

HOW TO BE HAPPY

1. The word "blessed" or "blessing" found in both the New and Old Testaments actually means happiness. In Matthew 5 we have the repetition of the word "blessed," which we call the Beatitudes. "Blessed are the meek for they shall inherit the Earth." And "Blessed be the Lord," etc.
2. Such happiness is two-fold, as demonstrated by the plural both in the original language of Hebrew of the Old Testament and the Koine Greek language of the New Testament.
3. The Hebrew word is ASHERE and the Greek word is MAKARIOIO, which means that God cannot bless you, He blesses you, plural.
4. So for the Old Testament believer and the New Testament believer there is this concept of both inner and outer happiness. Inner happiness means the Word of God in the soul, which manifests itself in outer happiness - the capacity to enjoy life, the capacity to express love, the ability to face adversity and suffering with a relaxed mental attitude.
5. Without the Word of God this happiness would be impossible, so there must be the intake and application of the Word of God in your life.
 - A. Matthew 4:1, "Then was Jesus led up of the Spirit into the wilderness to be tempted of the devil."
 - B. Luke 4:4, "And Jesus answered him, saying, It is written, That man shall not live by bread alone, but by every Word of God."
 - C. Jeremiah 15:16, "Thy Words were found, and I did eat them; and Thy Word was unto me the joy and rejoicing of mine heart: for I am called by Thy Name, O Lord God of hosts."
6. Such happiness protects the believer from areas of disillusion in life.
 - A. Disappointment in people.
 1. Colossians 3:1, "If ye then be risen with Christ, seek those things which are above where Christ sitteth on the right hand of God."
 2. Hebrews 12:2, "Looking unto Jesus the Author and Finisher of our faith; who for the joy that was set before Him endured the cross, despising the shame, and is set down at the right hand of the throne of God."
 - B. Disillusion about the details of life.
 1. Hebrews 13:5, 6, "Let your conversation be without covetousness; and be content with such things as ye have: for He hath said, I will never leave thee, nor forsake thee. So that we may boldly say, The Lord is my Helper, and I will not fear what man shall do unto me."
 - C. Disillusion in circumstances of life.
 1. Philippians 4:11, 12, "Not that I speak in respect of want: for I have learned, in whatsoever state I am, therewith to be content. I know both how to be abased, and I know how to abound: every where and in all things I am instructed both to be full and to be hungry, both to abound and to suffer need."
7. God has always possessed perfect happiness. This is an inner and integral part of His character which includes His capacity to love, to be relaxed mentally, and to be able to think graciously towards mankind.

8. In eternity past God desired to share His happiness with man in time. To do so, God must share something of His character with man and this is only possible through regeneration and perception of the Word of God.
 - A. Nehemiah 8:10, "Then He said unto them, Go your way, eat the fat, and drink the sweet, and send portions unto them for whom nothing is prepared: for this day is holy unto our Lord: neither be ye sorry; for the joy of the Lord is your strength."
9. This is only accomplished through the principle of GRACE. In GRACE God found a way to share His happiness with the believer in the Lord Jesus Christ. This included the availability of the Word of God, the intake of the Word of God, and the maturing of the believer in Christ.
10. Such happiness is confined only to the plan of God, and man enters into the plan of God by faith in Jesus Christ. Therefore, the possibility of inner happiness begins at the cross. There is no instant or automatic happiness in the Christian life here on this Earth. Certain conditions must be met, the filling of the Holy Spirit and consistent intake and application of the Word of God in your life.
11. All happiness prior to the cross is not only superficial, but temporary and non-sustaining in adversity. Human happiness is unstable, depending on pleasant circumstances and the acquisition of the details of life. Details such as money, success, pleasure, social life, friends, loved ones, health, sex, materialistic things, status symbols. Human happiness is according to happenings.
12. God has designed the Christian way of life here on this Earth to include His happiness which will be permanent and stabilized, undergirding in the most difficult circumstances of life. This is based on the Word of God which abides forever.
 - A. 1 John 1:4, "And these things write we unto you, that your joy may be full."
13. Inner happiness enhances the capacity for life in three areas. First - love toward the Lord, second - love towards the opposite sex, and third - love towards friends.
14. Ultimately, all happiness of the believer is based on his relationship with the Word of God. This means both intake and application of the Word to your every experience based on residual doctrine in the soul.
 - A. Jeremiah 15:6, "Thou hast forsaken Me, saith the Lord, thou art gone backward: therefore will I stretch out My hand against thee, and destroy thee; I am weary with repenting."
 - B. John 13:17, "If ye know these things, happy are ye if ye do them."
 - C. 1 John 1:4.
15. Regardless of the failure of any believer with regard to this happiness, such happiness from God is available to every single believer throughout the Church Age.
 - A. John 17:13, "And now I come to thee; and these things I speak in the world, that they might have My joy fulfilled in themselves."
16. And such happiness is commanded to the believer in the Lord Jesus Christ.

"Rejoice in the Lord always, and again I say rejoice." Philippians 4:4.

Buddy Dano, Pastor
Anderson Bible Church