

# How To Be Joyful

**Introduction.** Paul wrote in Philippians 1:25 that there was “joy in the faith.” Often people make their own lives miserable and other people help them find misery. Now I understand that no one’s life is going to be on a constant incline, but a life of a Christian should be one that is fundamentally happy.

Today we are going to discuss some ways to enjoy happiness in this life. When Jesus said in John 10:10, “I came that they might have life, and might have it abundantly,” He was speaking not only of abundant eternal life, but an abundant life here as well. If we do not learn to be joyful, we will never have the abundant life the Lord has promised.

## I. ***Trust In God***

- A. The great man of wisdom Solomon tells us who is to be the object of our trust (Proverbs 3:5-6; 16:20). We need something which keeps our focus on the Lord (Job 13:15).
- B. When we trust in the Lord to guide our lives we will experience a peace which the world cannot experience (John 14:27; Philippians 4:6-7).

## II. ***Love The Scriptures***

- A. The child of God takes joy in God’s book (Psalm 119:103, 72, 163; Jeremiah 15:16).
- B. As Christians, we have reason to rejoice in the law of God, the word of God.
  - 1. It gives us comfort in time of trouble (Romans 15:4-5).
  - 2. It keeps us from sinning (Psalm 119:11).
  - 3. It can strengthen and build us up as His children (Acts 20:32).
  - 4. It furnishes the Christian with everything we need (2 Peter 1:3).

## III. ***Live Righteously***

- A. There is a general principle that we reap what we sow (Galatians 6:7-8). Living righteously avoids the stings and sorrows that those in the world often experience (Psalm 32:10-11; 1 Timothy 6:10).
- B. While there are sorrows and pains that the righteous suffer, there are so many problems which the righteous will never have to undergo.
  - 1. The righteous will not have to worry about alcoholism, drug abuse, sexually transmitted disease, etc.
  - 2. The righteous do not have to worry about waking up with hangers, being shot or beaten up at bars, etc. There is generally less of a likelihood of divorce among couples who are Christians.

- C. A guilty conscience will cause a person to be unhappy.
  - 1. The brothers of Joseph had a guilty conscience through the years as a result of their sin against their brother (Genesis 42:21).
  - 2. Judas had a guilty conscience over his betrayal of Jesus, and it drove him to commit suicide (Matthew 27:3-5).
  - 3. The scriptures urge us to keep a clean conscience (1 Timothy 1:5; 3:8-9). A good conscience allows us to have confidence before God (2 Timothy 1:3; 1 John 3:21).

#### IV. **Worship God With Regularity**

- A. The regular worship of God is a source of joy and happiness for God's saints (Psalm 122:1; 84:10; 95:1-2; Acts 2:41-46).
- B. There is a great spiritual strength in regular worship (Hebrews 10:24-25). Regular worship anchors a Christian's week and gives them the strength for living.

#### V. **Learn Contentment**

- A. The grass is not greener on the other side. This is the lie that Satan has always sought to convince us that we need only have something that we do not already have and we would be completely content (Genesis 3:4-5).
- B. When we build our lives on having things we will never be satisfied (Luke 12:15). The more we have, the more we will want (Hebrews 13:5; Philippians 4:11).
- C. Truly trusting in God will allow us to enjoy contentment (Matthew 6:25-32; 1 Timothy 6:6-8). No bird has ever tried to build more nests than its neighbor; no fox ever fretted because it only had one hole in which to live; and no squirrel ever died in anxiety lest he should not lay up enough nuts for two winters instead of one.

#### VI. **Stay Busy**

- A. The saying, "An idle mind is the devil's workshop" has been around for years. Idleness is a recipe for displeasure, restlessness and despondency (2 Thessalonians 3:10-12).
- B. We should stay active in the work of the Lord (1 Corinthians 15:58; Ecclesiastes 9:10; Romans 12:11). Be like Jesus and occupy yourself by going about doing good (Acts 10:38). Visiting the sick, helping the poor, building up the church and teaching the lost are all worthy and noble causes.

**Conclusion.** Christian joy is not an escape from sorrow. Pain and hardship still come, but they are unable to drive out the happiness of the one who is redeemed by the blood of the Lamb. This joy only came from being "in the Lord." Joy is about what God gives, not what we work up. The

joy that develops in a Christian does not come from feeling good about yourself, but feeling good about God. We know that His ways are dependable and His promises are sure.

Today, you can be in that joy. Lasting joy comes by obeying God's word and living His principles to the fullest. We offer the time now. We try so hard in our own little futile ways to get the joy that we want. God can give it to us now.