

Don't worry be happy!

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Gray

Introduction

1. Philippians 4:4-9
2. God created man for happiness and has made it possible. That does not mean it will be easy
3. Anyone who doubts that God wanted man to be happy should read the Genesis account of creation Genesis 2:18-25
4. There was a lovely home plus He gave man a helper that was suitable for him
5. There are some things which are necessary if men find the happiness that God wants them to enjoy

II Discussion

1. First, one must be in the Lord Philippians 4:4
 1. The blessing available "in Christ" reveal why being "in Christ" is necessary to happiness
Ephesians
 1. 1:3 all blessing
 2. 1:4 chosen
 3. 1:6 accepted
 4. 1:7 redeemed
 5. 1:7 forgiveness
 2. One is a child of God in Christ Galatians 3:26-27
 1. God's children live within the scope of God's providence Romans 8:28
 2. They are heirs of God and joint heirs with Christ Romans 8:14-17
 3. The blessing now and the promises related to the future belong to those who are in Christ 2 Corinthians 5:17
 4. The Thessalonians saints were instructed to "rejoice evermore." 1 Thessalonians 5:15
2. One must let his moderation be known Philippians 4:5
 1. Moderation means "forbearance, or gentleness (Dickson) Vine's says sweet reasonableness NKJV gentleness
 2. In order to be happy one must have a particular rule for human relations
 1. The Lord urges His people to sue forbearance or gentleness in dealing with others
 2. The Lord urged His disciples to be merciful toward others Matthew 5:7
 3. The Lord urged His disciples to refrain from cynical, unfair condemnation of others Matthew 7:12
 3. This moderation needs to be known in business relationships, home matters and in the church.
3. One must reject anxiety Philippians 4:6-7
 1. Can one whose heart is ruled by worry, fear, and frustration be happy? John 14:1; Matthew 6:25
 2. Someone said "Work won't kill you but worry will."
 3. One can reject anxiety by
 1. Really believing in God's desire to care for His children 1 Peter 5:6-7
 2. The disciples were anxious because of "little faith Matthew 8:23-26
 4. One must learn contentment Philippians 4:11-12
 5. One must believe that the problems of life can be, with the Lord's help overcome Philippians 4:13
 6. One must in prayer cast all their care upon God 1 Peter 5:6-7; Philippians 4:6-7
4. One must think the right thoughts Philippians 4:8
 1. One who lives with problems, mistakes, and failures of the past will thereby, forfeit potential happiness now Philippians 3:13
 2. One whose mind is controlled by the fears and frustration of the present is forfeiting happiness 1 Peter 5:6-7

3. The mind of the Christ is to be controlled by Christ Philippians 2:5. If so one thinks on these things Philippians 4:8
4. The word thing means "speak of the act of careful reflection."
 1. The mind of the Christians should be occupied with reflection of things pure, honest
 2. The positive thinking will keep the heart free from the burdens and trials of life.
5. One must be doing God's will Philippians 4:9
 1. One cannot find happiness in indifference, laziness and unconcern
 2. Active people are happy people if they are engaged in constructive endeavors because this gives on a sense of worth
 1. One may be so involved in working out salvation that he does not have time to be unhappy
 2. One can be so busy pleasing God that there is no time for unhappiness Philippians 2:13
 3. Christians must b busy holding forth the Word of life Philippians 2:16
 4. Christinas should be actively engaged in living and exemplary life Philippians 4:9

III Conclusion

1. Abe Lincoln once observed, "People are about as happy as they make up their minds to be."
2. God wants men to be happy now Philippians 4:4
3. The disciples in the first century were happy people Acts 2:46
4. The happiness of the Christians will be complete in heaven Revelation 21:1-4

Source: Reason to Rejoice sermon outlines by Tom Holland on Philippians