

What Must I Do To Be Happy?

John 15:11 These things have I spoken unto you, that my joy might remain in you, and that your joy might be full.

Talking with people all around us today I find that they are unhappy, unsatisfied, unfulfilled, and some of them are down right miserable in their lives. Depression, anger and anxiety permeate the society we live in today. (Do you know that some people enjoy being in that state?) I have said it many times, “I am not here to endure my Christianity, I am here to enjoy it!

I recently went to my regular physician for my annual check-up. He was ready willing and able to give me any kind of drug that I wanted for whatever ailed me! I heard an old preacher one time say, “The only pill we need is the gospel!”

He asked me how I was doing. I said, “Dr., I am a blessed man! I am happy! I am doing just fine!” I still have a lot of refills on the best prescription that was ever given to me years ago after I got saved. It is...

1 Peter 5:7 Casting all your care upon him; for he careth for you.

I want to give you a prescription today that the Apostle John records throughout his writings. It is an infallible remedy for happiness. In order for us to be happy...

I. One must abide in Christ:

John 15:4 Abide in me, and I in you. As the branch cannot bear fruit of itself, except it abide in the vine; no more can ye, except ye abide in me.

John 15:11 These things have I spoken unto you, that my joy might remain in you, and that your joy might be full.

Websters 1828 Dictionary Definition of ABIDE is: To endure or sustain; To continue permanently or in the same state; to be firm and immovable; To remain.

Supreme happiness only becomes possible for the Christian when he / she learns to abide in the Lord.

We have a lot of crutches that we like to fall back on all the time instead of trusting and abiding in Christ. An individual told me recently that the Lord and the church have really not helped him all that much since he has been saved. He said, “Well I have tried Jesus.” I want to tell you something, that is the problem! The Bible doesn’t say to “try” Jesus is says to “trust” Him!

John 15:5 I am the vine, ye are the branches: He that abideth in me, and I in him, the same bringeth forth much fruit: for without me ye can do nothing.

The songwriter wrote: Trust and obey, for there’s no other way, to be happy in Jesus but to trust and obey.

II. One must commune with Christ:

John 16:23-24 Verily, verily, I say unto you, Whatsoever ye shall ask the Father in my name, he will give it you. 24 Hitherto have ye asked nothing in my name: ask, and ye shall receive, that your joy may be full.

HITHERTO: As of this time, as of yet...

The Lord admonishes us when He said *James 4:2 ...ye have not, because ye ask not.*

We get frustrated when things don’t go our way and we get upset when things don’t work out like we expected and the last thing we want to do often times or be reminded of is to “pray about it.” The real problem is we live our lives in the flesh instead of walking in the Spirit!

I am convinced, if we would just commune with Christ, if we would just talk to Him, and tell Him everything, we would have a lot less stress and aggravation in our lives and be a lot more joyful and pleasant to be around.

III. One must study the Words of Christ:

John 17:12-14 While I was with them in the world, I kept them in thy name: those that thou gavest me I have kept, and none of them is lost, but the son of perdition; that the scripture might be fulfilled. 13 And now come I to thee; and these things I speak in the world, that they might have my joy fulfilled in themselves. 14 I have given them thy word; and the world hath hated them, because they are not of the world, even as I am not of the world.

This chapter is the real Lord's prayer. And this immortal prayer of Christ reveals many truths, but this one is the greatest. He desires that we should be acquainted with His words, His statements, for through this medium, abundant joy would reach our hearts.

His gracious words are now recorded for us in a book, which is a source of real happiness and comfort to every devout reader.

When was the last time you read His words? When was the last time you studied His words?

Look at Psalm 119. This, the longest chapter in the Bible is devoted to the Words of God. Only 8 of the 176 verses do not mention God's words.

Look at...

Ps 119:2 Blessed are they that keep his testimonies, and that seek him with the whole heart.

(Our problem is that we often do things half-heartedly!)

Ps 119:9 Wherewithal shall a young man cleanse his way? by taking heed thereto according to thy word.

Ps 119:11 Thy word have I hid in mine heart, that I might not sin against thee.

Ps 119:16 I will delight myself in thy statutes: I will not forget thy word.

Ps 119:89 For ever, O LORD, thy word is settled in heaven. (Peace comes when things are settled in your life.)

Ps 119:97-104 O how love I thy law! it is my meditation all the day. 98 Thou through thy commandments hast made me wiser than mine enemies: for they are ever with me. 99 I have more understanding than all my teachers: for thy testimonies are my meditation. 100 I understand more than the ancients, because I keep thy precepts. 101 I have refrained my feet from every evil way, that I might keep thy word. 102 I have not departed from thy judgments: for thou hast taught me. 103 How sweet are thy words unto my taste! yea, sweeter than honey to my mouth! 104 Through thy precepts I get understanding: therefore I hate every false way.

Ps 119:105 Thy word is a lamp unto my feet, and a light unto my path.

The Bible is right about everything! *Ps 119:128 Therefore I esteem all thy precepts concerning all things to be right; and I hate every false way.*

Ps 119:130 The entrance of thy words giveth light; it giveth understanding unto the simple.

Ps 119:165 Great peace have they which love thy law: and nothing shall offend them.

IV. One must walk with Christ

1 John 1:3-7 That which we have seen and heard declare we unto you, that ye also may have fellowship with us: and truly our fellowship is with the Father, and with his Son Jesus Christ. 4 And these things write we unto you, that your joy may be full. 5 This then is the message which we have heard of him, and declare unto you, that God is light, and in him is no darkness at all. 6 If we say that we have fellowship with him, and walk in darkness, we lie, and do not the truth: 7 But if we walk in the light, as he is in the light, we have fellowship one with another, and the blood of Jesus Christ his Son cleanseth us from all sin.

Christian friend, the long road of life need never be a lonely one. Every road we take can be our own Emmaus Rd. on which our hearts may burn within us as we walk and talk with Jesus and listen to His Word.

1. Give God the first hour of each day. Read your Bible and pray!

Mark 1:35-36 And in the morning, rising up a great while before day, he went out, and departed into a solitary place, and there prayed. 36 And Simon and they that were with him followed after him.

2. Give God the first day of the week.

1 Cor 16:2 Upon the first day of the week let every one of you lay by him in store, as God hath prospered him, that there be no gatherings when I come.

Serve in your church to help save our community.

3. Give God the first portion of your income.

Prov 3:9 Honour the LORD with thy substance, and with the firstfruits of all thine increase:

4. Give God the first consideration in every decision.

Matt 6:33 But seek ye first the kingdom of God, and his righteousness; and all these things shall be added unto you.

5. Give God's Son first place in your heart always.

2 Cor 8:3-5 For to their power, I bear record, yea, and beyond their power they were willing of themselves; 4 Praying us with much intreaty that we would receive the gift, and take upon us the fellowship of the ministering to the saints. 5 And this they did, not as we hoped, but first gave their own selves to the Lord, and unto us by the will of God.

Maybe you have had some unconfessed sin in your life and you need to cry out like David, when he said...

Ps 51:8 Make me to hear joy and gladness; that the bones which thou hast broken may rejoice.

Ps 51:12 Restore unto me the joy of thy salvation; and uphold me with thy free spirit.

O Christian friend, the Bible says...

Ps 16:11 Thou wilt shew me the path of life: in thy presence is fulness of joy; at thy right hand there are pleasures for evermore.

Ps 30:5 ...in his favour is life: weeping may endure for a night, but joy cometh in the morning.

If we are to be truly happy and blessed:

1. We must abide in Christ
2. We must commune with Christ
3. We must study the words of Christ.

Col 3:16-17 Let the word of Christ dwell in you richly in all wisdom; teaching and admonishing one another in psalms and hymns and spiritual songs, singing with grace in your hearts to the Lord. 17 And whatsoever ye do in word or deed, do all in the name of the Lord Jesus, giving thanks to God and the Father by him.

4. We must walk with Christ.

Give Him the...

First hour of each day

The first day of each week

The first fruits of your increase

The first consideration in every decision

Give Him first place in your hearts

Ps 144:15 Happy is that people, that is in such a case: yea, happy is that people, whose God is the LORD.