in him to cause him to sin when he learned the Law (**Romans 7:7-9**)
- 3. **Philippians 4:11** -- Paul had learned contentment

- a) Many today have not really learned contentment, though they may be growing spiritually in other ways
- b) The discontented will murmur, like Israel (1 Corinthians 10:10)
- 4. We need to be content in life (**1 Timothy 6:6**) Godliness with content.
- 5. Joy is only *a fad* without contentment—only a *pretense*
- G. Stay busy doing GOOD THINGS**
 - 1. This is a good philosophy for **EVERY** Christian's life
 - 2. Idleness breeds displeasure, time to do evil things, and think of evil things to say and do (**1 Timothy 5:13-14**)
 - 3. **Romans 12:11** -- Not slothful in business (diligence)
 - a) We must work diligently without slacking off
 - b) We must work persistently in doing good things
 - c) We must be consistent in our work—doing good
 - 4. This includes labor to provide for our family
 - a) **1 Timothy 5:8** -- Must provide for our own house
 - b) **Ephesians 4:28** -- Work with our hands
 - 5. But it includes all manner of good deeds (**Galatians 6:10**) As we have opportunity do good unto all men
 - 6. One feels fulfilled and happy with a sense of worth when we keep working.
 - a) I'm worth something—People need the service I provide
 - b) I have a place—There is something for me to do
 - c) Accomplishment—Joy and satisfaction of a job well done
 - 7. **1 Corinthians 15:58** -- Always abounding in the work..."

Conclusion:

- A. Many who have not followed God's road to happiness have tried many other ways, but none of them fits us like the **YOKE** the Lord has for us in this life. (**Matthew 11:28-30**) "...My yoke is easy..."
- B. No other way for us is right but God's way for us.
- C. Sadly, many Christians have not become really happy because they are not following the teaching of God's word that could make them truly happy.
- D. Why wouldn't you turn from a life that cannot ever be truly happy without God in it, to a life that can be **REALLY** happy?