

Happy- Part 2: You Are Happy When...

John 10:10, Matthew 5:1-10; 11:28-30; 7:24-27

I. ME

- A. Started talking about happiness
 - 1. Began answering "What makes you happy?"
 - a. No Thing
- B. B/c happiness is more about who than what.
 - 1. Your happiest times... relationships
 - a. Weddings, Birthdays, Parties, Births
 - 2. Saddest times... relationships
 - a. Death, broken friendships, treated wrongly
 - 3. Happy people are at peace with themselves, others, and usually God.

II. WE

- A. The problem is a lot of us grew up, and still feel this, with the idea that God isn't too concerned with my happiness.
 - 1. If there is a God, either he just doesn't care, or He is opposed to it.
 - 2. "God wants me to be holy (follow the rules), not happy"
 - 3. Look around at a lot of people who claim to be Xians... not very happy.
 - 4. "If you're happy and you know it... you're probably not a very good Xian."
- B. It's why a lot of people gave up on church or just were never interested
 - 1. Think, "Well either I can make God happy and be as miserable as those people, or I can make myself happy and actually enjoy my life."
 - 2. Be a good Xian (or whatever) or be happy.... Obvious choice.
 - 3. Besides... sleeping in on Sunday is way better than going to church with a bunch of unhappy religious people anyway.

- C. What we discovered last week was you can actually have both.
 - 1. Don't have to choose between God and happiness.
- D. **God** actually **wants you to be happy**.
 - 1. He does want us to be holy... but happiness and holiness (God's view of holiness) are not mutually exclusive.
- E. God has created us with the ability to be happy.
 - 1. Jesus actually said one of his main goals was our happiness... **John 10:10**
 - 2. So why were we created with the ability to be happy, and why would Jesus offer us happiness... if he didn't want us to find it through him?
- F. In fact in His most famous teaching he told us what can make us happy.

III. GOD- **Matthew 5:1-10**

- A. Sermon on the Mount
 - 1. Something he taught a few times.
 - 2. Beatitudes
 - a. Bless-ed, blessed. "God likes you?" "You're super holy?"
 - b. Makarios (Ma-car-ee-ahs) = **Blessed = Happy**
 - 3. Jesus..."This is what makes you happy."
 - 4. "This is what happy people do, this is how they think and act."
 - 5. Such amazing insight
 - 6. Even if you're not a Jesus follower or religious it's hard to argue with the clear logic of what he says.

- B. 8 different blessed/happy categories
1. What's interesting is that these are all counterintuitive, not what we would expect.
 2. And they aren't a list of rules, or things to check off a list, or a way to measure our moral progression or standing or God's love for us.
 3. It's more like a list of contrasts... "we usually think this type of person is happy, but it's actually the opposite."
 4. Shows what people who are at peace with themselves, others, and God are like.
 5. As we go through them... Look for what they all have in common.
 6. We'll go through each one and then tie them up in a nice little bundle and get you home for dinner and football.

C. V. 1-2

1. Crowds... someone is going to tell you how to be happy you tend to want to listen.
2. We do the same with marketing... difference is Jesus actually knew the answer for true lasting happiness.
3. Buckle up...

D. **V. 3** *Blessed are the poor in spirit, for theirs is the kingdom of heaven*

1. Starts the whole thing off by destroying one of the biggest myths about happiness.
 - a. "Rich people are happy."
 - b. We know it's not true... *for others*... "but if **I** had a bit more money I'd finally be happy."
2. Jesus says it's not about how much you have it's not about whether you're rich or poor... it's if you are poor **IN SPIRIT**.
 - a. Meaning... You choose to acknowledge that no matter how much or little you really have you are ultimately dependent on God for everything.
 - b. They say, "No matter how much or little I have... today and everyday, I am totally dependent on You."

3. B/c if you don't realize you are dependent on God for everything... you think everything depends on you.
 - a. You have to try to hang on to as much as you can while desperately grasping for more b/c you have to try to have control... over the uncontrollable.
 - b. That's why there are unhappy rich, middle-class, and poor.
 - c. Feel like it all depends on them and it's a weight no one can carry for very long.
4. Happy people know they can't really control anything that happens to them and choose to accept their dependence on God... whether they have a lot right now or not.
5. They are content... not constantly striving to stay afloat.
 - a. They say, "My confidence is not in my stuff, my confidence is the One who gave me all the stuff in the first place."
6. The moment you start to trust your stuff (money, job, education, skills), instead of God who loves to give you the good stuff... you're unhappy.
- 7. Happy people trust God not stuff.**
8. God has invited us to have a life of freedom and contentment no matter how much we bring home.
9. But wait there's more...

E. **V. 4** *Blessed are those who mourn, for they will be comforted*

1. This one used to make absolutely no sense to me.
 - a. Wouldn't it be better to not have to be comforted b/c you didn't have to mourn in the first place?
2. But think about it... who mourns?
 - a. Not just sad when people die... but actually go through the mourning process?
3. People who are connected to their emotions and don't hide or ignore the bad, the scary, the unjust, the randomness of life.
 - a. They aren't afraid to hurt or to feel the pain of life.

4. Most people going to funeral... Like Chili's restaurant... "get in, get out, get on with your life."
 - a. Don't want to face death and heartache.
 5. Happy people don't run from the hurt... they know its unavoidable, they don't fear it... they are at peace with it.
 6. And they don't fear their inevitable death.
 7. **Andy... Fear of dying will rob you of the joy of living**
 - a. Ultimately trying to avoid or ignore hurt and death will take all the happiness out of the life you actually have.
 - b. You'll be too worried of your life ending to enjoy the life you're afraid of losing.
 8. Jesus says... "Happy people accept that life has pain and loss, they don't dwell on it, but they accept it and are at peace with it b/c they know there is more than just this life."
- F. **V. 5** *Blessed are the meek, for they will inherit the earth*
1. Meek... Nobody looks in the mirror and says, "I wish I was meeker." "Hey what makes that guy such a great leader... oh he's meek."
 2. We think meekness = weakness. Jesus sees meekness as powerful.
 3. Meek= having an accurate, self-aware estimation of yourself within God's creation and love.
 - a. Meek people know who they are, where they stand in the world.
 - b. They don't make themselves the center of their world or anyone else's.
 - c. They see reality, they are a part of God's creation... not the center, and accept it
 4. **Meek people understand that life's not all about them.**
 5. They aren't constantly striving to be something they aren't or be more than they were created to be.
 6. They are at peace with themselves... just the way God made them.
- G. **V. 6** *Blessed are those who hunger and thirst for righteousness, for they will be filled*
1. **"You're happy when you have no guilt, no regrets and a clear conscience."**
 2. When you knew the right thing to do, but you chose the opposite... did it ultimately make you happy?
 - a. Did it make relationships stronger or weaker?
 3. Sin Separates. Substitutes immediate fake happiness for true lasting happiness.
 - a. Destroys relationships.
 4. Happy people are those who take the time to ask... "What's the right thing to do? What does love look like in this situation?"
 5. Your greatest regret isn't when you chose love over selfishness was it?
 6. Your greatest regret probably has something to do with knowing the right thing but choosing the opposite.
 7. Not always popular... might sound churchy... but it's true.
 8. If you could go back and change that decision would you?
 9. If you had hungered and thirsted for choosing what was right would that situation still be a regret?
 10. Amazing... but wait there's more.

- H. **V. 7** *Blessed are the merciful, for they will be shown mercy*
1. Have you ever met a happy spiteful, vengeful, unforgiving person? No
 2. But we've probably all met someone who was quick to forgive, didn't hold on to past hurts and anger, not holding any grudges... even though they (in our opinion) have every right to be angry and want revenge.

3. **Happy people give forgiveness and love even when the other person doesn't deserve it.**

- a. Parent, co-worker, sibling, etc.
4. They choose peace, love, and forgiveness over simmering, clawing bitterness and anger.
5. They don't feel like they are owed... apology, payback, etc.
6. Happy people are generous with mercy.

I. **V. 8** *Blessed are the pure in heart, for they will see God*

1. "Want to see God?" "Want to be able to see God's way?" "See what leads to trouble and what leads to full life?"
2. **Purity.** Being clean on the inside... mind/soul
3. You don't have to experience everything life offers to experience true life.
4. You don't have to have your mind or your heart clouded by experiences that have only made seeing reality more difficult.
5. Purity clears the smog out of your mind and heart and you are able to have clarity on see what God is really like... see what he is doing in your life.
6. **Happy people have the clarity of purity.**
7. We want pure food, water, ingredients... why not our hearts and minds?
8. Who wouldn't want that? Don't hear much about it though.

J. **V. 9** *Blessed are the peacemakers, for they will be called children of God*

1. **Happy people are at peace with others.**

- a. When you are at peace with others, you are at peace with God.
- b. When you are at peace with God you will be at peace with others.
2. Have you ever met a happy troublemaker?
 - a. **Bullies-** saddest kid in school
3. You know that person who always has to "say their peace" or is always trying to spark some kind of controversy?
 - a. Do people usually describe them as happy?
4. You want to be a child of God? Make peace with the children He loves... the people around you.

K. **V. 10** *Blessed are those who are persecuted b/c of righteousness, for theirs is the kingdom of heaven.*

1. Might have been tracking until this one... especially if you're not a Jesus follower... the others kind of make sense, but this?
 - a. Happy/Persecuted?
 - b. If I choose to do the right thing and then get persecuted... lose my job, client, friend, reputation... why would I be happy?
2. Jesus is a genius...
3. "Look... whether you like it or not... you are going to have hard times, you are going to suffer in this life."
 - a. You can suffer for doing the right thing or suffer for doing the wrong thing.
 - b. One of those leads to happiness the other destroys it."
4. **Happy people choose to suffer for the right thing.**
5. If you choose to suffer for doing the right thing... you still have peace.
 - a. You have peace with yourself and with God b/c at the end of the day you answered... What does love look like? The right way. And there is no shame in that.

6. If you suffer for doing the wrong thing...
 - a. There's no peace. You screwed up and now there are consequences.
7. Jesus says... "You're going to be mistreated... no matter what. It is just a fact of life.
 - a. Do you want to be mistreated for the doing the right thing or the wrong thing?
8. Happy people choose righteousness b/c you can be happy doing the right thing and facing the consequences.
 - a. B/c you have peace with yourself and peace with God.
9. So insightful... almost like "why didn't I see that before"
- L. There you go... one of the most insightful, wise, and penetratingly simple teachings in the history of the world.
 1. Jesus' guide to happiness.
 2. What a life at of peace with God, yourself, and others looks like.
 3. Asked you to find what they all have in common... the main point of Jesus' teaching?
 4. They are all results...

IV. YOU

A. Happiness is the result of wise investment

1. Happiness is about cause and effect.
 - a. Doing something now that produces an outcome later.
2. Happiness, true happiness, is not immediate, but it's also not fleeting.
3. You can't just hear a song, read a book, listen to a podcast, pray this prayer... and say wow now I'm happy. 20 minutes ago I wasn't, but now I am.
 - a. That's not happiness... that's your mood.
4. Jesus says happiness is better than that, deeper than that, more substantial than that.
 - a. Happiness is an outcome, a result... it comes from INVESTING.
 - b. You have to build it up, make deposits over time.
5. Some of us have invested in unhappiness.
 - a. We are dealing with the outcomes of choices we've made that have created an investment of unhappiness.
 - b. The regrets, the situation you find yourself in is a result of what you've invested.

B. How do we invest in happiness?

1. Trust that Jesus knows what he's talking about and ask Him to help you do it.
2. Realize that the best way to your own happiness is not focusing on yourself, but asking Jesus to help you focus your life on others.
3. Seems impossible on our own to choose to be these 8 things right? Like this kind of deep happiness is just out of reach... you can't help but keep investing in the unhappiness account.

- C. But Jesus says... “There’s good news for you. You can switch accounts.”
1. Just like you’ve invested in unhappiness... there is a way to start investing in true, foundational, unshakeable happiness.”
 2. “Start trusting me.”
 - a. “Choose to stop trying to do it all yourself and trust that I know what I’m talking about.”
 - b. Choose to do these things out of trust in me.
 - c. This is what Jesus was talking about when He said... *Come to me. All you who are weary and burdened, and I will give you rest. Take my yoke upon you and learn from me, for I am gentle and humble in heart, and you will find rest for your souls. For my yoke is easy and my burden is light.* (Matthew 11:28-30)
 - d. **If you’re a Jesus-follower...** it’s God the Holy Spirit living inside of us that makes these investments become part of our DNA.
 - e. **If you’re not a Jesus follower...** These things still work. It’s still better to invest in happiness than unhappiness...
 - f. But Jesus says the true, most effective, longest lasting path to happiness is by trusting him, not just yourself to change you.
 - g. “I can help you stop grasping for more and more and make you content,
 - 1) It might take some lifestyle change
 - h. I can help see life for what it is and not fear death, I can help you
 - i. I can help you become merciful,
 - j. I can give you a life of no guilt or regret
 - k. I can make you a peacemaker not a divider

- l. I can help you decide to suffer for doing the right thing instead of the wrong
 - m. I can show you how to hunger and thirst for righteousness and be pure in heart.
 - 1) It might take a drastic life change, new place to live, choosing to let go of certain habits.
 - n. And ultimately I can give you peace with God, others, and yourself.
3. B/c I can show you how to truly be happy and can empower you to invest in lasting happiness.”
 4. B/c happiness is a result and you can invest your way to happiness.

D. Wise and Foolish Investors

1. At the end of Jesus’ sermon, Jesus told a story that shows what each investment returns...

E. Matthew 7:24-27

1. **Wise...** took time and hard work.
 - a. Digging down into the rock, shaping the rock, making it level.
 - b. Not immediate... An investment in his house.
 - c. Lasted through the storm
2. **Foolish...** took some time too, but wasn’t careful what he was investing in, didn’t think through the future
 - a. Fell apart... Gone with the wind
 - b. Regret and wasted time and money

V. WE

- A. Happiness is the result of a wise investment.
 1. And Jesus has invited you to follow Him and be happy... truly happy.
 2. He says follow me and start investing in your happiness.
 3. NEXT WEEK

B. What makes you happy?

1. No Thing
2. Investing