

Happy- Part 1: What makes you happy.
Matthew 22:36-39 and James 1:15

I. ME

A. New Church

1. A Church for people who don't normally go
2. Leading people into a transforming...
3. It's about Jesus... so we are trying to get rid of religious...

B. New series... Happy

1. Something you don't normally hear in churches, might actually be controversial believe it or not.

C. God wants you to be happy

1. Two ways to disagree...
2. **Xian...** "No no God wants us to be holy" Usually means "follow the rules"
3. **Not a Xian...** "Not what I heard... God wants me to follow his rules."
4. Both objections have to do with the rules... funny.

D. For the next 6 weeks... we're going to discover that God actually does want us to be happy... and He has shown us how to be happy.

E. Next 6 weeks I'm going to tell you what makes you happy. That might seem offensive just wait...

F. This is important b/c...

1. Some of us don't know what makes us happy
 - a. Keep believing everything that promises to make us happy but it never does.
 - 1) Marketing

2. Some of us have forgotten what makes us happy
 - a. We've been marketed to so much that we think quick fix solutions are the key to happiness.
 - b. We've all fallen for it, spent money and time trying to be happy but still aren't
 - c. There's always something else we need to make us happy...
 - d. If only I had... If only I could... If only he/she would...
3. Problem is you can't buy actual happiness.
4. You can only buy something that promises to make you happy but never fully lives up to its promise.

II. WE

A. Start with a question... What makes you happy?

1. Something comes to mind for everyone...
 - a. Maybe think back on when you were happy
2. For most of us it's a someone isn't it?

B. B/c as we'll see... Happiness is more about who than what.

1. If happiness was about a What then everyone would be happy...
2. We would just go out and get our Happy What... and if someone couldn't afford it we'd go buy it for them b/c we're good people like that.
3. But a Happy What always leads to a Happy What Else.
 - a. That thing you thought would make you happy doesn't make you as happy anymore does it?
 - 1) Xmas... "I don't want this anymore"
 - b. House, car, clothes, food.
 - 1) I usually think I'm just one great meal away from being truly happy.
 - c. And if the What loses it's Happy Power... was it really providing happiness in the first place? Or wasn't providing counterfeit happiness?

C. **Proof**

1. Middle school... Coolest house or friends?
 2. Parent that tried to buy your love w/o actually expressing love?
 3. Poorest people in poorest countries still happy?
 - a. Mexico- how can they be so happy when they don't have anything?
 4. Richest people in richest country depressed enough to commit suicide or be addicted?
 5. Death bed... say goodbye to truck or people?
 - a. We'll have relationship regrets... not stuff regrets.
 6. We are most sad when relationships aren't going well
 - a. Dumped... doesn't matter how much money you have
 - b. Husbands... wife isn't happy... you aren't happy
 - c. Parent's... kids aren't happy... you aren't happy
- D. This is all proof that we have been created, designed, evolved to find our greatest fulfillment in relationships with other who's not what's.
- E. **I used to disagree...**
1. Used to think, "I don't need anyone to be happy."
 2. Two types of people that really say that.
 3. **First**- Never been without relationships (**ME**)
 - a. Have no idea what real isolation is like
 - b. Arrogant/Naïve b/c I've always had people who loved me and cared about a relationship with me
 4. **Second**- Don't have relationships and feel like they can't do anything to change it... so they tell themselves they are fine.
 - a. Like after you get dumped.
 - b. Dangerous b/c we were not meant to be isolated
 - c. Keep that mentality you are missing out and others are missing out on your friendship, support, care.
 5. We were all designed to be relational.

F. Review

1. What makes you happy?
 - a. NO THING
 - b. No thing makes you happy**

III. **GOD**

- A. So what does make us happy?
- B. What do all happy people have in common?
1. PEACE
 2. No matter what has happened, is happening, they seem at peace.
 - a. Examples
- C. At peace with themselves
1. Not trying to be something they aren't
 2. Not ashamed or scared to be real
 3. Wouldn't that be great
 4. **Telling Danny how to rule the world... "realize everyones more concerned (self-conscious) about themselves than they are about you." Get that and you rule middle school. :)**
- D. At peace with others
1. Not resentful or angry at someone else
 2. Not holding a grudge or always bickering or BLAMING.
 3. They forgive, they listen, they care
 4. Horrible parents or circumstances but have chosen to be at peace
 5. You've seen the opposite.
 - a. Examples
- E. And most of the time... they are at peace with God.
1. Might not even be the God you believe in
 2. But they believe there is something bigger than themselves
 3. Something that cares for them, gives them a bigger sense of purpose
 4. Believe that somehow God will work everything out.

F. So what we discover is... Happy people are at peace with themselves, others, and God.

- G. Guess what... Jesus talked about this...
1. Asked what the greatest command... God's favorite command was. THE RULES

H. Matthew 22:36-39

1. **"Love God w/..."**
 - a. Doesn't sound very demanding
 - b. It's relational
 - c. The most important thing is a relationship with God
 - d. He loves you... so love Him back
 - e. Have peace with God b/c God wants to make peace with you
 - f. Most important commandment is about peace with God
2. **"Second is like it..."**
 - a. Just as important. Equal. Can't do the one without the other.
3. **"Love your neighbor as yourself"**
4. Love God... Be at peace with God. Love your neighbor... be at peace with your neighbor. Love yourself... be at peace with yourself.
5. Jesus said that is what is most important.
 - a. Loving God, and out of that love loving your neighbor just like you love yourself.
 - b. Would that make you happy?

6. Remember when I said, "God wants you to be happy"?
 - a. And some of us immediately objected, that "No God wants us to be holy or follow the rules..."
 - b. Well what's the most important rule?
 - c. Love God... be at peace with God. Love your neighbor... be at peace with your neighbor. As you love yourself.. be at peace with yourself.
 - d. **Kinda sounds like Jesus wants us to be happy doesn't it?**
 - e. Maybe we were created to be able to be happy b/c God wants us to be... happy!

I. Not understanding this is why so many people resist church and God

1. B/c they think they have to choose... either make God happy or make myself happy.
 2. You can either be a good religious person or be happy
 3. And we make the obvious choice... be happy!
 4. B/c we all want to be happy... and that is okay! (Next week)
- J. What's so freeing is that what is most important to you (your happiness), is very close to what is most important to God.
- K. God isn't in the way of our happiness, or simply doesn't care about our happiness, he actually cares so much he provides **the way** to happiness.
- L. Which means to resist God is to resist happiness.
- M. B/c **Peace with God makes peace with ourselves possible and equips us to make peace with others.**

IV. YOU

- A. Which means, any thing or behavior that hurts your relationship/peace with God, others, or yourself actually hurts your happiness.
1. Think back on a regret... it damaged one of those relationships.
 2. B/c happiness is more about who than what. And Jesus invites us (actually provides a way) to make peace with God, ourselves, and others.
- B. And that brings us to something else we have to look at... **SIN**... Stick with me.
1. Don't think Bible, religion, church.
 2. For right now, just define sin as whatever you think people or you shouldn't do.
 3. Doesn't matter what you think about religion... Whatever you think is the worst thing someone can do.
- C. Heres the thing... **Sin** (whatever your definition is) **separates**.

1. Sin separates us from God

- a. "B/c God gets mad when we do bad stuff right?"
- b. "And He doesn't want to be around, bless, take care of people who break the rules right?"
- c. No... Main reason is Sin separates us from God b/c it hurts other people... that he loves.
- d. Me and my kids.
 - 1) We're not good unless you and my kid are good.
 - 2) Can't be at peace with me until you are at peace with my kids
- e. The majority of "rules" in the NT... are about how to treat other people
- f. Sin destroys the peace you have with God

2. Sin separates you from others.

- a. Think of your last argument with someone.
- b. It was b/c one or both of you thought the other was behaving in a way they shouldn't.
- c. And now you're both mad at each other, won't talk to each other, it's awkward to run into each other at the store.
- d. Sin destroys the peace you have with other people.

3. Sin separates us from ourselves

- a. Think about it... Finish this sentence... "I could never live with myself if I _____."
 - b. Can't look yourself in the mirror.
 - c. Try to use so many other things to distract yourself from being alone with your thoughts.
 - d. Aren't at peace with yourself
4. It doesn't mater who you are, how much money you have, who you voted for.
- a. It's the same for everyone
5. When sin sneaks in it starts separating
- a. Separates us from God, others, and ourselves.

D. Sin separates by substituting.

1. It gives you fake quick fix happiness in exchange for real lasting happiness.
2. Some examples...
 - a. Substitutes pleasure for fulfillment
 - b. Things for people
 - c. Images for intimacy
 - d. Experience for exclusivity
 - e. Immediate fro ultimate
 - f. Self-expression for self-control
3. Sin promises happiness and only delivers substitutes
4. When sin wins, you lose b/c...
5. When all is said and done, sin undermines your happiness b/c sin kills everything it touches...
6. **Sin kills, especially relationships.**

E. James 1:15

1. Little baby sin... “not going to hurt anybody”
2. Full-grown gives birth to death.
3. Let a little sin slip into a relationship and before long that relationship is destroyed/dead.
4. A little gossip, a little lie, a little selfishness will eventually kill your relationship with others, God, and yourself
5. You have no peace in these relationships and it erodes and destroys your happiness.

V. YOU

- A. Seems to be the exact opposite of what we’ve always thought/felt
 1. We thought God was in the way of our happiness b/c He didn’t want us to do what we naturally wanted to do.
 2. We thought he made rules to control us, or at least religious men said God made the rules... so they could have control.
- B. But what we see is following those natural inclinations leads to sin, which ultimately destroys relationships and in the end destroys our happiness.
- C. Think about it... has sin (whatever you define it as) ever made your life better?
- D. Has it made your relationships stronger or weaker?
- E. Why we’ve chosen to talk about this for 6 weeks
 1. So important... look at family issues (**Kids in my classes**), pain in the world (racism/division), broken/lonely people...
 2. All stems from Sin destroying relationships.
 3. And trying to substitute quick fix happiness for true happiness... which only makes the spiral go further and further down.
4. Wouldn’t it be great to have peace with God, others, and yourself?

VI. WE

- A. Wrap it up...
- B. God wants you to be happy.
- C. What makes you happy? NO THING
- D. Since happy is about who not what...
- E. Since happy people are at peace with themselves, others, and possibly God...
- F. Since sin destroys peace by separating and substituting...
- G. Since Jesus valued and prioritized peace with God, others, and ourselves... (Greatest Commandment)
- H. Since you want to be happy...
- I. Then you should seriously consider becoming a follower of Jesus.
- J. Or at least come back next week for Part 2.