

## 50 Days to a Blessed Life Increasing My Happiness

### I. Introduction

- A. Most people think "being happy" means having the right circumstances.
- B. Ecclesiastes 2:1 (NAS) *I said to myself, "Come now, I will test you with pleasure. So enjoy yourself." And behold, it too was futility.*
- C. Solomon found these dead ends to happiness:
  - 1. Accumulating things
  - 2. Experiencing pleasure
  - 3. Achieving success

### II. God's Way to Happiness

- A. Having the right attitude
  - 1. "Makarios" describes that inner joy that is the fulfillment of every longing in the human heart!
  - 2. Matthew 5:3-10 (NAS) *<sup>3</sup>"Blessed are the poor in spirit, for theirs is the kingdom of heaven. <sup>4</sup>Blessed are those who mourn, for they shall be comforted. <sup>5</sup>Blessed are the gentle, for they shall inherit the earth. <sup>6</sup>Blessed are those who hunger and thirst for righteousness, for they shall be satisfied. <sup>7</sup>Blessed are the merciful, for they shall receive mercy. <sup>8</sup>Blessed are the pure in heart, for they shall see God. <sup>9</sup>Blessed are the peacemakers, for they shall be called sons of God. <sup>10</sup>Blessed are those who have been persecuted for the sake of righteousness, for theirs is the kingdom of heaven."*
  - 3. "Happiness is not determined by what's happening around me, but rather what's happening in me!"
  - 4. Happiness is a choice!

### III. The First Step to Happiness

- A. Be poor in spirit
  - 1. Matthew 5:3 (NAS) *"Blessed are the poor in spirit, for theirs is the kingdom of heaven."*
  - 2. To be "poor in spirit" simply means to depend on God!
  - 3. The opposite of "poor in spirit" is pride.

### IV. How Can Humility Increase My Happiness?

- A. Humility reduces stress.
  - 1. When I'm humble, I don't have to fake it!
  - 2. Proverbs 28:13 (NAS) *He who conceals his transgressions will not prosper, but he who confesses and forsakes them will find compassion.*
  - 3. As my stress level goes down, my happiness level goes up!
- B. Humility improves my relationships.
  - 1. Self-centered people are never happy.
  - 2. Humility doesn't mean you think less of yourself; it means you think more about others.
  - 3. When you're humble, it's much easier to say, "I'm sorry" and "I was wrong."
  - 4. Proverbs 29:23 (NAS) *A man's pride will bring him low, but a humble spirit will obtain honor.*
- C. Humility releases God's grace in my life.
  - 1. James 4:6 (NAS) *But He gives a greater grace. Therefore it says, "GOD IS OPPOSED TO THE PROUD, BUT GIVES GRACE TO THE HUMBLE."*
  - 2. Grace - - "the empowering presence of God which enables me to do what God wants me to do and become who God wants me to become"
  - 3. Grace - - "the active power and desire to do God's will in any situation."



## V. How Do I Live in Humility?

- A. Daily humble myself before God!
  - 1. Humbling yourself is a choice!
  - 2. James 4:10 (NAS) *Humble yourselves in the presence of the Lord, and He will exalt you.*
  - 3. It means to express your total dependence upon God!
  - 4. The secret of strength is admitting weakness!
  
- B. Matthew 5:3 (PHILLIPS) *"Happy are those who know their need for God, for the kingdom of heaven is theirs!"*
  - 1. "Where do I need to depend on God more this week?"
  - 2. The starting place for really depending on God is depending on Him for your eternal destiny!
  - 3. "I'm not going to heaven because I've preached to great crowds of people. I'm going to heaven because Christ died on that cross. None of us are going to heaven because we're good. And we're not going to heaven because we've worked. We're going to heaven because of what Jesus did on the cross. All I have to do is receive Him. And it's so easy to receive Christ that millions stumble over its sheer simplicity." (Billy Graham)

## VI. Conclusion