Secrets to Happiness!

➤ Intro:
- Are you as happy as you want to be? – all probably answer no, we’re all working to be happier
- lesson: things God teaches us to do to be happy

➤ Rejoice always!
- 1 Th. 5:16 rejoice all the time – vs. 18b God’s will for you – God wants you to be happy all the time
- Phil. 4:11-13 challenge: be content in every circumstance, by relying on God
  - faith, trust, reliance on God for everything
- Rom. 8:28 challenge: see God working all things together for good
  - saying: “it’s all good”
  - Do you really believe this? If yes, you will rejoice in always?
- Rom. 8:31-35, 37-39 more than conquers – if God be for us, who can be against us – Rom. 5:3
  - Do you really believe this? If yes, you will rejoice in always?

➤ Pray without ceasing!
- 1 Th. 5:17 pray all the time – if we do this. . .
  - prayerful attitude, outlook on life
  - talking to God constantly throughout day, confident He is there and hears – formal / informal prayer
- 1 Pet. 5:6-7 humble, mighty hand of God, cast anxiety upon God – give it to Him
  - saying: “no worries” repopularized, High School Musical 2
- 1 Th. 5:18 give thanks in everything when praying – Eph. 5:3-4, 20
  - focused on blessings, not on wants or on problems
  - saying: A man who’s busy giving thanks for His blessings, is too busy to worry about His problems!
  - saying: If you’ll give thanks for what you have, you won’t lust for what you don’t have!

➤ Have the right attitude toward God’s word! – don’t quench, don’t despise
- 1 Th. 5:19-20 word: not quench (put out the fire) Spirit, not despise (count as nothing) prophesies – if we don’t do this. . .
  - to them involved miraculous gifts, to us involves the word of God (1 Cor. 13)
  - not put out the fire of God’s word in your life / not count God’s word as nothing in your life
  - Rom. 1:16; 1 Th. 2:13
- 2 Th. 2:10 attitude: love the truth – cf. love for God
  - commitment: sacrifice anything necessary to live according to God’s word – illus.: Polycarp
- How does this make you happy?
  - priorities in life as they should be – first things first, not chasing after vanity, focused
  - confidence in something greater than self – God, His word
  - vibrant (on fire) life, motivated and inspired by God’s word – Rom. 12:11 “fervent in spirit”
- next point: put into action
Put God’s word into action, in your life!
- 1 Th. 5:21-22 actions based on word: examine, hold fast, abstain – if we do this . . .
- Col. 3:10 change life, conform to God’s word – take off old man, put on new man
  - 1 Tim. 4:7-8 discipline (exercise) self for godliness – with word (Rom. 10:17; 1 Th. 2:13)
  - Heb. 5:14 train senses to discern good from evil – with word (Rom. 10:17; 1 Th. 2:13)
- How does this make you happy?
  - 1 Th. 5:23-24 live a sanctified (holy) life, confidently waiting for Christ and home in heaven
- Phil. 3:1, 20-21 rejoice, citizenship in heaven, eagerly waiting for Jesus
- Phil. 4:4-7, 8, 9 rejoice, obey God, don’t worry, pray, keep mind on right things
  - word makes possible

Summary / Inv.
- Are you as happy as you want to be?
- What are the secrets of happiness? (review PP)
  - rejoice: trust in God explicitly as faithful Christian
  - pray all the time: humble self under mighty hand of God, pray, don’t worry
  - have the right attitude toward God’s word: trust in something greater than self – God, His word
  - put God’s word into action in your life: grow, mature, life for something more important than self – God
- inv.: if you are not a faithful Christian, you’re not experiencing true happiness, but you can beginning today
  - illus.: Ethiopian eunuch went on his way rejoicing
- inv.