

How to be happy

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Introduction

1. Text Philippians 4:4-13
2. The Bible is an amazing book in that it can present great truths in statements that are to the point and are easy to be remembered for a lifetime.
3. God created man to be happy and hence wants Him to be happy. Genesis 2:18-25; 1:31
4. In this section we find the characteristics of overcoming worry and being a happy Christian
5. These sections are: 1) Attitudes and actions that we should have, 2) How to develop these attitudes, 3) these attitudes in action.

II Discussion

1. The Attitudes and actions that every Christian should have.
 - a. Joy
 - i. Peter and John rejoicing that they were counted worthy to suffer for His name. Acts 5:41
 - ii. Paul Acts 9:16 suffering for the Cause of Christ; 2 Corinthians 1:4-6; 4:17; 11:24-28; 12:9; Galatians 6:17
 - b. Being a Christian
 - i. We must be in Him
 - ii. Where all spiritual blessings are Ephesians 1:3
 - iii. Where things are new. 2 Corinthians 5:17
 - iv. Where redemption is Ephesians 1:7
 - v. We get into Christ by being baptized. Galatians 3:26-27
 - c. Speaking the right thing
 - i. Right things 1 Peter 4:11; not adding to nor taking from; 2 Timothy 2:15 rightly dividing
 - ii. Matthew 12:34-36 thinking on false ideas will produce false doctrine Philippians 4:8
 - d. Don't worry
 - i. Matthew 6:19-34
 - ii. Matthew 13:22 let the cares of this world overcome us
 - iii. We are to let Him worry about it for He is up all night anyway 1 Peter 5:7
 - e. Pray
 - i. For everything
 - ii. Coming to the throne of grace, to find grace to help in the time of need. Hebrews 4:16
 - f. Promised peace
 - i. Isaiah 26:3
 - ii. John 14:27 He promised peace before.
2. How to develop these actions and attitudes
 - a. The true things. John 1:17; 8:32; 17:17; 18:38 has been explained

- b. Honest and just things not just legally required but morally and ethically right. How we treat others. Matthew 7:12
 - c. Pure, moral purity, chaste, virtuous and morally sound. Titus 2:5
 - d. Lovely lovable amiable. Agreeable to others
 - e. Good report well-spoken of within and without
 - f. Virtue manly strength and courage
 - g. Praise that which is praiseworthy
 - h. Thinking on the right things, not things of the world
3. These attitudes in Actions 4:10-13
- a. Paul faced greater tribulations than most. 2 Corinthians 11:24-28
 - b. Contentment Hebrews 13:5-6
 - c. Christ was with Him every step of the way. 2 Timothy 4:8

III Conclusion

1. Abraham Lincoln once observed, "People are about as happy as they make up their minds to be."
2. God does want us to be happy Philippians 4:4
3. The disciples in the first century were happy people Acts 2:46
4. Happiness of the Christian will be complete in Heaven. Revelation 21:1-4
5. Are you on your way toward heaven, are you in Christ you can be this morning.

Sources: Reasons to rejoice Tom Holland; Getwell lectureship The book of Philippians; The Sermon on the Mount Getwell lectureship; Treasury of the Scriptures