

Happiness Is a Choice

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“All the days of the afflicted are evil: but he that is of a merry heart hath a continual feast.”

Proverbs 15:15

- A. Proverbs 15:15 ... summarizes the choices men make and their profound results affecting every day.
- B. Habakkuk 3:17-19 ... God is able to boost great joy for those glad by faith in terrible circumstances.
- C. Nehemiah 8:10 ... joy produces greater strength and zeal for any duty or diligent effort than sorrow.
- D. Psalm 34:12-16 ... God knows His children want good lives, so He specifies how we can get them.
- E. Proverbs 15:13 ... a merry heart has a positive effect on face and body language opposite sadness.
- F. Proverbs 17:22 ... a merry heart has a psychosomatic effect on the body and life not to be slighted.
- G. Proverbs 18:14 ... a spirit that is merry can endure or overcome much, or a spirit can tear you down.
- H. Deut 14:22-26 ... even under the hard old covenant, families spent a tithe on lusts for joy in worship.
- I. Deut 28:47-48 ... God truly expected joy and gladness for abundance of all things with a warning.
- J. Eccl 9:9 ... marriage is one of God's gifts to add great pleasure to life on earth to those embracing it.
- K. Isaiah 61:3,10 ... the prophecy of Christ and the gospel included much joy coming by the Spirit.
- L. Acts 14:17 ... God sends food and gladness even for the hearts of reprobates for a witness of Him.
- M. Rom 14:17 ... the kingdom of God is not handbook rules of liberty but peace and joy by the Spirit.
- N. Philippians 4:4 ... rejoicing is a commandment for all times and to be repeated as it may be needed.
- O. Col 2:20-23 ... Christian living rejects manmade and traditional self-denial to satisfy your flesh.
- P. I Tim 1:17 ... even in the New Testament God gives rich men the liberty to richly enjoy all things.
- Q. James 4:9 ... mourning and weeping rather than laughter or joy is for sinners in context (Jas 4:1-10).
- R. I Peter 1:8 ... the fact of the Lord's return can yield joy unspeakable and full of glory to believers.
- S. I John 1:4 ... apostolic fellowship with God and Jesus Christ for full joy was the goal of the epistle.
- T. Rev 19:7 ... heaven will be a place and time of gladness and rejoicing as a wedding to the Lamb.

Introduction:

- A. God wants His children to be happy; He gave the Spirit of joy and gladness; the gospel secures it.
- B. Happiness is invigorating power! Duty by itself is drudgery! Temperance by itself is torture! Shout!
- C. David danced with all his might and paid for the temple out of passionate joy and excited gladness.
- D. Perfunctory or passionate performances are grossly different, and only passion serves God or man.
- E. You can dance through life and have a continual feast by learning verses above and other wisdom.
- F. Both terror and delight motivate, but for this study we emphasize delight (II Cor 5:9-11 cp 5:14-17).
- G. There is a time to mourn or dance ... sometimes the best are cast down ... but they are exceptions.

- H. The exhortation to mourning in James 4:9 is only for those guilty of the sins in context (Jas 4:1-10).
- I. Christians should be the happiest people on earth; if not, it is their fault; if not, it is a sorry disgrace.
- J. Christians should have plenty of joy to give; since God gave them so much and the wisdom to share.
- K. God knows our first love or lukewarmness, so we should alter our spirits by repentance and action.
- L. The LORD Jehovah not only deserves happy children – He expects them – He rewards accordingly.
- M. Compare to Nehemiah coming before Artaxerses of the Persian Empire without great happiness.
- N. We recently considered relationships ... and doing good must include causing happiness (Gal 6:10).
- O. The women recently studied *Overwhelmed!* ... but a happy and merry spirit will cause overcoming.
- P. A favorite verse for many and this author for many years is Psalm 37:4, emphasizing the first clause.
- Q. Think back to when you were most in love with another person – the energizing excitement you had.
- R. Think back to when you got an unexpected promotion or raise – the energizing excitement you had.
- S. A simple rule is not to wait for others to make you happy, but rather for you to make them happy.
- T. A ton of material has been reaped, and I hope in just a few sermons we can organize and learn it.
- U. Do not expect psychobabble or temperamental/personality analysis, for I will preach God's word.
- V. While I will be positive, you will still be corrected and warned, which you must accept and adopt.
- W. An exhaustive study of all the Bible has to say on this subject would take many weeks or months.
- X. God wrote the Bible in part for living the abundant life He intended for His children (Deut 32:47).

What Is Happiness?

- A. **Happy.** Having good 'hap' or fortune; lucky, fortunate; favoured by lot, position, or other external circumstance. Characterized by or involving good fortune; fortunate, lucky; prosperous; favourable, propitious. Having a feeling of great pleasure or content of mind, arising from satisfaction with one's circumstances or condition; also in weakened sense: Glad, pleased.
- B. **Happiness.** Good fortune or luck in life or in a particular affair; success, prosperity. The state of pleasurable content of mind, which results from success or the attainment of what is considered good. Successful or felicitous aptitude, fitness, suitability, or appropriateness; felicity.
- C. **Joy.** A vivid emotion of pleasure arising from a sense of well-being or satisfaction; the feeling or state of being highly pleased or delighted; exultation of spirit; gladness, delight.
- D. Happiness has many synonyms that help grasp its full value: *joy, gladness, pleasure, satisfaction, delight, cheerfulness, laughter, enjoyment, blessedness, merry, mirth, rejoicing, joyous, contented, bliss, pleased, pleasantness, joyful, glad, triumph.*
- E. Happiness is defined and explained many different ways, which should be combined.
 1. It is pleasant confidence that things in your life will turn out okay or even better.
 2. It is thrilling pleasure of having a sensory experience that delights the human soul.
 3. It is thankful relief that danger or fear earlier felt has been lifted and taken away.
 4. It is the exciting reward of working hard for a goal and achieving it and then some.
 5. It is mutually basking with another person in exploring or experiencing goodness.

6. It is the feeling of knowing the acceptance and love of God or men toward you.
 7. Christians should have all the descriptions and more due to God's great provision.
- F. Happiness is the energizing joy and excitement of a young couple before marriage!
1. If you say, "That is mainly lust," you are certainly right, but marital lust is allowed.
 2. A husband's selfish desire for pleasure should be to pamper his wife (Ep 5:25-27).
 3. The young couple can stay happy, but they must work at it every day without fail.
 4. Was any young couple ever motivated more than Paul without lust (II Cor 12:15)?
- G. Wicked men might be happy for a short time while gratifying sinful lusts (Heb 11:25).
1. But they all eventually learn truth, sin's empty and painful consequences (Ps 36:2).
 2. The Bible declares the joy of the hypocrite is short (Job 20:4-7; 27:8; Num 32:23).
 3. God sends gladness, but they sin by ungratefulness (Acts 14:17; Ps 4:7; Mat 5:45).
 4. Joy in sin does not satisfy, so drunkenness, drugs, divorce, dysfunction, death, etc.
 5. Their pleasures all end, as they are thrown into the grave and hell (Pr 10:28; 11:7).
- H. David knew his joy was greater than the wicked's prosperity (Psalm 4:7; 43:4; 63:3).
1. The best a worldlying knows is similar satisfaction to a pig with a new mud puddle.
 2. A Christian has a pyramid of layers of contented joy built on the Spirit and truth.
 3. Abraham Maslow's humanistic and ignorant hierarchy is trumped by Christians.
- I. We will not delve far into temperaments, though some appear to never truly be happy.
1. Melancholies are prone to unhappiness and depression mainly due to introvertism.
 2. Some temperaments or personalities are more expressive, so judge all men wisely.

God Is Happy

- A. By the definition of His own independent and perfect nature, the LORD Jehovah, our God, is infinitely happy (Ps 115:3; 135:6; Isaiah 46:10; Rev 4:11; Pr 16:4; Ps 76:10).
1. His name, I AM THAT I AM, says He exists and acts for His pleasure (Ex 3:14).
 2. We cannot add to Him or take from Him (Job 35:5-8; Psalm 50:7-13; Mic 6:6-7).
 3. God is happy loving His people, though hard to believe (Isaiah 62:5; Zeph 3:17).
 4. He has saved some for the good pleasure of His own will (Ep 1:5,9; Rom 11:36).
 5. He delights in Himself – in His own attributes of perfection (Je 9:23-24; Mic 7:18).
 6. What He made was good and very good in His sight (Gen 1:4,10,12,18,21,25,31).
 7. The angels sang and rejoiced at creation because God was happy (Job 38:4-7).
 8. God delighted in His Son, and His Son delighted in Him (Isaiah 42:1; Matt 3:17).
 9. God delighted in His church even under the old covenant (Deut 10:15; Zeph 3:17).
 10. His providence in converting men brings Him delight (I Cor 1:21; Matt 11:25-26).
- B. All goodness comes from God, and He sends good forth as an expression of Himself.
1. Good thrills our souls ... good news, good words, good spouse, good food, etc.

2. Everything He created was good and very good; there was nothing bad from Him.
 3. Every good and perfect gift cometh down from the Father of lights (James 1:17).
 4. He left witness of Himself in the earth by sending gladness in hearts (Acts 14:17).
- C. God delighted in David and Solomon, and He will take pleasure in any obedient person (Ps 18:19; 35:27; 37:23; I Kgs 10:9; Psalm 147:10-11; Prov 11:20; I Pet 3:4).
- D. God's heaven is a place without any more tears, crying, sorrow, or pain (Rev 21:4).
1. Jesus Christ saw heaven's joy as sufficient reward for the cross (Psalm 16:10-11).
 2. Glorification of the universe and elect will trump all sorrow (Ro 8:18; I Pet 4:13).
- E. Jesus of Nazareth had gladness and joy in God while on earth (Ps 16:8-9; Luk 10:21).
1. He delighted to do God's will, for it is perfect happiness (Ps 40:6-10; Heb 10:5-9).
 2. He was glad whenever He could magnify God by His great works (John 11:15).
 3. Regardless of the devil's recorded and unrecorded temptations, He chose His God.
- F. This holy example of His joy should guide and preserve our own souls (Heb 12:1-4).
1. You will never, not in your worst time, experience the horror He did for your sins.
 2. Hebrews 11 gave a great stadium of witnesses, but look to the example of Jesus.

God Wants You Happy

- A. Have we focused too much on dreading God? The balance is there, if you will listen.
1. My sober mandate from God's word is His balance, not what you think is balance.
 2. Recall Delighting in God, Knowing God, He Is Altogether Lovely, Unsearchable Riches, etc.
 3. Review the recent PowerPoint sermon . . . [God Distortions](#).
- B. God's goodness and desire for human happiness even extends to wicked reprobates.
1. He fills their evil hearts with food and gladness to show His goodness (Ac 14:17).
 2. The sunshine and rain necessary is His natural benevolence to enemies (Matt 5:45).
 3. His creation thrills . . . sunrise, hummingbirds, sex, aptitudes, friends, taste buds, music, seasons, speech, flowers, skin, water, lions, food, laughter, alcohol, etc.
- C. Life is a gift . . . not a curse . . . yes, we messed it up . . . but He has adopted us children.
1. He made everything very good (Gen 1:31), but we sought out inventions (Ec 7:29).
 2. Even a natural man damned to hell can prosper in life following a Bible lifestyle.
 3. Of course, the key thought only applies to God's elect children chosen for heaven.
 4. He not only gave you natural life, but He also gave you spiritual life to enjoy Him.
 5. Not only does He give you a new spirit, but also His Spirit, and all objects for joy.
 6. God has a full benefit package for good men to cry out in praise (Psalm 103:1-18).
- D. The Bible has passages that deal directly with the issue of how to be happy on earth.
1. Peter quoted David for rules leading to a good life (Psalm 34:10-16; I Pet 3:10-12).
 2. Ecclesiastes is 1/66 of the Bible . . . divinely inspired . . . with research for profit.

3. God prepared and charged Solomon to find happiness (Eccl 2:24; 3:13; 5:19; etc.).
 4. God gives both the assets or benefits ... and the ability to enjoy them (Ec 5:18-20).
 5. Solomon carefully identified what things in life to pursue for pleasure (Ec 9:6-10).
 6. Heathen gods demanded your sons in sacrifice, but our God gave His only Son.
 7. Heathen gods took meat and drink offerings, but our God tells us to enjoy them.
- E. Why did God create Eve? Reproduction? RCC heresy! For companionship (Ge 2:18)!
1. Life with God is not usually good enough; this is not carnal, evil, sinful thinking.
 2. Marriage sermons directly contribute to this topic, and it contributes to marriage.
 3. Solomon's Song is filled with euphoric gladness, happiness, or joy in marital love.
 4. The gifts of love, marriage, and sex are a portion from God on earth (Eccl 9:9).
 5. Who will argue against orgasms? Are you ashamed? God gave them for pleasure.
 6. Consider here how God Himself gave the kind rule to cheer up wives (Deut 24:5).
 7. Here is a hint for happiness ... regain first love with God and your spouse ... wow!
- F. God gave wisdom for great human joy (Prov 8:30-36; 3:13,18; 16:20; 28:14; 29:18).
1. The book of Proverbs is to teach practical wisdom for a prosperous, successful life.
 2. Solving a problem or answering a question is thrilling (Prov 15:23; 16:20; 24:26).
 3. Confusion, dilemmas, fear, ignorance, inefficiency, oppression, etc. all steal joy.
 4. The perfect book for life and eternity brings joy (Jer 15:16; Ps 19:10; 119:111).
- G. God delights in mercy and requires it of those that are His children (Micah 7:18; 6:8).
1. He taught mercy over sacrifice or self-denial for your joy and pleasure (Matt 12:7).
 2. He taught intent over sacrifice or self-denial for your joy and pleasure (Mark 2:27).
 3. He taught His children they should apply this principle to themselves (Prov 11:17).
 4. Workaholics and worrywarts have not learned the God of the Bible and His will.
- H. A church with the Holy Ghost, like Jerusalem at Pentecost, is very happy (Acts 2:46).
1. Where the gospel went, there was joy sure to follow (Acts 8:8; 13:48,52; 15:3,31).
 2. If you are not joyful in a church, it is entirely your fault, for not taking advantage.
 3. There is no society with greater cause, friends, purpose, and celebration than this!
- I. The O.T. had all kind of celebrations, but we have much more to celebrate than them.
1. Think holidays, Jubilee, dances, Sabbaths, tithes, Canaan with everything ready!
 2. What more could have been done for His OT vineyard (Is 5:1-7)? Your NT place!
 3. Think Jesus, adoption, regeneration, Holy Spirit, end of Law, Gentiles, knowledge!
 4. There is nothing in the O.T. to compare with the gift of Jesus Christ (Lu 2:10-11).
 5. John wrote an epistle to help you have fellowship with God and full joy (I Jn 1:4).
 6. The same apostle desired that Gaius would prosper and be in health (III John 1:2).
- J. Our present standing in Christ with the Holy Spirit is joyful (Rom 5:1-2; I Peter 1:8).

1. He has given you the Holy Spirit, the divine Person for joy (Gal 5:22; Rom 15:13).
 2. His kingdom is not details of religious rules, but rather peace and joy (Rom 14:17).
 3. He came to bring abundant life and more abundant life to faithful sheep (Jn 10:10).
 4. He has provided all divine power for all godliness and joy (Col 1:11; II Pet 1:3-4).
- K. He told Abraham that He Himself was Abraham's exceeding great reward (Gen 15:1).
1. Note the context: Abraham had no reward from a military victory to honor God.
 2. Furthermore, of the goods he had taken from the confederate kings, he gave a tithe.
 3. God was Abraham's friend; Abraham was God's friend; why sell yourself short?
- L. It is basic for those in authority, origination, or administration to have happy subjects.
1. Kings wanted their servants to be happy, thus Nehemiah's fear of Artaxerxes.
 2. Parents want children happy ... with supper ... with siblings ... with family, etc.
 3. The Bible repeatedly declares God love and expectation for our unity and our joy.
 4. What do you intend when you tell your child to cheer up? Can God say it to you?
 5. "Be of good cheer" ... Matt 9:2; 14:27; John 16:33; Acts 23:11; Acts 27:22,25.
- M. Do you think heaven will be totally void, or opposite, of our emotional pleasure here?
1. Jesus Christ will present us faultless to God: we all will be very happy (Jude 1:24).
 2. The angels do not marry, as Jesus taught, but they rejoice (Job 38:7; Luke 15:7,10).
 3. Jesus endured the cross by looking to the joy in heaven (Ps 16:8-11; Heb 12:2-3).
 4. Glorification of the universe and you includes removal of every impediment to joy.
 5. Saints suffer for Him here, but they will rejoice there (I Pet 4:13; Ro 8:18); persecution is two tokens – destruction and salvation (Phil 1:28-29; II Thess 1:5-6).
- N. Unless God wanted you happy, He would not have commanded joy (Phil 3:1; 4:4).
- O. Life may be probationary in some senses ... but it is not punishment or persecution.
- P. In light of death, God commends a joyful approach to life's blessings (Eccl 9:7-10).
1. Here is mentioned bread, wine, white garments, ointment, wives, and work. Get it!
 2. We can add sunshine, wonders, seasons, taste, sleep, friends, children, success, wisdom, 600-count sheets, travel, the zoo, the oceans, deliverances, answers, etc.
- Q. God's commands are not grievous: they are the only way to true happiness (I Jn 5:3).
1. Consider any commandments, from quarantining leprosy to corporal child training, from dowries to waste removal, from marital duties to a work ethic, etc., etc.
 2. This was so true that Moses said Israel's laws would be highly regarded (Deut 4:6).
 3. Solomon's inspired advice greatly exalted the effect of wisdom (Proverbs 3:13,18).
 4. David / Peter tell how to love life and see good days (Ps 34:12-14; I Pet 3:10-12).
 5. The gospel of Jesus Christ brings happiness (Jn 13:17; 15:11; I John 1:4; Jas 1:25).
- R. The yoke of Christ is easy and His burden light compared to others (Matt 11:28-30).
1. The Pharisees, in Jesus' day like now, bound burdens on men's backs (Matt 23:4).

2. All the touch not, taste not, handle not commandments are grievous (Col 2:20-23).

Happiness Is Knowing God

- A. The LORD Jehovah created us for Himself and His own pleasure (Pr 16:4; Rev 4:11).
 1. If you try to find happiness or pleasure outside Him, you beg Him to frustrate you!
 2. He commands us to love Him always with our whole heart, mind, soul, strength.
 3. He will not accept competitors, distractions, or compromises, for He is Lord of all.
 4. He is a jealous God, and His name is Jealous. Do not try to cheat Him (Ex 34:14).
 5. He told Eli ... Them that honor me – I will honor ... and vice versa (I Sam 2:30).
 6. Therefore, He must be the end of all you think, say, do, plan, desire, value, and etc.
 7. The world is His enemy; flirting is adultery and belly worship (Jas 4:4; Phil 3:19).
- B. The people whose God is the LORD Jehovah and know Him are a happy, prosperous people (Deut 33:29; Psalm 33:12; 63:5-6; 65:4; 89:15; 144:15; 146:5; Daniel 11:32).
 1. Walking with God in daily fellowship and obedience is the foundation for pure joy.
 2. It has little to do with church attendance, Bible reading, prayer, and other externals.
 3. It has much to do with living righteously and holily in all aspects of pleasing Him.
 4. Any compromise at this juncture costs you the joy and power of the Holy Spirit.
 5. Unconfessed sin is certain death to true joy of fellowship with Christ by His Spirit.
- C. David concluded that God was His exceeding joy, even though he had more opportunity for other pleasures than you could ever try (Psalm 43:4-5; 21:1-6; 71:23).
 1. David was glad to go to the Lord's house to worship (Ps 122:1; 42:4; 84:1,10-12).
 2. God's word provided for great rejoicing in his heart (Ps 119:111; 19:8; Jer 15:16).
 3. David rejoiced much to dance and give like no other (II Sam 6:14-15; I Chr 22:14).
 4. David delighted and Jeremiah gloried, in the Lord Himself (Ps 37:4; Jer 9:23-24).
 5. We delight and rejoice in the LORD and His things (Ps 37:4; 94:19; 111:2; 112:1; 119:16; Is 58:13-14; 66:10-11; Phil 4:4), as also in Job (Job 22:26; 27:10; 34:9).
- D. Active joy in God provides more strength of soul than does fear or sorrow (Neh 8:10).
 1. The source of joy was God's preparation of hearts and understanding His word.
 2. When God visits with His presence or blessings, we should unashamedly rejoice.
 3. Daniel fasted when captive in Babylon, but here is the greatest preaching service.
 4. The soul can be made better by sorrow, but joy in God gives strength for service.
 5. God is enough even when your heart faints and there is no one else (Ps 73:25-26).
- E. Habakkuk compared the basis of worldly and divine joy (Hab 3:17-19). Love this text!
- F. The Person of God's Son, your Lord and Saviour, causes unspeakable joy (I Pet 1:8).
- G. The joy of thankfulness for salvation is a constant (II Thes 2:13; Is 61:10; II Co 9:15).

Happiness Is Obeying God's Word

- A. The LORD gave laws governing our lives and relationships, and we lose if we think we can try a different or modified approach and succeed (Ps 1:1-3; 119:113,128).
 - 1. Do you believe the law of gravity? His laws of wisdom are even more sure forever.
 - 2. Learning and keeping Solomon's wisdom is life, peace, and favour (Prov 3:1-4).
 - 3. Wisdom – knowledge of God and His laws – brings life or death (Prov 8:32-36).
 - 4. The Lord can overthrow these laws, if we disobey elsewhere, as Israel learned when they worked hard at farming but neglected His house (Haggai 1:2-11).
 - 5. And the Lord can exceed these laws, if we seek Him fervently (I Sam 16:6-13).
 - 6. The more you delight in His word, the more He will bless you (Ps 112:1; 128:1-6).
- B. The LORD will not be mocked, and it is folly to deceive yourself about sin (Gal 6:7).
 - 1. He has guaranteed that your every sin will find you out for punishment (Nu 32:23).
 - 2. There is no escape – the way of transgressors is hard (Prov 13:15; 4:19; Ps 36:1-2).
 - 3. Thorns are a nasty, irritating, harsh thing, so do not be froward (Prov 15:19; 22:5).
 - 4. David and Paul reasoned of the folly of worldly lifestyles (Ps 36:1-2; Rom 6:21).
 - 5. How much do you believe God? Are you better than Eve and Adam in Eden?
- C. Consider a few examples of His laws leading to blessing and prosperity or vice versa.
 - 1. Death and hell, figuratively, are by sparing the rod (Prov 23:13-14; 29:15; 19:18).
 - 2. Happiness and joy are through the route of godly training (Pro 29:17; 10:1; 15:20).
 - 3. Honoring the office of parent is a simple rule for the good life (Ephesians 6:2-3).
 - 4. Zealous diligence and time urgency at work beats safe pacing (Prov 10:4; 12:24).
 - 5. Saving a portion of your labor will bless you in days to come (Prov 6:6-8; 30:25).
 - 6. Speculating for an easier way to make money will bring ruin (Prov 14:23; 28:19).
 - 7. Why does the man who says he cannot afford to give always end up poorer than the man who says he cannot afford not to give (Prov 3:9-10; Mal 3:7-12)? Or in other words, how does the man who gives money away get rich and the man who keeps his money gets poor (Prov 11:24; Luke 6:38)?
 - 8. Generosity comes back in a way you cannot understand naturally (Prov 11:24-26).
 - 9. Friends come by friendliness, and this is surer than gravity (Prov 18:24; 22:11).
 - 10. Cherishing and nourishing your wife is loving yourself, husbands (Eph 5:25-33).
 - 11. A woman will be praised – not for beauty or favor – but fearing God (Prov 31:30).
 - 12. Letting God's kingdom take second place in your life brings pain (Haggai 1:2-11).
 - 13. These simple examples are to show painful consequences of Bible compromise.

Happiness Is Knowing the Gospel

- A. The gospel brings glad tidings of good things (Isaiah 52:7; Romans 10:15; Ps 89:15).
 - 1. There is no drama of any kind that can come even close to the glory of salvation.

2. Joy in thankfulness for salvation is a constant (II Thes 2:13; Is 61:10; II Co 9:15).
 3. Work your way through the facets of salvation, looking for more, for great joy.
 4. **Facets of Salvation.**
- B. The gospel is a free feast that satisfies and produces great delight (Is 55:1-2; 25:6).
 - C. The first result was great joy by believers (Acts 2:41,46; 8:5-8,39; 13:48,52; 15:3,31).
 - D. Peter exhorted persecuted, suffering Jews to great joy in Christ (I Peter 1:8; 4:12-13).
 - E. Believing is the only condition for Holy Ghost power for joy and peace (Rom 15:13).
 - F. No matter what happens to us here, Jesus has overcome this wicked world (Jn 16:33).
 - G. No matter what happens to us here, what happens next transcends it all (Rom 8:18).
 - H. There is no drama, concept, or relationship that can approach adoption (I John 3:1-3).

Happiness Is a Choice

- A. There are many errors in human thinking about happiness due to sin's evil deception.
 1. Many think happiness depends on circumstances like health, money, success, etc.
 2. Many think happiness depends on feelings, chemistry, moods, venue, environment.
 3. Many think happiness depends on other people treating you the way you want.
 4. Even the wicked can sometimes approach truth by emphasizing the role of attitude.
 5. They will rather easily instruct, order, or criticize a person for not choosing joy.
 6. Yet, it is rather easy to observe that often the rich are not happier than the poor.
- B. It is a foolish error to wait for circumstances or situations to change to be happy.
 1. If circumstances, you will be miserable until a change ... and it may get worse!
 2. If circumstances, they may never align as you wish, so you get worse and worse.
 3. If people treating you better, you are in for a long wait, because they do not care.
 4. Worldly idiots think that joy, love, thankfulness are forces of nature that happen.
 5. It is not a feeling ... for you can rule your spirit and obey or disobey its feelings.
- C. But the Bible indicates or proves that happiness is a choice (Eccl 9:9; Phil 3:1; 4:4).
 1. God commands us to be happy, to love, and to be thankful and to give thanks.
 2. Therefore, these powerful human emotions are not results, but rather your choices.
 3. We first make the choice to do them, and then we keep His word for His power.
 4. We then obey commandments, which have direct and indirect benefits (Ep 6:2-3).
 5. You can love a spouse more right now ... by repenting, remembering, and doing.
- D. Therefore, happiness and love and thankfulness (and other things) are duties to God.
 1. David went past duty ... duty is overhyped! ... his passion, zeal, joy were higher.
 2. Freewill offerings are not tithes, as tithes are not offerings ... think duty or love.
- E. The Bible has *if... then* opportunities throughout for blessings, as in Ephesians 6:2-3.
 1. The Law had many blessings and curses based on conduct, thus proving choice.

2. God will plentifully reward both the righteous man and the proud doer (Ps 31:23).
- F. You can choose ... right now ... to end sinful thinking ... and to embrace God's joy.
1. You can love a spouse more right now ... by repenting, remembering, and doing.
 2. Since this is one of God's great gifts for happiness, your joy will quickly increase.
 3. All sinful thinking ... bitterness, covetousness, depression, envy, grudges, hate, pride, revenge, and so forth should be rejected as the fatal wickedness that they are.
 4. All godly thinking ... appreciation, forgiveness, forbearance, humility, thankfulness, love, mercy, and such should be embraced as the remedies they are.
- G. You can choose right now to invest in God or to invest in another person for gladness.
1. You love God by delighting in Him via meditation, prayer, reading, singing, etc.
 2. You love others by valuing them highly and seeing giving as better than receiving.
 3. In either case, God or others, you will find your contentment and joy quickly grow.
 4. A wise man does both – loving God and others – and finds his greatest fulfillment.

Happiness Is a Commandment

- A. Joyfulness is commanded (Deut 28:47-48; Phil 3:1; 4:4; Prov 5:18-19; Eccl 9:6-10).
1. Celebrations (mirth feasts, etc.), even under the OT, were required for His worship.
 2. It is RCC monks and nuns that helped set the stage for conditioning you to sadness.
 3. There is a time to mourn, but not often, especially if living righteously in Christ.
 4. Happiness, gladness, and joy are not options in His kingdom. Get happy! Rejoice!
- B. Kings generally did not allow unhappy servants around (Nehemiah 2:1-2; Esther 4:2).
1. Parents can easily grasp this rule, as morose children are destructive to the family.
 2. Masters and spouses also see it as evidence of disrespect and disaffection to them.
- C. Our King has commanded joy in His service, which is truly a most reasonable request.
1. Paul commanded Philippians to rejoice, in perpetuity and by repetition (Phil 4:4).
 2. When you find this clearly stated command, do not miss the earlier one (Phil 3:1).
 3. Worship or obedience by duty or drudgery is severely condemned (Mal 1:6-14).
- D. Moses, under an austere covenant, commanded gladness (Deut 28:47-48; 14:22-27).
- E. David's Psalms are filled with duties and examples of rejoicing in the Lord (Ps 2:11; 5:11; 21:1; 32:11; 33:1; 40:16; 48:11; 58:10; 63:11; 68:3-4; 70:4; 85:6; 89:15-16; 90:14; 97:1,12; 98:4; 105:3; 118:24; 119:162; 149:2; etc., etc.).
- F. Blessed by God's Spirit as elsewhere, they are also duties (Ro 14:17-19; Gal 5:22-23).
- G. Happiness and joy are a daily choice – they are truly not the results of circumstances.
1. Jesus taught for those persecuted to rejoice and be exceeding glad (Matt 5:10-12).
 2. James taught for those in divers temptations to count the event all joy (Jas 1:2-4).
 3. It is easy to find the apostles putting these commands to action (Acts 5:41; 16:25).

4. You can choose a life of affliction or a continual feast of joy (Pr 15:15,13; 17:22).
- H. Rule your spirit – this is not optional – it is a command of God the Lord of feelings.
 1. Don't love your spouse right now? Then go love them in their most desired action.
 2. Don't love cleaning your house right now? Take a task and do it now for the Lord.
- I. Rejecting any idea of socialism, the rich are to enjoy God's richness (I Tim 6:17-19).

Happiness Has Benefits

- A. Sure, God blesses those that truly delight and find their joy in Him and His things.
 1. He promised the desires of the heart for those that delight in Him (Ps 37:4). Wow!
 2. But before that, a man or woman doing so will find their desires perfectly fulfilled.
 3. There is no joy, peace, pleasure, satisfaction like knowing and delighting in God.
- B. However, there are other benefits that should be shown to provoke you to greater joy.
- C. Joy is a greater source of motivation and strength than is fear or sorrow (Neh 8:10).
 1. Nehemiah calmed the people after understanding God's word to throw a feast.
 2. They grieved in sorrow due to their shortcomings, but joy has greater strength.
 3. What made David dance with all his might, plan a temple, pay for a temple, etc.?
- D. Consider love and other related emotions and the effect they have on a person's zeal.
 1. Russians fought in WWII because they had to ... Germans by love of fatherland.
 2. Germany fought on many fronts, totaling only 5 million casualties to Russia's 10.
 3. What is the better motivator? Fear, force, happy pleasure, or some combination?
- E. Your spirit, happy or broken, affects life (Prov 12:25; 14:10; 15:13,15; 17:22; 18:14).
 1. It affects your outlook as to how you perceive the world and its events around you.
 2. It affects your energy and health, both short-term and long-term, as psychosomatic.
 3. It affects everyone around you, because a depressed, negative person ruins life.
- F. Evangelism in and outside our families should reflect fabulous joy in Christ our King.

Most Are Unhappy

- A. Depression is now a common word describing a malady that means a wounded spirit.
 1. People beg pity for overwhelming circumstances, their excuse for foolish conduct.
 2. Books and counseling have exploded in quantity without any real improvement.
 3. The human heart will gladly justify ungodly conduct to itself and others (Jer 17:9).
- B. **Depression.** A sinking of the spirit; dejection; a state of sadness; want of courage or animation; as depression of the mind. Pressed down, dispirited, dejection of mind. Abnormal state of inactivity and unpleasant emotion. A psychoneurotic or psychotic disorder marked by sadness, inactivity and self-depreciation."
- C. **Depression.** Moods, feelings, or thoughts of hopelessness which become a person's excuse to cease from

handling life and its problems and avoid serving God fervently.

- D. Emotions: *hopelessness, pessimism, apathy, gloom, black, blue, bleak, dejected, forlorn, sensitive, despondent, introverted, indifferent, emotional pain, fearfulness, disgust, confusion, overwhelmed, etc.*
- E. Behaviors: *cries more easily, seldom laughs, moody, signs, eating habits change, critical, frets, distracted, insomnia, withdrawn, suicidal, rejection of comfort, cynicism, hypochondria, detached, unproductive, irritable, etc.*
- F. Physical: *inactive, fatigue, sad facial expression, looks down, ulcers, headaches, etc.*
- G. It is a symptom of these perilous times, with Christians compromising (II Tim 3:1-5).
- H. They are lovers of their own selves, indulging themselves in introverted self-worship.
 - 1. Self-love and self-esteem produce self-pity, selfishness, self-protection, etc., etc.
 - 2. These byproducts produce envy, jealousy, covetousness, anger, hatred, and so on.
 - 3. The Bible does not indicate an inferiority complex, but rather pride and self-love.
 - 4. Man's sin nature is a pride/superiority complex, not a humility/inferiority complex.
 - 5. The Bible condemns **self-love**.
- I. A person running himself down to you likely has evil but hidden motives to identify.
 - 1. He does not truly feel that way about himself, but he knows such talk is acceptable.
 - 2. He is saying it for you to correct him and tell that after all he is really quite special.
 - 3. He resents life for not treating him as well as he believes he deserves to be treated.
 - 4. He resents everyone else for being better than he is, though they likely earned it.
 - 5. He resents God for not having given him more than what He gave to others.
- J. They are incontinent, which certainly applies sexually, but also certainly emotionally.
 - 1. See PMS and women saying they cannot rule themselves before/during a period.
 - 2. An angry rage today is called a temper, uncontrolled brats hyperactive children, rude impatience assertiveness, wallflowers socially handicapped or paranoid, etc.
 - 3. Depression is often giving in to the flesh, mind, or spirit just like most other lusts.
 - 4. Just as they cannot wait for cash to make a purchase, they cannot rule their spirits.
 - 5. Their addiction to pleasure, comfort, and self-indulgence wars against self-denial.
- K. Many try to deal with this subject compassionately by justifying such self-indulgence.
 - 1. There are rare cases of chemical imbalance, but most unhappiness is voluntary.
 - 2. The Bible is quite silent about a justifiable cause for voluntary depression/sadness.
 - 3. Paul did admit being cast down at times, but he never allowed it to destroy him.
- L. A wounded spirit tears you down from the inside (Pr 14:30; 15:13,15; 17:22; 18:14).
- M. Bible examples of depression in good and bad men include Jacob (Gen 37:35); Hannah (I Sam 1:8); Amnon (II Sa 13:1-2); Ahab (I Kgs 21:4); Elijah (I Kgs 19:1-4).

Happiness Helpers

- A. The first and foremost helper is *God Himself*, Who is happy and can make you happy!
1. To the degree you compromise your relationship with Him is the degree you hurt.
 2. He is a great king, and He deserves and expects your best (Mal 1:14; Re 2:4; 3:16).
 3. In your flesh you will never appreciate this point, yet it is by far the most essential.
 4. The Bible is an *if... then* handbook for God's blessings in this life and eternal life.
 5. Your fellowship with God includes your relationship to His word, worship, people.
 6. In the material above is plenty of reminders how fellowship with God is happiness.
 7. Much has been preached and written on this basic point here and many other times.
 8. See points above: *Knowing God ... Obeying God's Word ... Knowing the Gospel*.
 9. Obedience is your life of blessing (De 32:46-47; Ps 34:12-16; 84:11; Mal 3:10-12).
 10. Self-examination is a command and necessity; consider your ways to turn to Him.
 11. Confess sins, or you hurt you and beg God to chasten (Job 33:27-28; I Thess 5:19).
 12. Do the first works after you remember and repent from where you were (Rev 2:5).
 13. God sent His Son as His greatest gift to you and any life that is not Christ-centered will cost you the greatest source of joy and God's disfavor for neglecting His Son.
 14. God gives joy, peace, and hope in believing by Holy Ghost power (Ro 15:13), for He is the God of hope, mercy, and all comfort, and He is also the God of great joy.
 15. For maxing your **walk with God**.
- B. You must choose to *rule your own spirit*, for it will try to take you down, so grow up!
1. A man's spirit can sustain him, even natural men, but you must rule it (Pr 18:14).
 2. Recall the point above, *Happiness Is a Choice*, and do not believe anything else.
 3. You must rule your spirit against negative thinking just like against any other sin.
 4. Keeping a heart (spirit) with all diligence is more thoughts than actions (Pr 4:23).
 5. The man who chooses to rule his spirit like this is a great man (Prov 16:32; 25:28).
 6. Great men have made this choice in both testaments, because God commanded it.
 7. Job made a conscious choice to look at the big disasters in his life by faith in God.
 8. David encouraged himself in God when everything and everyone was against him.
 9. Paul's spirit followed a good law in his mind and also sin in his flesh (Ro 7:22-25).
 10. Life is a series of choices, and you choose every day with all kinds of responses to a wide variety of situations, and ruling your spirit for joy is managing your life.
 11. Don't wait until you feel like being happy, choose to be happy and then act upon it.
 12. If the world's fools can propose, "Don't worry, be happy," we can do it better.
- C. *Honoring parents* is one of the simplest ways to enhance your life by God's blessing.
1. The point is so basic, simple, and well-known that you are tempted to disregard it.
 2. The first commandment with promise – in the Ten – is honor parents (Eph 6:2-3).

3. If God promises your life to go well, the result will be joyful, successful living.
 4. You can only walk with God by honoring parents' right (Mal 4:5-6; Luke 1:17).
 5. Parents can be a two-edged sword – you lose directly and God will judge as well.
 6. Judgment for dishonoring parents is severe and repeated (Deut 27:16; Prov 30:17).
- D. *Another helper* is children of God that are happy in the Lord and ready to help you.
1. Jonathan helped even David by strengthening his hand in God (I Samuel 23:16).
 2. There are precious brethren that speak often about God to one another (Mal 3:16).
 3. Benefits of human society, which are great, are best fulfilled in God (Eccl 4:9-12).
 4. The only friends worth having are those that encourage you to more joy in Christ.
 5. Marriage can only exceed spiritual friends if very spiritual (De 13:6; II Sam 1:26).
 6. Church members have duties toward one another that would help joy (I Thes 5:14).
 7. A good word, a kind word ... can make even a heavy heart glad (Pr 12:25; 16:24).
 8. Like good cologne/perfume blesses men, so does hearty counsel (Pr 27:9; 16:24).
 9. If blessings bring rejoicing, all others should also rejoice (Ro 12:15; I Cor 12:26).
 10. Praise, commendation, and rewards should be a big part of our Christian repertoire.
 11. The society and group activities of a church are God's design for the profit of all.
 12. There is a lesson to be learned from the locust, but selfish loners are killjoys to all.
 13. Stay away from negative situations or people (Prov 13:20; 23:1-3; I Cor 15:33).
- E. *Parents can either discourage or encourage children*, but God is perfect example.
1. Fathers must not provoke children to wrath or discourage them (Ep 6:4; Col 3:21).
 2. Our Father in heaven gives good gifts and pities us in our weakness (Ps 103:1-18).
 3. Unhappy parents will create unhappy children and/or drive them out of the house.
 4. It is the duty (and privilege) of parents to create a hopeful environment and goals.
 5. A family can have a great deal of fun and pleasure together by God's creation of it.
- F. *The Bible* is an incredible gift from God that should lighten your dark heart and mind.
1. David, who was a king with a harem, exalted its value and pleasure (Ps 19:9-10).
 2. David found delight in God's words even in the midst of trouble (Ps 119:143,92).
 3. Meals make you happy, but Job esteemed God's words above them (Job 23:12).
 4. Jeremiah found God's words to be the joy and rejoicing of His heart (Jer 15:16).
 5. The Bible is filled with fabulous truth, wisdom, history, stories, prophecies, etc.
 6. The Bible is a spiritual book unlike all others that can speak to your own spirit.
 7. Many crave to get away and read a book, but there is not book to read like this one.
- G. *Marriage is the place* to exploit the duty and privilege to help yourself and another.
1. God's goal for marriage is to end loneliness (the man) and insecurity (the woman).
 2. He described a good marriage in Solomon's Song as pure romantic/sexual ecstasy.

3. A husband and wife should live joyfully as a gift from God (Eccl 9:9; Pr 5:18-19).
4. A husband can cheer up his wife, which was particularly true early on (Deut 24:5).
5. There is a need beyond year one, for husbands must nourish wives (Eph 5:28-29).
6. Wives testify that the simplest kindness of a husband can recharge their batteries.
7. Treachery by a husband causes tears in a wife, and God sees every one (Mal 2:13).
8. Husbands also neglect and/or oppress wives in many other ways that cause grief.
9. Happy wives are evident by countenance, for the Bible declares it a fact (Pr 15:13).
10. A happy wife will be an energized producer and an initiating lover to her husband.
11. A daily choice is to get over yourself and any bitterness to wildly love your spouse.
12. This person above all others should be easiest and first to put love/joy into practice.
13. Marriage can be a two-edged sword – you lose directly and God will judge as well.
14. Great marriage needs walking with God; walking with God needs a great marriage.
15. Lovemaking as God intended brings intended benefits, such as frequent orgasms, which produce physical, chemical, emotional, mental, or psychological help.

H. *Believe you are forgiven* all sins more freely, fully, and quickly than you can imagine.

1. God gave you Isaiah 55:6-9 to tell you that you cannot image His gracious pardon.
2. Past sins grieve some; present ones discourage others; future ones cause forfeiture.
3. They are gone! Forget them! God does not remember them! Why do you deny it?
4. It is God's faithfulness and justice that forgives, not your faithfulness (I John 1:9).
5. There is light and prosperity right ahead of you; rejoice (Job 33:27-28; Pr 28:13)!
6. David was God's favorite before and after heinous crimes (I Kgs 15:3-5; Matt 1:1).
7. Grief, no joy, over past sins either denies God's truthfulness or the merits of Christ.

I. *Gifts* make people happy, but they require initiative, planning, cost, effort (Pr 17:8).

1. Solomon described the virtues of private gifts to move others (Prov 18:16; 21:14).
2. God gives gifts to us far better than we given even to our children (Luke 11:13)
3. Every good and perfect gift comes down from our unchanging Father (Jas 1:17).
4. Forget getting – it is not nearly as good as advertised; giving is better (Acts 20:35).

J. There is a place for *mirth feasts* both publicly and privately to celebrate happiness.

1. A special mirth feast was for the joy of understanding Bible preaching (Neh 8:10).
2. A good meal, private or public, around Christian gladness is contagious (Ac 2:46).
3. Our God gives food and gladness even to reprobates in His goodness (Acts 14:17).
4. The apostolic churches had feasts of charity that were not communion (Jude 1:12).
5. *Mirth feasts* (the Bible basis for them).
6. *Mirth feasts* (U.S. Thanksgiving Day).

K. *True joy results from getting outside yourself* to love God and others (Matt 22:37-40), which is remembered by using JOY as an acronym – Jesus, others, and only then you.

1. It is more blessed to give than receive – learn it and prove it (Ac 20:35; Pr 14:21).
 2. This rule is incredibly elementary and simple, but it will work. Get over yourself!
 3. Jesus and Paul give us incredible examples of those happily serving others always.
 4. By not doing so, you turn inward and focus on your circumstances to your ruin.
- L. *Keep your perspective grounded* on God's word that explains all of life around us.
1. The difficult trials of life are for your perfection – rejoice! (Jas 1:2-4; Rom 5:3-5).
 2. If you are persecuted for being righteous, you should also rejoice (Luke 6:22-23).
 3. There is reward coming to trump all earthly pain (Ro 8:18; II Co 4:17; He 12:1-4).
 4. Death and the final judgment totally reverse all things that you perceive (Pr 10:28).
 5. All the wrath of man, no matter how high, is under His rule (Ps 76:10; Eccl 5:8).
- M. *Contentment* with what you have is a fabulous servant to joy and success (I Tim 6:6).
1. Discontentment by desires brings joy-destroying vanity and vexation (Eccl 6:7-9).
 2. Covetousness is a sin, and it is lose-lose; contentment is a virtue, and it is win-win.
 3. You lose joy in the things you have for the pain of wanting what you do not have.
 4. Or you can enjoy the things you have and have no pain by wanting the impossible.
 5. Change your goals, because frustration is caused by not achieving the wrong goals!
 6. A covetous man though rich is poor in mind; the content man though poor is rich.
 7. Think Ahab (Naboth's vineyard) and Amnon (Tamar) and the ruin of their lives.
 8. Are you content? Your body, looks, job, house, money, spouse, car, toys, etc.?
 9. Some things you should not be content with ... underachieving, overspending, etc.
- N. *God gave priorities* for you to enjoy pleasant living (Gen 2:18; Ps 84:10; Pr 15:16-17; 17:1; 19:23; 21:19; 31:30; Ecc 2:24; 3:22; 4:9-12; Mat 12:7; Acts 20:35; I Cor 12:31).
1. Do not let the world's goals destroy your life by measuring by them (I Ti 6:6-10).
 2. Lose your life for His sake, and you will find it for perfect fulfillment (Matt 16:25).
 3. Explanation of God's **priorities for living**.
 4. Extensive list of **God's priorities**
- O. *Giving thanks* for all things is God's will for your life, which brings joy (I Thes 5:18).
1. Instead of the foolish jesting and folly of today's hyenas, give thanks (Eph 5:3-5).
 2. Count your many blessings; it will surprise you what the Lord has already done!
- P. *Get enough sleep*; this point is so simple and obvious, but some are yet God-rejecters.
1. How do you reject God by sacrificing sleep? You think your part key (Ps 127:1-2).
 2. Sleep deprivation clearly causes many mental, emotional, psychological issues.
 3. Like other issues, there are those who already sleep too much, costing joy by sloth.
 4. Tiredness alters your perspective, energy, productivity, spirit, enthusiasm for life.
 5. Women generally require more, so wise husbands will make sure they get enough.

- Q. *Simply your life*, for complicating it leads to temptations, depression, and destruction.
1. When life is too complicated, you can easily be overwhelmed and lose joy of life.
 2. Corinth had some unusual circumstances, but he did warn carefully (I Co 7:29-31).
 3. He took this general rule so far as to warn against even marriage (I Cor 7:32-35).
 4. How many children will you have and why? Do you think you can replenish earth?
 5. You can complicate with schooling, yard, house, job, another job, kid sports, etc.
 6. One of the devil's devices in this generation is excess activity (Ep 5:16; Lu 21:34).
 7. Stress has consequences that alter you emotionally, spiritually, or even physically.
- R. *Take time to smell the roses*, because life is too short to always be rushing/worrying.
1. Taste and see that the Lord is good, though true by all senses (Ps 34:8; Ec 9:4-10).
 2. Our Father has given five senses and objects for each one that brings great delight.
 3. To be in a hurry or with financial or other ambition to miss them will deprive you.
- S. *Worrying* is painful, profitless, distracting, stupid, tempting, tiring, and very wasteful.
1. Stop living by foolish feelings and start living by faith in God (II Co 5:7; He 11:6).
 2. Worrying never accomplished anything positive, but it can destroy your happiness.
 3. Jesus blasted worry as foolish in light of His powerful providence (Matt 6:31-34).
 4. Paul blasted worry by defining a care-free life through careless prayer (Phil 4:6-7).
 5. David said, do your reasonable best, trust Him for the rest, go to bed (Ps 127:1-2).
 6. Cast your cares upon God, for He cares for you and is the One to help (I Peter 5:7).
 7. Don't be the stupid man burying his talent; His yoke is easy and His burden light.
 8. Thinking about something does not get it done, does not motivate, distracts, etc.
- T. *Forgive everyone* for everything and forget it all, or you will never enjoy God's best.
1. Lack of forgiveness causes bitterness, envy, gall, grudges, hate, revenge, strife, etc., and these sinful poisons will consume away your spiritual joy and health (II Sam 13:1-2; I Kgs 21:4; Jonah 4:1,8; Lev 26:39; Ezek 24:23).
 2. Some helped Solomon by a book, None of These Diseases (Pr 17:22; 15:13; 27:4).
 3. Lack of forgiveness brings God's creative torment into your life (Matt 18:34-35).
 4. Lack of forgiveness opens a door to Satan to get an advantage of you (II Cor 2:11).
 5. For more against **bitterness**.
- U. *Stop trying to save the world* or worrying about those that refuse help and instruction.
1. The world has many fools; you will meet them, and they will greatly grieve you.
 2. You must let each man bear his own burden (Ga 6:5), even your children you love.
 3. A perfect family is God's work ... ask Noah, Abraham, Isaac, Jacob, David, etc.
 4. From Solomon to Paul, the Bible is quite clear about avoiding fools and scorners.
 5. If a person does not want to repent and do things right, then leave him to himself.
 6. Do not over-commit to anything in life, because you cannot do it all (Ps 127:1-2).

7. Say, No! Do not fill your schedule. Do not overwork. He giveth his beloved sleep.
- V. *Educate your conscience*, so you can enjoy things of liberty for enjoyable pleasure.
1. Paul taught that one source of happiness is learning Christian liberty (Rom 14:22).
 2. Where did your present liberty come from? Parents, false teachers, fear, habit, etc.?
 3. Men have hang-ups outside scripture in food, alcohol, birth control, cards, lovemaking, antidepressants, vacations, recreation, schooling, stimulants, medical treatment, dating, motorcycles, and other things that God does not care about.
 4. Why take a month to get over a malady, feeling horrible and wondering the whole time if you will get over it, when an antibiotic or other drug will do it in two days?
 5. Be careful about spreading your joy-destroying old wives' fables for sicknesses or your hope-destroying old wives' fables for health and prosperity.
 6. An enslaved conscience is terrible, but your conscience can be educated to liberty.
 7. For much more about [Christian liberty](#).
- W. *Think of how you affect others* – let their pain by you correct, rebuke, or provoke you.
1. Your joy or lack thereof has consequences on others' lives, and you should fear it.
 2. You can be a black cloud in your family or you can be the sunshine of your home.
 3. Remember God warned parents to not discourage children, husbands wives, etc.
 4. Forget being a tree of life to others; be one to spouse and family (Pr 15:4; 12:18).
 5. There is profit in causing joy in others, because the effort and result will bless you.
 6. If you pierce others because of your lack of joy, go on a death watch (Prov 18:21).
- X. *Music* is the language of the soul and is very powerful to lift and direct your spirit.
1. Consider how even the servants of King Saul knew that music could heal him.
 2. Look at the lives of those that feast on the spirit-destroying music of the devil.
 3. Melancholy music will destroy the introverts that must stop their foolish thinking.
 4. God-glorifying music in your life will direct your heart and mind toward Him.
 5. One of the happiest men in the Bible was David – and he was its great musician.
 6. Music is supposedly the language of the soul, but your choice of music is crucial.
- Y. *Use alcohol or similar chemicals* if you need to, for God designed them (Pr 31:6-7).
1. God Himself said that wine makes glad the heart of man; believe it (Ps 104:14-15).
 2. Alcohol is a mood-altering chemical from God; use modern inventions (Pr 31:6-7).
 3. There is no difference in medicinal hormones, antidepressants, and other helpers.
 4. It is a shame to criticize alcohol while quickly taking aspirin, NyQuil, caffeine, etc.
 5. The next time you visit a dentist or doctor, tell him you don't believe in chemicals!
 6. Nicotine is an addictive stimulant by quick withdrawal effects calling for more.
- Z. *Exercise* has little profit, but some, so reject your lazy couch potato life (I Tim 4:8).
1. There are all kinds of minor emotional and psychological benefits derived from it.

2. There are chemicals called endorphins that are released along with feeling better.
 3. With limitations, the more fit you are the better you feel about life, projects, etc.
- AA. *Avoid activities* that frustrate or irritate e.g. mechanical repair for the non-mechanic.
1. Where you can afford it within God's financial guidelines, hire difficult chores out.
 2. Unnecessary stress steals joy, and unnecessary stress is folly by its very definition.
 3. Practice division of labor in your family and home that matches aptitudes the best.
- AB. *Mercy to yourself* is not weakness, but goodness; deniers of it are cruel (Prov 11:17).
1. Of course, slothful souls will abuse God's gracious privilege to be lazy sluggards.
 2. Do some nice things for yourself, if you are not used to it ... good mattress, better quality food, high-count sheets, motorcycle, vacation, nice set of clothes, etc., etc.
 3. Our apostle told the rich God had given them richly all things to enjoy (I Ti 6:17).
 4. Stop overworking, over-analyzing, over-thinking, over-worrying, over-saving, etc.
 5. Our Jesus, which Pharisees nor Liberals know, loves mercy (Matt 12:7; Mk 2:27).
- AC. *Pray for it*, like David after God's chastening had removed it (Ps 51:12; 85:6; 13:5).
- AD. *Remember the serenity prayer*, for it is true as far as it goes and leads to contentment: God, grant me the serenity to accept the things I cannot change, courage to change the things I can, and wisdom to know the difference.
- AE. *It is a command and a choice*, therefore you should and can choose to be happy today.

Happiness Enemies – Practical

- A. Some *physiological* reasons: hormones, improper diet, hypoglycemia, birth control pills, diabetes, chemical imbalance, tiredness, insomnia, physical inactivity, etc.
 1. These can be overcome, even if you need mood-altering chemicals (Prov 31:6-7).
 2. If you have a physical problem, then take care of it using the means God has given.
 3. These are physical causes of depressed thinking, and they are resolved physically.
- B. Some *environmental* reasons: humidity, temperature (Jonah 4:8; Rev 16:8-9), darkness, rain, etc. These excuses are infantile and unbelieving; they can be corrected.
- C. Some *emotional* reasons: anger, worry, resentment, jealousy, guilt, stress, hopeless, etc. These excuses are a choice, since they should be able to truly rule a child of God.
- D. Some *circumstantial* reasons: money, health, mechanical issues, relationships, sin, etc.
 1. All men are destined for trouble, so trouble should not surprise us (Job 5:7; 14:1).
 2. Faith does not measure God, life, truth, or anything by circumstances (Eccl 9:1-2).
 3. What should Paul have concluded by his set of circumstances (II Cor 11:24-33).
- E. Some *temperamental* reasons: some will argue they are predisposed to unhappiness.
 1. While temperamental makeup is more or less optimistic, you cannot excuse sin.
 2. The melancholy is vulnerable due to introversion, perfectionism, idealism, etc.

- F. Some *management* reasons: number of children, homeschooling, extreme budget, time-wasting choices in an age of witty, labor and time saving devices, etc.
1. See slides ... **Manage Your Life**.
 2. See slides ... **Manage Your Wife**.
- G. *Tiredness* can be a cause of depression and will steal away happiness, love, zeal, etc.
1. Sleep deprivation is common for interrogation or torture to break down prisoners.
 2. Sleep deprivation – snowflakes are different – women may need more, not always.
 3. Elijah was apparently tired after his great success on Mount Carmel (I Kings 19:4).
 4. David warned against unreasonable care and extending the work day (Ps 127:1-2).
- H. *Too much care and responsibility* will wear the spirit down by dilution of strength.
1. The American rat race can affect Christians by driving them beyond wise reason.
 2. Life is too short to get so busy you cannot fully rest and enjoy life as you should.
 3. God wants us to live care-free (Matt 6:31-34; Phil 4:6-7), so take mercy (Pr 11:17).
 4. As Moses in Israel, men sometimes try to do everything themselves (Ex 18:13-18).
 5. This error is (a) being unable to say ‘no’, (b) inability to delegate, (c) thinking yourself indispensable, (d) being responsible for others, (e) always being ‘productive’ and ‘active,’ (f) guilt from doing nothing, and so forth.
 6. The cure here, as in many similar situations, was given by David (Psalm 127:1-2).
- I. *Finishing a major project* can lead to a psychological letdown in spirit (I Kings 19:4).
1. No one goal should become so important that your spirit and joy depend upon it.
 2. Every goal you have should be submitted to His providential will in your life.
 3. To be forewarned is to be forearmed, so be looking for this natural response to life.
 4. Marriage seldom satisfies or thrills as dreamed, so be ready to work to make it fun!
 5. A job is a job is a job to a great degree; a promotion will bring problems with it.
- J. *Night shifts* were made for bats, owls, and raccoons, not men; be wary of the effects.
- K. *Second job* might add income, but it is also a distraction that steals energy and time.
- L. *Air conditioning* is a tremendous invention and should be used to preserve optimism.

Happiness Enemies – Spiritual

- A. There are *evil diseases* that can and will steal happiness from the person thus infected.
1. Solomon described the evil disease of *saving money* over spending it (Eccl 6:1-2).
 2. Then there is the diminishing returns and quite constant frustrations of *neat freaks*.
 3. Then there is diminishing returns and exhaustion/frustration of *production freaks*.
 4. There is a disease of *too grave and sober*, as if all depends on you like punishment.
 5. There is a disease of *giving in to moods* ... surely one of the very worst diseases.
 6. There is a disease of *too much structure* to enjoy spontaneous ideas for pleasure.

7. There is a disease of being *righteous over much* and missing your liberty (Ec 7:16).
- B. There are *evil diseases* that can and will steal happiness from those near the infected.
1. Think about each evil disease above and how it may steal happiness from others.
 2. You can be too logical and objective for the emotional needs of even good women.
 3. You can be too time conscious so that any downtime, naps, or cuddling is wasteful.
 4. You can be too active to allow downtime, rest, contemplation, walks, reading, etc.
- C. *Husbands* forgetting the proper use of their authority and role can destroy happiness.
1. A husband that overlooks his wife's heart or needs is a great oppressor (Pr 28:16).
 2. You are not a leader or manager because you make all decisions by your feelings.
 3. A husband that thinks his wife should be happy merely by marriage is very stupid.
 4. There is delicate treatment of those under your authority that works (Prov 29:21).
 5. By this cruel and oppressive conduct, a husband loses the full response of his wife.
- D. *Wives* forgetting their proper role of submission and reverence can destroy happiness.
1. An odious wife can drive a man to think living in the attic is good (Pr 21:9; 25:24).
 2. A cheerleader can drive a man to accomplish things and enjoy life at a high level.
 3. A high maintenance woman not ruling emotions and needing help is exhausting.
 4. It hardly matters what she may look like, because an ugly cheerleader is far better.
 5. By this lazy, proud, and selfish conduct, a wife loses the full love of her husband.
- E. *Spouses/parents* cannot wander from their place like birds from their nests (Pr 27:8).
1. Any variation of God's plan for a family, no matter your thoughts, is joy suicide.
 2. Either the wife or husband (worse) doting on children over spouse is terrible; you were not created to be a parent; your chief and prime relationship is your marriage.
 3. A father or mother occupied or obsessed by job can leave children without love.
 4. Children obsessed by their little friends never realize full family benefits by God.
 5. All relationships, especially the family now, should carefully keep God's order.
- F. *Guilt* over past sins, present sinfulness, or fear of future failures will destroy your joy.
1. Justified guilt and pain is by unconfessed sin and chastening (Ps 38:1-22; 51:1-12).
 2. Living wickedly or among the wicked will vex your spirit (II Pet 2:8; Ps 119:158).
 3. Get the truth clear – God forgives faster, fuller, and freer than you ever (Is 55:8-9).
 4. He knows you are a loser, and He saved and adopted you because you are a loser.
 5. Most guilt is not self-examination, but questioning His integrity or Christ's death.
 6. Your heart will have no reason to condemn, if you are righteous (I John 3:18-22).
 7. You must have faith without real doubts in all your conduct (Romans 14:22-23).
 8. A grieved or quenched Holy Spirit cannot and will not help with joy and peace.
 9. Too much sorrow is wrong; God forgives quickly in Christ (II Co 2:7; II Sa 12:13).
 10. Unjustified guilt is by disbelief of promises, pride to repent, or love of the iniquity.

- G. *Worry* about things in your life is destructive to peace and happiness that God offers.
1. Your best efforts are vanity without His blessing; stop trying so hard (Ps 127:1-2).
 2. Turn things over to Him for perfect peace; He cares for you (Phil 4:6-7; I Pet 5:7).
 3. You cannot save children from everything; be careful, or He will prove you wrong.
 4. Peace, essential to contented happiness, must trust Jehovah at all times (Is 26:3-4).
 5. Civil injustice and political intrigue has always existed, but God rules (Eccl 5:8).
 6. Worry has never altered or improved anything, but it will alter and destroy you.
- H. *Selfishness* is a lying fraud, in that trying to save your life for you will cost happiness.
1. If giving is more blessed than receiving, focusing on you steals joy (Acts 20:35).
 2. Jesus taught plainly that those who lose their lives for Him will find their lives.
 3. The more you keep to yourself and do not get involved, you get ingrown insanity.
 4. It is as plain as the noonday sun, those who serve others the most are the happiest.
 5. Those in love with themselves think too much about themselves into self-pity.
 6. Those in love with themselves will easily hurt all those around by black moods.
- I. *Envy* is a horrible disease inside that will not let you rest content as you (Prov 27:4).
1. There will always be someone else in your opinion that has it way better than you.
 2. If you walk with God and use what He has given you, no one can be honored more.
 3. Envy only hurts you, because if known by others actually encourages their pride.
- J. *Covetousness* is a horrible disease that will not let you be content with your things.
1. This lose-lose perspective cannot have what it wants and turns to hate what it has.
 2. The Bible is clear that you can learn to be content with what you have (Phil 4:11).
 3. Once you learn contentment, great gain will come by adding godliness (I Tim 6:6).
 4. I can't get no satisfaction, the world screams; they show the resulting dysfunction.
 5. Wandering desires kill the slothful (Eccl 6:7-9; Prov 21:25-26; I Tim 6:9-10).
 6. Discontentment with what you have is vanity and vexation of spirit you generate.
 7. Every second you think about things you do not have and crave to have them ...
 8. You lose that second of joy and satisfaction from the things you do have from God.
 9. You degrade the value and pleasure of what you have by comparing it to a fantasy.
 10. You waste limited energy and time in a direction that cannot provide satisfaction.
 11. You frustrate yourself into a maniac like Amnon, craving things you cannot have.
 12. You deceive yourself by idealizing what you do not have by your ignorance of it.
 13. You fret against the Lord, for He ordained what you have, grieving the Holy Spirit.
 14. Apply this point – are you discontented with your job, wife, house, car, body, etc.?
- K. *Joel Osteen's ideas* only work if you are a millionaire television personality like him.
1. God has not made every child of His to be a “winner,” a “star,” or a “champion.”
 2. Books like, *Your Best Life Now*, are prosperity gospel lies from the pit of hell.

3. Of course he grins all the way to the bank every day due to fawning sycophants.
- L. *Extreme goals* for your life are counterproductive in that they destroy productive zeal.
1. If your goals are too high, you will force yourself into failure, which brings guilt.
 2. High goals are worthless without achievement; lower goals achieved are better.
 3. Goals too high for you or family reduce effort by discouragement or hopelessness.
- M. *Fear* is an enemy of happiness in that it steals joy from the present by the unknown.
1. David gave good advice by declaring against very great fears (Ps 27:1-5; 46:1-3).
 2. Some fear is good, because it keeps you from exposing yourself to hurtful danger.
 3. Much fear is worthless, because you dread things you have heard or imagined.
 4. The news media has only a few things that sell newspapers, and fear is a big one.
 5. God has not given us the spirit of fear, like so many have (II Tim 1:7; Luk 12:4-5).
 6. Never before have so many fear-mongers had so much ability to reach so many.
- N. *Pain* is an enemy of happiness in that it steals joy from the present by distraction.
1. Some pain is real, and you need to use whatever means you can to get rid of it.
 2. Some pain is self-imposed, and you need to change your attitude to get rid of it.
- O. *Children are a burden*, and saying so is not a criticism of them, but of the carefulness.
1. God would have us to be without carefulness, including marriage (I Cor 7:28-35).
 2. God has not charged you with replenishing the earth, for it is already replenished.
 3. Consider the strict birth control of Elijah, John, Jesus, Anna, Paul, and other saints.
 4. **Family planning** PowerPoint slides.
- P. *Feelings* are the ruin of genuine happiness, even if you think happiness is a feeling.
1. Ruling your spirit is key to real happiness, and feelings cannot rule your spirit.
 2. Once you let feelings dictate your mood or outlook, they will tear you down often.
 3. Feelings that flow from faith and godly conduct are genuine and can last a lifetime.
 4. Living on feelings rather than faith is a sure way to get in trouble with depression.
 5. Those who love pleasure more than God will exalt feelings out of their right place.
 6. God does not care if you feel like obeying or not; He demands and expects it.
 7. When feelings are exalted too highly, the initial feelings of depression are accommodated when they should be blown away in disgust and discipline.
 8. Good Christians have feelings, as exuberant joy, but they follow faith, not lead it.
- Q. *Overstaying* visits ... emails ... texts ... phone calls ... (Pr 25:17) ... steal others' joy.
- R. *Bitterness* will devour the soul and restrict ordinary love and its consequent blessings.
1. Bitterness results from unresolved offences, which you could have easily forgiven.
 2. God condemns bitterness as devilish confusion from hell (Jas 3:14-16; Eph 4:31).
 3. For more about **bitterness**.

- S. *Spoiled* ... too much ... fun ... activities ... flattery ... school ... friends ... ease, etc.
 - 1. Your perception and perspective will be perverted by an imbalance in these things.
 - 2. Life is hard and requires work, yet with a right attitude it is a challenge and joy.
- T. A *cycle* of discouragement, depression, or self-pity is the choice of an indulgent infant.
 - 1. Once a negative thought or event occurs, the weak/wicked mull themselves down.
 - 2. Excessive introversion, and it does not take much, is a great blight among men.
- U. A *great loss* can often trigger the emotional response that leads to a despondent spirit.
 - 1. It is too bad for this effeminate generation that the loss is often ridiculously trivial.
 - 2. The Shunamite woman was grieved in her heart after losing her son (II Kgs 4:27).
 - 3. The Bible allows being cast down, but we should not be destroyed (II Cor 4:7-10).
 - 4. We should respond like Job, combining mourning with true worship (Job 1:20-22).
 - 5. Large losses can cause anxiety attacks and/or lead to discouragement e.g. losing a spouse, health, relative, limb, friend, investment, marriage, child, job, etc.
 - 6. The prayer of serenity works well here with the two categories of human trouble.
- V. *Life itself* and in general can sometimes seem quite hopeless and depressing, for it is!
 - 1. Solomon said that life was vain and a vexation of spirit (Eccl 1:14; 2:17,26; 4:4).
 - 2. Paul said that we were made subject to this vanity against our wills (Rom 8:18-23).
 - 3. Set your affection on things above, for too much horizontal hope will deceive you.
- W. *Devil oppression* can ruin a man's spirit (I Sam 16:14,23; 18:10; 19:9; Mark 5:1-5).
 - 1. What can you do about this? Walk in the Spirit's greatness (Eph 5:18; I John 4:4).
 - 2. Do not give the devil a place in your life by bitterness (II Co 2:10-11; Ep 4:26-27).
 - 3. Pursuit of Jesus Christ will destroy Him by passion and zeal for his Conqueror.
- X. *Family folly* is a heavy burden for men to bear (Ge 26:35; I Sam 2:24; Pr 10:1; 17:25).
 - 1. An important protection or remedy is to train them properly when they are young.
 - 2. Another means is to keep your priorities and passions on God and not your family.
 - 3. Remember the bad families of great men and let every man bear his own burden.
- Y. *Wisdom* actually becomes a source of depression without faith in God (Eccl 1:14,18).
 - 1. Therefore, recognize that common events bother you because of God's gift to you.
 - 2. Be thankful that you can see what the world cannot see and rejoice in His wisdom.
- Z. *Talking to yourself* too much. You can talk yourself into depression, anger, envy, etc.
 - 1. A wicked indulgence is day dreaming, introspection, verbalizing your thoughts, time alone, melancholy music, and other habits that lead to downward thinking.
 - 2. David talked to himself (Ps 42:5,11; 43:5), but he ended trusting God (I Sam 30:6).
- AA. *The feelings* of depression will come, due to sinful emotions, but how will you react?
 - 1. They are the feelings of our infirmity, but you can choose to rise above (Ps 77:10).
 - 2. Paul would not allow the difficulties of his life and spirit to rule him (II Cor 4:8-9).

3. He gloried in his infirmities and told us to do the same (II Co 12:9-10; Rom 5:3-5).
- AB. *Thinking your circumstances*, temptations, or trials are worse than others is heresy.
1. The temptations of life are common among men though not apparent (I Cor 10:13).
 2. Do not let some self-pitying spirit of defeat try to take you down by appearances.
 3. You cannot see the hearts of other men, so forget what you can see (Prov 14:10).
- AC. *If I choose* to be happy without feeling it, I am a hypocrite, deceiver, Pharisee, etc.
1. Such thinking is the product of a mind that is unscrewed from the reality of faith.
 2. Abraham and all great men did things that were based only on faith, not feelings.
- AD. *Unrealistic expectations* will discourage and depress the idealistic and foolish person.
1. Setting goals too high is your insane plan to guarantee failure and then depression.
 2. Disappointment in accomplishments comes by having goals too high (Pr 13:12,19).
 3. The pride of the perfectionist (not principle) rejects mercy and trust (Ps 127:1-2).
 4. Foolish comparisons to others more gifted will cost your reward (Matt 25:14-30).
 5. Goals too high cannot be kept, will not motivate like lower ones, and force failure.
 6. This enemy is (a) being too set on a goal/hope, (b) expecting honor and not getting it, (c) putting everything into something, (d) a woman craving a child, (e) parents putting all into children, (f) hoping a lover will return, (g) joining a “perfect” church to find sinners, (h) expecting the pastor to make the difference, and so on.
- AE. *Dilemma between alternatives* can hurt those having difficulty making easy decisions.
1. The difficulty is perfectionism, undisciplined mind, or an unmerciful spirit to self.
 2. Paul was perplexed at times with big choices, but he did not despair (II Cor 4:8).
 3. We are not perfect; our decisions are of little importance; mercy to self is noble.
 4. A helpful guide is to ask, what if the worst were to happen, what is the total effect?
 5. A useful reminder is that most of your choices can be undone with little or no cost.
- AF. *Learned conduct* of parents that could not or did not rule their spirits from depression.
- AG. *A wrong perspective* of life considered long enough will eventually bring depression.
1. Asaph fretted because of sinners and not considering the future (Psalm 73:1-24).
 2. Such fretting is ignorant folly, and God warned about it (Ps 37:1-11; Pr 24:19-20).
 3. An emphasis on the negative rather than the positive is an innate ‘gift’ of some.
 4. Even Solomon despaired when he considered the evil of life too much (Ec 2:20).
 5. This sin is corrected by lifting and extending the time frame of analysis (Co 3:1-4).
- AH. *Too much dwelling* on the past rather than the present and future is foolish self-pity.
1. Of course, these self-pitying, self-righteous introverts call this self-examination.
 2. God forgives and forgets, and you must learn to do the same (Eze 18:21-22,27-28).
 3. Considering, fretting, or worrying about the past is a destructive waste of time.
 4. Whatever effect your past has on you right now, change it! You can change things.

5. "What am I going to do?" is of much greater importance than "What have I done?"
 6. "What am I going to make happen?" is better than "What has happened to me?"
- A. *Excess concern for others* and their problems is another "good" cause of depression.
1. Of course, there are those that have no real and proactive concern for any others.
 2. This sin can be a desire to be God that drives men to want to save the human race.
 3. You must learn to let others 'bear their own burden' and skin their knees (Gal 6:5).

Happiness Examination/Suggestions

- A. *How can you regain or increase this joy in the Lord? Confess your sin, and be happy!*
- B. *This comes by reading, meditating, and musing on the Lord Jesus Christ Himself.*
- C. *His relationship with God, purpose in life, and hope of glory should instruct you.*
- D. *Eliphaz instructed Job to acquaint himself with God for good blessing (Job 22:21).*
- E. *David went to the sanctuary and remembered and meditated on God (Ps 63:1-6).*
- F. *Asaph also went to the sanctuary and corrected his perspective (Ps 73:17,25-26).*
- G. *We must take the time and remove the impediments to calm meditation (Ps 46:10).*
- H. *We can benefit by being around other spiritually minded worshippers (Ps 34:1-2).*
 - I. *Obviously here, since it is a command, there needs to be clear and full confession.*
- J. *Contemplation on the One making the command and the command itself will help.*
- K. *The strongest man is the man that can rule his spirit and make this choice for joy.*
- L. *Sins and worldly inputs grieve and quench the Holy Spirit (Eph 4:30; I Thes 5:19).*
- M. *Spiritual inputs and feeding on Jesus Christ and His word will bring joy in power.*
- N. *How much are you like Joshua in the tabernacle or the two going to Emmaus?*
- O. *We plan, prepare, and participate in feasts, just as He commanded us to fear Him.*
- P. *You must slow life enough to taste and see that the Lord is good in many ways.*
- Q. *As David and Peter wrote, you cannot realize the benefit without obeying the Lord.*
- R. *Measure all world events by God's commandments and see their folly and pain.*
- S. *Each of His commandments has divine wisdom: see it; if blind, believe it anyway.*
- T. *We read, meditate, and comfort one another with the future (I Thess 4:18; 5:11).*
- U. *We set our affection above, for we know our lives are hid with Christ (Col 3:1-4).*

Conclusion:

- A. There is false joy, which should hardly be considered here, for it cannot work or last to satisfy any.
 1. It is the joy of the hypocrite, which is so short, because God will not allow hypocrites to succeed.
 2. It is the joy of sin for a season, always a very short season, and comes back to bite many ways.
 3. It is the joy of earthly things only, which the man trying the most called vain and vexing of spirit.
- B. Happiness and joy are choices that you make every day – they are truly not results of circumstances.

1. Consider that Jesus taught for those persecuted to rejoice and be exceeding glad (Matt 5:10-12).
2. Consider that James taught for those in divers temptations to count the event all joy (Jas 1:2-4).
- C. The Lord delivered His people and us from worse than Babylon, and in light of His favor, we should continue asking grace and go forth with precious seed expecting an eventual harvest (Ps 126:1-6).
- D. There is much more about happiness in the Bible if every occurrence of the concept were examined.
- E. Learn the choruses, *Cheer Up, Ye Saints of God ...* and *I'm So Happy and Here's the Reason Why*.
- F. What are your favorite verses about happiness and joy? Select 3-10 and memorize some of them.

For Further Study:

1. Sermon Outline: [The Joy of the Lord](#).
2. Sermon Outline: [A Cause for Mirth](#).
3. Sermon Outline: [A Preaching Service](#).
4. Sermon Outline: [Fat and Happy](#).
5. Sermon Outline: [Loving Life](#).
6. Sermon Outline: [Manage Your Life](#).
7. Sermon Outline: [Manage Your Wife](#).
8. Proverb Commentary: [Proverbs 15:15](#).
9. Proverb Commentary: [Proverbs 15:13](#).
10. Proverb Commentary: [Proverbs 17:22](#).
11. Proverb Commentary: [Proverbs 18:14](#).
12. Proverb Commentary: [Proverbs 3:13](#).
13. Sermon Outline: [Hope or Hopelessness](#).
14. Sermon Outline: [Family Planning](#).
15. Sermon Outline: [Godly Priorities](#).
16. Sermon Outline: [Delight in the Lord](#).
17. Sermon Outline: [God Distortions](#).
18. Sermon Outline: Ecclesiastes ... not available in e-format at this time.
19. Sermon Outline: Knowing God ... not available in e-format at this time.
20. Sermon Outline: Positive Spiritual Attitude ... not available in e-format at this time.
21. Sermon Outline: The Bible and Depression ... not available in e-format at this time.
22. Sermon Outline: Joy Unspeakable ... not available in e-format at this time.
23. Sermon Outline: Real Happiness ... not available in e-format at this time.
24. Sermon Outline: Gladness of Saints ... not available in e-format at this time.
25. Sermon Outline: Goodness of God ... not available in e-format at this time.