

Be Happy!
Psalm 128:1-4
By Russell Earl

Thesis: I want to show the importance of being happy.

- Intro: 1. How important is it to be a happy person (**Pro 17:22**)
2. Every met someone who wanted to be unhappy?

I. Negativity Prevents Happiness (**Pro 15:15a**)

A. Constants Complaining

1. **Matthew 6:25**, sometimes these things aren't worry points but complaints.
2. Complaining is negative and negative does not produce happiness.

B. Bitter Selfishness (**Ecc 7:6**)

1. Bitter selfishness is being hateful and rude to others especially when things don't go your way.
2. It's not always selfish to pursue what you think is right or necessary, but sometimes it certainly is.
 - a. Bitter selfishness is often the result of bitter jealous (**Esther 5:12-14**)

C. Sweating the small stuff (**Mt 6:25,27**)

1. Not everything is a life or death concern.
2. Not everything is worth getting upset about.

II. Positivity Brings Happiness (& Contentment, **Pro 15:15b**)

A. Enjoy everyday life (**Ps 37:7-8**)

1. Do not worry about the wicked, judgment day will be their downfall.
2. Enjoy the blessings for the Lord that come to the faithful

B. Enjoy the blessings of God (**Ps 63:5-8**)

1. Content with what is given and praises God for it (**Ps 63:5**)
2. He thinks on the blessings from God (**Ps 63:6-7**)
 - A. He follows close behind God because of the security in doing so (**Ps 63:8**).

III. Lessons for Us Today

A. Your unhappiness – is your fault.

1. God provides the tools & principles for happiness, but man has to be the one ultimately to choose them (**Ecc 2:26**)
2. Happiness can escape our grasp if we attempt to be satisfied from a source other than God (**Ecc 2:17**).

B. God's simple happiness plan (**Ps 128:1-4**)

1. The simple joys of life are described in Psalm 128:1-4.
 - a. Obey God (**v.1**)
 - b. You will be content with the fruit of your labors (**v.2**)
 - i. Happiness from your labors will not come if you are only comparing your labors and the fruit of it to others. Just be happy!
2. "All around your table" – the dinner table with family can be joyous (**v.3b**)
3. Happiness begins with knowing God (**Ps 144:15**)

- a. Knowledge of God brings peace of mind, which in turn brings peace of mind and happiness in simple things (**Pro 3:13-18**)

Application & Conclusion:

1. **Pro 17:22** – happiness has many benefits.
2. **Psalm 145:15-19**
3. Full Invitation

Non-Christians must:

Hear – James 1:22, Romans 10:15,17

Believe – Jn 12:44, Jn 8:24, Mt 16:16

Repent – Luke 13:2-3

Confess – John 12:42, Romans 10:9

Be Baptized – 1 Pt 3:21, Acts 22:16, Col 2:11, Mk 16:16, Rom 6:3-4

Live faithfully – John 14:15, Rev 2:10

Christians must:

Repent: Acts 17:20, Acts 8:37, Lk 13:3

Pray: James 5:16, 1 Jn 1:9