

# IF YOU WANT TO BE HAPPY...

**SCRIPTURE** - Psalm 144:12–15 That our sons may be as plants grown up in their youth; That our daughters may be as pillars, Sculptured in palace style; <sup>13</sup> That our barns may be full, Supplying all kinds of produce; That our sheep may bring forth thousands And ten thousands in our fields; <sup>14</sup> That our oxen may be well laden; That there be no breaking in or going out; That there be no outcry in our streets. <sup>15</sup> Happy are the people who are in such a state; Happy are the people whose God is the LORD!

## INTRODUCTION

- A. Sometimes, in America, we seem to think, the more we have, the happier we will be.
- B. In reality, there are some things we need to give up to be truly happy.
- C. Proverbs 3:13 Happy is the man who finds wisdom, And the man who gains understanding;

1. Give up the need for approval - Galatians 1:10 For do I now persuade men, or God? Or do I seek to please men? For if I still pleased men, I would not be a bondservant of Christ.
2. Give up the need to impress others - James 4:4 Adulterers and adulteresses! Do you not know that friendship with the world is enmity with God? Whoever therefore wants to be a friend of the world makes himself an enemy of God.
3. Give up the need to always be right - 1 Peter 5:5 Likewise you younger people, submit yourselves to your elders. Yes, all of you be submissive to one another, and be clothed with humility, for “God resists the proud, But gives grace to the humble.”
4. Give up Dwelling on the past - Philippians 3:13–14 Brethren, I do not count myself to have apprehended; but one thing I do, forgetting those things which are behind and reaching forward to those things which are ahead, <sup>14</sup> I press toward the goal for the prize of the upward call of God in Christ Jesus.
5. Give up Resistance to change - Acts 3:19 Repent therefore and be converted, that your sins may be blotted out, so that times of refreshing may come from the presence of the Lord,
6. Give up Negative self-talk - Philippians 4:8 Finally, brethren, whatever things are true, whatever things are noble, whatever things are just, whatever things are pure, whatever things are lovely, whatever things are of good report, if there is any virtue and if there is anything praiseworthy—meditate on these things.
7. Give up Limiting beliefs - 1 Timothy 1:12–13 And I thank Christ Jesus our Lord who has enabled me, because He counted me faithful, putting me into the ministry, <sup>13</sup> although I was formerly a blasphemer, a persecutor, and an insolent man; but I obtained mercy because I did it ignorantly in unbelief.
8. Give up Blaming others - Genesis 3:11–13 And He said, “Who told you that you were naked? Have you eaten from the tree of which I commanded you that you should not eat?” <sup>12</sup> Then the man said, “The woman whom You gave to be with me, she gave me of the tree, and I ate.” <sup>13</sup> And the LORD God said to the woman, “What is this you have done?” The woman said, “The serpent deceived me, and I ate.”
9. Give up Complaining - 1 Corinthians 10:7–11 And do not become idolaters as were some of them. As it is written, “The people sat down to eat and drink, and rose up to play.” <sup>8</sup> Nor let us commit sexual immorality, as some of them did, and in one day twenty-three thousand fell; <sup>9</sup> nor let us tempt Christ, as some of them also tempted, and were destroyed by serpents; <sup>10</sup> nor complain, as some of them also complained, and were destroyed by the destroyer. <sup>11</sup> Now all these things happened to them as examples, and they were written for our admonition, upon whom the ends of the ages have come.

## CONCLUSION

1. Give up the need for approval
2. Give up the need to impress others
3. Give up the need to always be right
4. Give up Dwelling on the past
5. Give up Resistance to change
6. Give up Negative self-talk
7. Give up Limiting beliefs
8. Give up Blaming others
9. Give up Complaining
10. Romans 14:22b Happy is he who does not condemn himself in what he approves.