

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*) prophecies – 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.**