

I. INTRODUCTION.

A. Scripture text: **Job 5:17-27.**

“Behold, how happy is the man whom God reproveth, So do not despise the discipline of the Almighty. [18] “For He inflicts pain, and gives relief; He wounds, and His hands *also* heal. [19] “From six troubles He will deliver you, Even in seven evil will not touch you. [20] “In famine He will redeem you from death, And in war from the power of the sword. [21] “You will be hidden from the scourge of the tongue, Neither will you be afraid of violence when it comes. [22] “You will laugh at violence and famine, Neither will you be afraid of wild beasts. [23] “For you will be in league with the stones of the field; And the beasts of the field will be at peace with you. [24] “And you will know that your tent is secure, For you will visit your abode and fear no loss. [25] “You will know also that your descendants will be many, And your offspring as the grass of the earth. [26] “You will come to the grave in full vigor, Like the stacking of grain in its season. [27] “Behold this, we have investigated it, thus it is; Hear it, and know for yourself.”

- B. Steak-n-Shake restaurants have the “Takhomasak” logo for their carry out business. They have now added “Faxasak” for those on the go. While I take issue with their lack of spelling each of you has been given a take home sack. May you find a note pad and put some things in your “takhomasak.”
- C. Tonight, is a practical lesson on happiness.
- D. Unfortunately, happiness is not one of my best qualities, so I give this sermon from the head, not the heart. I live a very blessed life, but not one that I find a lot of enjoyment.
- E. What I want you to do is each time I bring up a point in the sermon--write it down on the note pad, tear off the paper and insert it in the sack. Tomorrow, and each day you care to, reach in a draw out a piece of paper and then try to implement that happiness suggestion from your takhomasak.

II. SEVEN SUGGESTIONS TO CULTIVATE HAPPINESS.

A. First, **learn to like yourself.**

- 1. Change the way you talk to yourself each day. Stop criticizing and look for positive, good things.
- 2. Jesus loved you enough to die for you! You are worth something (Phil. 4:13; 2:13; 1:6; Mt. 22:37-40 (esp. 39).

(Phil 4:13) I can do all things through Him who strengthens me.

(Phil 2:13) for it is God who is at work in you, both to will and to work for *His* good pleasure.

(Phil 1:6) For I am confident of this very thing, that He who began a good work in you will perfect it until the day of Christ Jesus.

(Mt 22:37-40) And He said to him, “‘YOU SHALL LOVE THE LORD YOUR GOD WITH ALL YOUR HEART, AND WITH ALL YOUR SOUL, AND WITH ALL YOUR MIND.’ [38] “This is the great and foremost commandment. [39] “The second is like it, ‘YOU SHALL LOVE YOUR NEIGHBOR AS YOURSELF.’ [40] “On these two commandments depend the whole Law and the Prophets.”

B. Second, **set some realistic goals.**

- 1. Realize you are not perfect, and cannot do it all.
- 2. But find some things you are good at and set some easy, realistic goals. Accomplishment will build self-esteem (Mt. 7:24-27).

“Therefore everyone who hears these words of Mine, and acts upon them, may be compared to a wise man, who built his house upon the rock. [25] “And the rain descended, and the floods came, and the winds blew, and burst against that house; and yet it did not fall, for it had been founded upon the rock. [26] “And everyone who hears these words of Mine, and does not act upon them, will be like a foolish man, who built his house upon the sand. [27] “And the rain descended, and the floods came, and the winds blew, and burst against that house; and it fell, and great was its fall.”

C. Third, **try to be optimistic.**

- 1. Respond to situations--don't react (you would rather respond to medicine than react to it).
- 2. Realize there is hope, and that depression is treatable. Look for the good, the positive, and the right in each person you meet and in each situation you find yourself (Phil. 4:8,9).

Finally, brethren, whatever is true, whatever is honorable, whatever is right, whatever is pure, whatever is lovely, whatever is of good repute, if there is any excellence and if anything worthy of praise, let your mind dwell on these things. [9] The things you have learned and received and heard and seen in me, practice these things; and the God of peace shall be with you.

- D. Fourth, **get plenty of sleep and exercise.**
1. The body produces what is called adrenalin. It is powerful energy producer and pain killer.
 2. Adrenalin is produced when the body is exercised. When a person gets the sleep they need they get energy to live by, when they exercise they get adrenalin to get charged up. You will feel better mentally if you exercise physically.
 3. Laughter is also a great medicine. Laughter produces a drug called endorphins. This is also a natural pain killer. Learn to laugh!!
- E. Fifth, **develop new interests and activities.**
1. Take on a new hobby. Find something you enjoy doing and make it a regular part of your life.
 2. My getaway, the only real place that I relax, is on the golf course. It is not a sin to rest and relax (Mk. 1:35; 6:31).
(Mk 1:35) And in the early morning, while it was still dark, He arose and went out and departed to a lonely place, and was praying there.
(Mk 6:31) And He said^ to them, "Come away by yourselves to a lonely place and rest a while." (For there were many *people* coming and going, and they did not even have time to eat.)
- F. Sixth, **foster close relationships.**
1. Don't try to be super-man or super-woman. You can't do it all, so don't try. We need each other to make it in life.
 2. Develop friendships that will help you succeed in your family, personal goals, and life (Eph. 4:17,18; Eccl. 4:9,10; Heb. 10:24).
(Eph 4:17,18) This I say therefore, and affirm together with the Lord, that you walk no longer just as the Gentiles also walk, in the futility of their mind, [18] being darkened in their understanding, excluded from the life of God, because of the ignorance that is in them, because of the hardness of their heart;
(Eccl 4:9-10) Two are better than one because they have a good return for their labor. [10] For if either of them falls, the one will lift up his companion. But woe to the one who falls when there is not another to lift him up.
(Heb 10:24) and let us consider how to stimulate one another to love and good deeds,
- G. Seventh, **have faith in God.**
1. Too many times we want to play God by trying to control all of the people and situations around us. This only leads to frustration and depression.
 2. You are not supposed to be in control of your life, God is! You're not to be lord and master, Jesus is! Turn loose! Let go, let God.
 3. Spend time everyday in God's word and in prayer. Let God speak to you, and you talk to Him. It is amazing how much better you will feel.

III. CONCLUSION AND INVITATION.

- A. Now take these suggestions, put them in your sack, and take them home. *See review screen.*
- B. Each day for the next several weeks, when you have a few minutes, take one out and try to put it into practice. Talk them over with your spouse or a close friend.
- C. Replace the suggestion in the bag for a future reminder.
- D. Jesus came to give life, and that abundantly. I don't believe He is pleased when His children are sad, and depressed (Jn. 10:10; Phil. 4:4).
(Jn 10:10) "The thief comes only to steal, and kill, and destroy; I came that they might have life, and might have it abundantly."
(Phil 4:4) Rejoice in the Lord always; again I will say, rejoice!
- E. Begin a new life of happiness by obeying X.
- F. Plan of salvation for non-Xians, and erring Xians.