

Get Ready to be Happy

Introduction

1. Happiness has always been a desired commodity.
2. Many authors, speakers, t.v. personalities, preachers, and more lay claims to the way of happiness.
3. Happiness is not often portrayed as something for which we have to get ready.
 - a. Happiness is often catches people by surprise.
 - b. Happiness seems is arbitrary to most.
4. We will never understand very much about happiness (or the Bible in general) unless we know that God and the world often view matters very differently.

- I. Serving = happiness
Jn. 13:4-17
Matt. 25:31-46
- II. Suffering for Christ = happiness
Acts 5:41
Matt. 5:10-12
- III. Bible study = happiness
Psa. 1
Rev. 1:3
- IV. Sins forgiven = happiness
Rom. 4:7, 8
Acts 8:35-39
- V. Ultimate happiness
Rev. 14:13

Conclusion

You can be happy today (Rev. 22:14; Lk. 11:28).

Ten Rules for a Happy Day

1. Today I will not strike back. If someone is rude, if someone is impatient, if someone is unkind, I will not respond in like manner.
2. Today I will ask God to bless my enemy. If I come across someone who treats me harshly or unfairly, I will quietly ask God to bless that individual. I understand the “enemy” could be a family member, neighbor, co-worker, or stranger.
3. Today I will be careful about what I say. I will carefully choose and guard my words being certain that I do not spread gossip.
4. Today I will go the extra mile. I will find ways to help share the burden of another person.
5. Today I will forgive. I will forgive any hurts or injuries that come my way.
6. Today I will do something nice for someone, but I will do it secretly. I will reach out anonymously and bless the life of another.
7. Today I will treat others the way I wish to be treated. I will practice the Golden Rule - *“Do unto others as I would have them do unto me”* - with everyone I encounter.
8. Today I will raise the spirits of someone who is discouraged. My smile, my words, my expression of support can make the difference to someone who is wrestling with life.
9. Today I will nurture my body. I will eat less, and I will more healthy foods. I will thank God for my body.
10. Today I will grow spiritually. I will spend a little more time in prayer today. I will begin reading something spiritual or inspirational today. I will find a quiet place (at some point during this day) to spend with God.

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