

*How To Be  
Happy*

## **Psalm 146:1-5**

**1 Praise ye the LORD. Praise the LORD, O my soul.**

**2 While I live will I praise the LORD: I will sing praises unto my God while I have any being.**

**3 Put not your trust in princes, nor in the son of man, in whom there is no help.**

**4 His breath goeth forth, he returneth to his earth; in that very day his thoughts perish.**

**5 Happy is he that hath the God of Jacob for his help, whose hope is in the LORD his God:**

# **I. Helpful**

## **1 Timothy 6:18**

**That they do good, that they be rich in good works, ready to distribute, willing to communicate;**

### **A. Selfish people are discontented**

#### **Matthew 10:21-22**

**21 Then Jesus beholding him loved him, and said unto him, One thing thou lackest: go thy way, sell whatsoever thou hast, and give to the poor, and thou shalt have treasure in heaven: and come, take up the cross, and follow me.**

**22 And he was sad at that saying, and went away grieved: for he had great possessions.**

# **I. Helpful**

**B. Helpful people are happy people**

**Proverbs 14:21**

**He that despiseth his neighbour sinneth: but he that hath mercy on the poor, happy is he.**

**Galatians 6:10**

**As we have therefore opportunity, let us do good unto all men, especially unto them who are of the household of faith.**

## **II. Adventurous**

**Philippians 4:13**

**I can do all things through Christ which strengtheneth me.**

**A. Many people lack faith and courage**

**Mark 4:40**

**And he said unto them, Why are ye so fearful? how is it that ye have no faith?**

**B. Happy Christians reach out to be, see, go, and do**

**Luke 5:4**

**Now when he had left speaking, he said unto Simon, Launch out into the deep, and let down your nets for a draught.**

### **III. Positive**

#### **Philippians 4:8**

**Finally, brethren, whatsoever things are true, whatsoever things are honest, whatsoever things are just, whatsoever things are pure, whatsoever things are lovely, whatsoever things are of good report; if there be any virtue, and if there be any praise, think on these things.**

### **III. Positive**

#### **A. Negative attitudes stunt spiritual growth and happiness**

##### **Jonah 4:9-11**

**9 And God said to Jonah, Doest thou well to be angry for the gourd? And he said, I do well to be angry, even unto death.**

**10 Then said the LORD, Thou hast had pity on the gourd, for the which thou hast not laboured, neither madest it grow; which came up in a night, and perished in a night:**

**11 And should not I spare Nineveh, that great city, wherein are more than sixscore thousand persons that cannot discern between their right hand and their left hand; and also much cattle?**

# **III. Positive**

**B. Being positive brings joy and success**

**Number 13:30**

**And Caleb stilled the people before Moses, and said, Let us go up at once, and possess it; for we are well able to overcome it.**

## **IV. Purposeful**

**1 Timothy 6:11**

**But thou, O man of God, flee these things; and follow after righteousness, godliness, faith, love, patience, meekness.**

**A. Life must be directed**

**B. Christ gives meaning to life**

**Colossians 3:4**

**When Christ, who is our life, shall appear, then shall ye also appear with him in glory.**

**Jude 21**

**Keep yourselves in the love of God, looking for the mercy of our Lord Jesus Christ unto eternal life.**

# **V. Yielded**

## **Romans 12:1**

**I beseech you therefore, brethren, by the mercies of God, that ye present your bodies a living sacrifice, holy, acceptable unto God, which is your reasonable service.**

**A. Those who do not surrender their will to God are dissatisfied.**

## **Acts 9:5**

**And he said, Who art thou, Lord? And the Lord said, I am Jesus whom thou persecutest: it is hard for thee to kick against the pricks.**

## **V. Yielded**

**B. Totally committed people are happy people**

**Psalm 37:5**

**Commit thy way unto the Lord; trust also in him; and he shall bring it to pass.**

**Proverbs 16:3**

**Commit thy works unto the Lord, and thy thoughts shall be established.**

*Are You Happy?*