

How To Live a Happy Christian Life

Philippians 4:5-19

Intro:

(ie) Song: Don't worry, be happy

- Many Christians are unhappy Christians - sour pussers, grumpy, worried, fearful, anxious
- Christians are not always happy.
- But there are ways to overcome sadness and depression in the Christian walk.
- Jesus provides us the way.

Hannah Whithall Smith - *The Christian's Secret of a Happy Life*

Chapter: God is in Everything - no second causes

I. What Makes Us Unhappy or Sad?

I have discovered or observed that there are five basic events that make us sad.

1. A Loss - death, finances, things (flood), job, position, friend
2. A Disappointment - an expectation not met, hope denied, love
3. A Hurt - people say things, people do things that hurt us
4. An Unfair situation - we get cheated, the short end of the stick.
5. A Sickness - we are down, not feeling well, in pain, laid up

All of these things are real things, not imagined and they make us sad. That is natural. But how can we get over the sadness?

What is sadness but, anxiety, worry, care, sorrow?

The Apostle Paul was one acquainted with sadness, sickness, disappointment, unfairness, hurt
You name it Paul experienced it. Read 2 Corinthians 11:23-29.

If anyone had the right to be sad or unhappy it was Paul.

If anyone had the right to a pity party it was Poor Paul.

2 Corinthians 11:23 Are they ministers of Christ? (I speak as a fool) I *am* more; in labours more abundant, in stripes above measure, in prisons more frequent, in deaths oft. 24 Of the Jews five times received I forty *stripes* save one. 25 Thrice was I beaten with rods, once was I stoned, thrice I suffered shipwreck, a night and a day I have been in the deep; 26 *In* journeyings often, *in perils of* waters, *in perils of* robbers, *in perils by mine own* countrymen, *in perils by the heathen, in perils in the city, in perils in the wilderness, in perils in the sea, in perils among false brethren;* 27 In weariness and painfulness, in watchings often, in hunger and thirst, in fastings often, in cold and nakedness. 28 Beside those things that are without, that which cometh upon me daily, the care of all the churches. 29 Who is weak, and I am not weak? who is offended, and I burn not?

II. What Can Makes Us Happy Again?

How to bounce back. How to get your groove back. Restore joy, happiness, contentment?

Philippians 4:

6 Be careful for nothing; but in every thing by prayer and supplication with thanksgiving let your requests be made known unto God. 7 And the peace of God, which passeth all understanding, shall keep your hearts and minds through Christ Jesus. 8 Finally, brethren, whatsoever things are true, whatsoever things *are* honest, whatsoever things *are* just, whatsoever things *are* pure, whatsoever things *are* lovely, whatsoever things *are* of good report; if *there be* any virtue, and if *there be* any praise, think on these things. 9 Those things, which ye have both learned, and received, and heard, and seen in me, do: and the God of peace shall be with you. ---- 11 Not that I speak in respect of want: for I have learned, in whatsoever state I am, *therewith* to be content. 12 I know both how to be abased, and I know how to abound: every where and in all things I am instructed both to be full and to be hungry, both to abound and to suffer need. 13 I can do all things through Christ which strengtheneth me. ---- - 19 But my God shall supply all your need according to his riches in glory by Christ Jesus.

Let me suggest from this apostolic advise three timeless principles for moving from sadness into a happy Christian life.

I. **Ponder** - unarticulated thoughts & feelings cause depression

- a. Your Problem - lay it out clearly, write it in a journal
- b. Your Pain - what hurts? Where does it hurt? How much does it hurt? (Scale of 1-10)
- c. Your Plan - "whatcha gonna do now?" What is your plan of escape?

II. **Pray** - prayer can be complaint (not complaining)

- a. Tell God everything. Leave nothing out.
- b. Tell God his promise - Is He the cause? (no second causes)
- c. Turn it over to Him - let go of it!

III. **Praise** - is active, it is done, not thought about

- a. Tune your heart - Sing & Rejoice in the Lord - Phil. 4:4
- b. Thanks - give it. List it. Say it. Tell it. Share it. - Phil. 4:6
- c. Think - on good things you've got, and received from God - Phil. 4:8
- d. Turn on music, tickle the ivories, toot a horn,

Close:

God Will Take Care of You

2 Corinthians 11

23. Are they servants of Christ? (I am out of my mind to talk like this.) I am more. I have worked much harder, been in prison more frequently, been flogged more severely, and been exposed to death again and again.

24. Five times I received from the Jews the forty lashes minus one.

25. Three times I was beaten with rods, once I was stoned, three times I was shipwrecked, I spent a night and a day in the open sea,

26. I have been constantly on the move. I have been in danger from rivers, in danger from bandits, in danger from my own countrymen, in danger from Gentiles; in danger in the city, in danger in the country, in danger at sea; and in danger from false brothers.

27. I have labored and toiled and have often gone without sleep; I have known hunger and thirst and have often gone without food; I have been cold and naked.

28. Besides everything else, I face daily the pressure of my concern for all the churches.

29. Who is weak, and I do not feel weak? Who is led into sin, and I do not inwardly burn?

Philippians 4

4. Rejoice in the Lord always. I will say it again: Rejoice! 6. Do not be anxious about anything, but in everything, by prayer and petition, with thanksgiving, present your requests to God.

7. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus. 8. Finally, brothers, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable--if anything is excellent or praiseworthy--think about such things.

9. Whatever you have learned or received or heard from me, or seen in me--put it into practice. And the God of peace will be with you. 10. I rejoice greatly in the Lord that at last you have renewed your concern for me. Indeed, you have been concerned, but you had no opportunity to show it. 11. I am not saying this because I am in need, for I have learned to be content whatever the circumstances. 12. I know what it is to be in need, and I know what it is to have plenty. I have learned the secret of being content in any and every situation, whether well fed or hungry, whether living in plenty or in want. 13. I can do everything through him who gives me strength.

19. And my God will meet all your needs according to his glorious riches in Christ Jesus.