A Few Keys To Happiness

Ken Chapman · James 5:11

INTRODUCTION

- God does want you to be happy. But he wants you to be happy through the pathway of holiness, because those two can coexist.
- The true pathway to happiness, to true abiding joy, is through conforming to the will of God.
- God uses the word joy, rejoice, happy, blessed, and glad. 862 times. So God is concerned with our happiness.

1 Get Rid of Guilt

Psalm 32:3–5; Romans 4:7–8; 1 John 3:19–20

- One way is to get rid of guilt. No, guilt can rob us of our joy.
- I acknowledge my sin to you, and my iniquity I have not hidden. I said, I will confess my transgressions to the Lord, and you forgave the iniquity of all my sin.
- The proper way to rid ourselves of that guilt is not to suppress those feelings, but to remove the sin.
- Blessed are those whose iniquities are forgiven and whose sins are covered. Blessed is the man to whom the Lord will not impute sin.
- Joy, true joy, is found in being in Christ and being in a right relationship with God.
- Forgiveness does not take place in your mind, it takes place in the mind of God.

2 Develop a Servant's Heart

Matthew 23:1–11; John 13:15–17; Galatians 5:13–14

- But he who is greatest among you will be your servant.
- For I've given you an example that you should do as I have done.
- If you know these things, blessed are you if you do them.
- Jesus is saying the key to true happiness is not in being served, but in serving someone else.
- Contentment and satisfaction will rise in proportion to our service that we'll render to others.
- Do not use your liberty as an opportunity for the flesh, but through love to serve one another.

3 Keep Your Eyes on the Goal

Hebrews 12:1–2

- So many times when we're unhappy and robbed of our joy, it's because we're focusing on the wrong thing.
- We can look past the trials and the tribulations of this life and focus on the goal that's before us to find that true and abiding happiness.
- Looking unto Jesus, the author and the finisher of our faith, who for the joy that was set before him, endured the cross, despising the shame, and has sat down at the right hand of the throne of God.

- He devalued that shame because his eyes were fixed on the goal.
- We can do the same with the hardships and the tribulations and the disappointments in this life that we can dismiss and de-emphasize those.

> THE CHALLENGE
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> **Let God rid you of your guilt the proper way through the forgiveness of your sins. Develop a servant's heart and find joy in serving others. And whatever you do, don't ever take your eyes off the prize.**

MY NOTES