

Things Happy People Do

Introduction

1. There is a saying that says: “Don’t worry, be happy.” That certainly is great advice.
 - A. We are taught in the Bible that we should not worry about things and that as Christians, we should be the happiest of all people.
2. You may have noticed from time to time some people who seem to be really happy.
 - A. These individuals are a joy to be around because they help to make us happy.
3. But what is it that makes happy people?
4. This morning we want to look at some things that happy people do differently than others.

Express Gratitude

1. **When we appreciate what we have, what we have appreciates in value.**
2. **If we aren't thankful for what we already have, we will have a hard time ever being happy.**

1 Timothy 6:7-8 For we brought nothing into this world, and it is certain we can carry nothing out. **And having food and clothing, with these we shall be content.**

Hebrews 13:5 Let your conduct be without covetousness; **be content with such things as you have.** For He Himself has said, "I will never leave you nor forsake you."

Cultivate Optimism

1. **People who think optimistically see the world as a place packed with endless opportunities, especially in trying times.**

A. The apostle Paul was a good example of this:

2 Corinthians 4:7-10 **But we have this treasure in earthen vessels, that the excellence of the power may be of God and not of us. We are hard-pressed on every side, yet not crushed; we are perplexed, but not in despair; persecuted, but not forsaken; struck down, but not destroyed — always carrying about in the body the dying of the Lord Jesus, that the life of Jesus also may be manifested in our body.**

Avoid Over-thinking and Social Comparison

1. Comparing ourselves to someone else can be poisonous.

2 Corinthians 10:12 For we dare not class ourselves or compare ourselves with those who commend themselves. But they, measuring themselves by themselves, and comparing themselves among themselves, are not wise.

2. The only person we should compare to is ourselves before now.

Practice Acts of Kindness

1. Selflessly helping someone is a powerful way to feel good inside.

Galatians 5:22-23 But the fruit of the Spirit is love, joy, peace, longsuffering, kindness, goodness, faithfulness, gentleness, self-control. Against such there is no law.

Ephesians 4:32 And be kind to one another, tenderhearted, forgiving one another, even as God in Christ forgave you.

Nurture Social Relationships

1. The happiest people on the earth are the ones who have deep, meaningful relationships.

Philippians 2:19-20 But I trust in the Lord Jesus to send Timothy to you shortly, that I also may be encouraged when I know your state. For I have no one like-minded, who will sincerely care for your state.

Philippians 4:10 But I rejoiced in the Lord greatly that now at last your care for me has flourished again; though you surely did care, but you lacked opportunity.

Develop Strategies for Coping

1. **It helps to have healthy strategies for coping pre-rehearsed, on-call, and in our arsenal at our disposal.**
 - A. **Daily Bible reading will help develop this. We learn to lean on God for all things in our daily life.**

Learn to Forgive

1. **Harboring feelings of hatred is horrible for our well-being.**

Matthew 6:14-15 "For if you forgive men their trespasses, your heavenly Father will also forgive you. But if you do not forgive men their trespasses, neither will your Father forgive your trespasses."

Increase Flow Experiences

1. **Flow is a state in which it feels like time stands still.**
2. **It's when we're so focused on what we're doing that we become one with the task.**
3. **Nothing is distracting us or competing for our focus.**
 - A. **The Christian is constantly focused on serving Christ and living for Him first and foremost everyday.**

Matthew 6:24 No one can serve two masters; for either he will hate the one and love the other, or else he will be loyal to the one and despise the other. **You cannot serve God and mammon.**

Savor Life's Joys

1. Deep happiness cannot exist without slowing down to enjoy the joy.
 - A. We need to ensure that we are enjoying the joys of others also.

Romans 12:15 Rejoice with those who rejoice, and weep with those who weep.

Commit To Our Goals

1. Magical things start happening when we commit ourselves to doing whatever it takes to get somewhere.
 - A. The happiest of all Christians are those whom are focused on the goal of heaven.

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, I press toward the goal for the prize of the upward call of God in Christ Jesus.

Practice Spirituality

1. When we practice spirituality or religion, we recognize that life is bigger than us.
2. We surrender the silly idea that we are the mightiest thing ever.
Romans 12:1-2

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."

Take Care of Our Body

1. Taking care of our body is crucial to being the happiest person that we can be.

1 Corinthians 6:12-20

- A. We learn that bodily exercise is good but that is not what we are all about:

1 Timothy 4:6 For bodily exercise profits a little, but godliness is profitable for all things, having promise of the life that now is and of that which is to come.

Conclusion

1. The happiest of all people are those who live for God in all things and are loving, caring, and forgiving of others.
2. Christians know that this life is only temporary and we are looking forward to our eternity with our Father, His Son, and all those who have lived their lives in a happy, faithful way while here on earth!

