

## I. ME

- A. Review
  - 1. We all want to be happy
  - 2. God wants you to be happy
  - 3. Jesus told us how we can be happy
- B. What makes you happy?
  - 1. No Thing- designed to be in relationships
  - 2. Investing- not immediate... it's a result
- C. Next idea... counter intuitive.

## II. WE

- A. **As long as you are all about you... you won't be happy.**
  - 1. If you were able to get yourself exactly what you want and how you want you to be/look... you still wouldn't be happy.
- B. **You can't acquire, consume, or exercise your way to happiness.**
  - 1. Composite person.
    - a. His money, her job, their kids...
    - b. Nobody has exactly what you want... we all pick and choose
  - 2. **Frankenstein's Monster**
    - a. Doesn't exist
  - 3. After a while you get consumed with comparing and no matter what you do or who you try to be you are still unhappy.
- C. **You can't acquire, consume, or exercise your way to happiness ...but you can serve your way there.**

## D. Studies

- 1. There is a proven link between someone's willingness to be selfless and their happiness.
  - a. **Being about what's best for others is what's best for you.**
- 2. Proof...
- 3. Most satisfying jobs involved
  - a. Caring for others
  - b. Teaching others
  - c. Protecting others
  - d. Creative pursuits
- 4. Most satisfying jobs... clergy, physical therapists, firefighters, educational administrators, and artists.
  - a. No link between higher salary and happiness
- 5. Study that reviewed 40 other studies spanning 20 years looking at the link between volunteering (regularly) and health
  - a. **Volunteering decreases...**
    - 1) Depression
    - 2) Heart Disease
    - 3) Stress
    - 4) Teens- Drug use and unplanned pregnancies (even if they are forced to volunteer)
  - b. **Increases...**
    - 1) Psychological well-being
    - 2) Physical health
    - 3) Self-esteem
    - 4) Longevity
    - 5) Quality of life
- 6. Self-centeredness v. Selflessness
  - a. Self-centeredness significantly related to fluctuating happiness
  - b. Selflessness significantly related to authentic, durable happiness.

### **E. Q: Why does selflessness make us happy?**

1. Extrapolate
2. My natural inclination is to acquire, consume, and try to look good to others.
3. Why is what's best for you not about taking care of you?

## **III. GOD**

### **A. A: Divine Design**

1. We were created by God to live for each other

### **B. Selfishness is a result of brokenness**

#### **1. Sin**

- a. Separates
  - b. Sin separates us into our own self-centered worlds
  - c. Sin tells me to spend all my time and resources and energy on myself.
  - d. Sin lies... steals, kills, destroys.
2. But look at the happiest people you know... they give their life away for others and are happy... it's how you were designed.

### **C. Galatians**

1. Paul
2. 2 approaches to life... 2 contrasts

### **D. Galatians 5:19-21**

1. Flesh- whatever comes naturally if you were left to do whatever you wanted to do
2. Debauchery- excessive sexual behavior
3. Idolatry- trying to get the gods to do what I want him to do
  - a. How we pray?
4. Witchcraft- harness the power of nature to give me control and power
5. All list pleasure at some one else's expense
6. Worrying only about your own immediate pleasure
7. All associated with appetites
  - a. Sex, power, control, food, drink, status

### **E. Galatians 5:22-23**

1. Fruit of the Spirit... result of following Jesus. What gets produced in you
  - a. When we finally say... Lord I want to do things your way not mine.
  - b. I want to live my life for you not myself
  - c. I give you control I'm not going to keep trying to take it.
2. No law... List them
3. This is what we were designed for
4. Imagine... Family, neighborhood, city, country...
5. Would you be happy?

### **F. The more selfless you are the happier you will be.**

## **IV. YOU**

- A. List of acts of flesh... happy?
  1. Is that what we talk about at funerals?
- B. **The value of a life is measured by how much of it was given away** (Linda)
- C. Give it away by giving it to the Good Shepherd
  1. Exhausting to try to muster up the love yourself... He loves others through you
  2. He gives your life purpose... extraordinary life.
  3. Giving your life away is what makes you great.

### **4. Luke 9:23-25**

### **D. Crosscreek**

1. Church is not for us
2. Contribute
  - a. Thank you to those of you who do.
  - b. Kids min... 3 weeks on.

**V. WE**

**A. Dead Sea v. Sea of Galilee**

1. **Pic of Dead Sea**- No outlet... Dead and shrinking
2. **Pic of Sea of Galilee**- Constantly giving out... full and full of life.

**B. You were designed by the Giver of Life to give your life away.**

- C. Don't try to be Frankenstein's Monster
- D. Give your life to Jesus and let Him use it to help others.
- E. Happy is the man/woman who gives what they cannot keep to gain what they cannot lose. (Jim Elliot)
- F. If your life is all about you... if you try to save it... you will never be happy.
- G. If you give up control, give up worrying about yourself, and live for Jesus and others... you will find true lasting happiness.