

**Seven Keys To Happiness**  
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**Psalms 84:5** Blessed *is* the man whose strength *is* in thee; in whose heart *are* the ways *of them*.

Today, we are going to look at seven keys to happiness. Let me say at the start that all these ways reside in the Lord. That is why I chose **Psalms 84:5** as our text. I would not want to give anyone the impression that there was any real happiness to be had outside of what is available in our great God. On the other hand, there is a great deal of instruction in our message this morning for those who are seeking happiness. This treasure hunt, by the way, is something that the vast majority of humanity is engaged in. People everywhere prize happiness as a diamond of great value for life. Much of what drives humanity has something to do with finding and keeping happiness, and although humans have a really bad habit of trying to find happiness in all the wrong places, it is nevertheless, that great longing and hope for happiness that energizes them.

Happiness is a very valuable condition for the well-being of the people of God. A purposeful and productive life for Christ either stands or falls on whether or not we have a sense of happiness in the Lord. This happiness comes from the Lord and it gives us great power to do and be what we can as influential and purposeful Christians. Without it, our spiritual life becomes withered and unfruitful. Elijah, that great man of God, lost sight of his purpose and lost his energy for the lord when he forgot where to look for happiness. We will do the same if we get distracted by things of earth, by cares, by worries, by fears.

May the Holy Spirit help us to understand these seven sources of happiness we will consider today. But, most of all, may He help us take ownership of these seven things so that we can leave here happy today and retain that happiness as we start another week and build on it through the rest of our lives.

I. Our first key to happiness is an address to the lost, but should also be an admonition to the saved - it is the starting place for all true happiness that a human can ever know.

- ❖ **Psalms 32:1** Blessed (Hebrew: 'Esher = Happy) *is he whose transgression is forgiven, whose sin is covered.*
- ❖ **Psalms 32:2** Blessed *is* the man unto whom the LORD **imputeth not iniquity**, and in whose **spirit there is no guile**. (Remark here that every born again believer has come before the Lord with the reality of their sin, and have not tried to lie to or deceive Him about that sin...this is what is meant here by "no guile").
- ❖ **Psalms 144:15** Happy *is that* people, that is in such a case: *yea, happy is that* people, **whose God is the LORD**.
- ❖ **Psalms 33:12** Blessed *is* the nation **whose God is the LORD**; *and* the people *whom* he hath chosen for his own inheritance.
  - There's a lot of professing today, but only a little of comprehending Jehovah as one's God
  - When we know and feel in our hearts that God has covered our sin and that King Jesus is truly our God, we have the first key to happiness

## II. The Second Key to Happiness

❖ **Psalms 2:12** "...Blessed *are* all they that put their trust in him."

❖ **Psalms 146:5** Happy *is he* that *hath* the God of Jacob for his help, whose hope *is* in the LORD his God:

- This is about discovering and proving the Lord as the source for all we need for life
  - So much unhappiness is born of insecurity
  - A lot of unhappiness is born of fear and anxiety of the unknown, or fear and anxiety of the impending
  - When we trust the Lord implicitly, these things will go away and we will find the happiness promised to us.

## III. The Third Key To Happiness

❖ **Psalms 128:1** Blessed *is* every one that feareth the LORD; that walketh in his ways.

- This is about proper reverence for, and obedience to, the Lord
- A lot of unhappiness is brought to us by being disobedient - disobedience shows up in our lives when our proper perspective on God fades or wavers.
- Do you remember how you straightened up when you were a kid and Dad or Mom gave you that "ONE MORE THING OUT OF YOU" look? There was fear there! It made you clean up your act! This is exactly the way we need to think when we are drawn toward something we shouldn't get involved in. This will give you incentive to walk in His ways.
- Then, when we walk in the ways of the Lord consistently, the good things from God flow to us, and we can't help but be happy

## IV. Fourth Key to Happiness

❖ **Proverbs 3:13** Happy *is* the man *that* findeth wisdom, and the man *that* getteth understanding.

- Let me say from the first that this wisdom that makes folks happy comes from Christ (**Colossians 2:3** In whom are hid all the treasures of wisdom and knowledge.)
- Finding wisdom brings happiness because the person who does so, discovers how to use knowledge for producing positive results (did you know that is wisdom? Being able to make productive decisions and do positive things based on having knowledge of something and how to use that knowledge)
  - Illustrate: Two men traveling in different directions are stranded in the desert. Neither of them knows anything about the desert or desert life. One man begins to walk in a direction he thinks might lead to civilization and after two days finds nothing. He is nearly dying of thirst and tops a hill, looks around, sees nothing but a few barrel cacti downhill from his position, walks on into the desert to die from lack of water. The other man begins to walk in a direction he thinks might lead to civilization, walks for two days, finding nothing but bare desert. Near the end of the second day he is practically dying of thirst, tops a hill looks across the desert and sees nothing but a few barrel cacti downhill from where he is. He thinks about those cacti and reasons that those cacti need water to become that big and to continue to grow. He reasons that they must have some water in them, but they also have thorns on them which will injure him if he tries to work on them. He looks at the landscape,

sees a small outcrop of rocks to his left, walks over there and finds a hand-sized rock with a sharp edge on it. He goes to a cactus and chips off some thorns and skin and sees water oozing out. He carefully uses the rock to peel the cactus and cut out the fleshy center of the cactus, starting at the top. He squeezes enough water out of the cactus to quench his thirst and still has some cactus left. He reasons that if he leaves that cactus in the ground, he can drink more from it tonight and tomorrow. He also reasons that if he stays near the cacti, he can have water to drink for days, and he knows that a search party will be looking for him. He stays with the cacti, drinks the water from them, stays alive, and 2 days later is rescued.

- This latter man was gaining knowledge, using reasoning to apply knowledge, and producing a positive outcome. This man had a happy ending. Getting wisdom and understanding made him happy.
- So, somebody says, “Great! Now where do I get this wisdom? God’s answer: **James 1:5** If any of you lack wisdom, let him ask of God, that giveth to all *men* liberally, and upbraideth not; and it shall be given him.

## V. Fifth Key to Happiness

❖ **John 13:13** Ye call me Master and Lord: and ye say well; for *so* I am.

**John 13:14** If I then, *your* Lord and Master, have washed your feet; ye also ought to wash one another's feet.

**John 13:15** For I have given you an example, that ye should do as I have done to you.

**John 13:16** Verily, verily, I say unto you, The servant is not greater than his lord; neither he that is sent greater than he that sent him.

**John 13:17** If ye know these things, happy are ye if ye do them.

- This is about becoming happy by discovering and enacting service toward the Lord’s people.
- Do like Christ has done for disciples of old and for us
  - Many of God's people may be missing a level of happiness in their lives because they begin to imagine that their entire job of service is to sit in the pew.
  - Look for what we can do to minister to our brothers and sisters-and for the Lord's church

## VI. Sixth Key to Happiness

❖ **Romans 14:22** Hast thou faith? have *it* to thyself before God. Happy *is* he that condemneth not himself in that thing which he alloweth.

- This is about the person who has a clear conscience in his opinions and conduct. Many people indulge in practices which their consciences condemn. A lot of people engage in practices of which they are in doubt. But the way to be happy is to have a “clear conscience” in what we do; or in other words, if we have “doubts” about a course of conduct, it is not a road to happiness if we follow that course. So we need to abandon it! Many people are engaged in “business” about which they have many doubts; many Christians are in doubt about certain courses of life. But they can get to a place where there is no doubts to plague them...to condemn them.
  - Illustrate: You have a field that is grown up with weeds. You can burn that field off and be rid of those weeds. It might even seem like a good idea to burn that field.

- Land managers burn fields to get rid of weeds and rejuvenate fields all the time. But there are some uncertainties. Like: what will the wind do? What are the chances that the fire will get out? Can you control the fire once you start it? Where do you start the fire? What kind of preparation do you need?
- All these uncertainties can be done away with by one technique: don't set the fire.
  - But some of the Lord's people paint themselves into a corner with practices, with ways of doing things. When they get in the corner, they can't get out without messing up the paint job. So, how do we get ourselves out of the kind of state we can get in when we set that field on fire without any forethought; without any thinking about whether or not what we have done is going to cause our hearts to condemn us for what we have gotten ourselves into; and make us unhappy? The answer is simple. God meant for the way out for His children to be simple, because our Lord wants us to be happy both now and forever.
- The answer then, is to find a place of reconciliation with God about where we have gotten ourselves to. That solution can be gotten to immediately: 1John 1:9 If we confess our sins, he is faithful and just to forgive us *our* sins, and to cleanse us from all unrighteousness.

## VII. Seventh Key to Happiness

- ❖ **1Peter 3:14** But and if ye suffer for righteousness' sake, happy *are ye*: and be not afraid of their terror, neither be troubled;
- ❖ **1Peter 4:14** If ye be reproached for the name of Christ, happy *are ye*; for the spirit of glory and of God resteth upon you: on their part he is evil spoken of, but on your part he is glorified.
  - Point out that people can never know about this if they never do anything to be reproached for righteousness sake; for Christ's name.
  - This key to happiness is about putting yourself into a place where you could suffer for the name of Christ.
  - God's people were never meant to live *incognito* (in disguise). There should never be such a thing as a closet Christian.
  - So, do you want another source of happiness? Start speaking up for Christ, and start standing up for His truths. You will be reproached for it, and the Holy Spirit will make sure you gain a sense of happiness you do not know about.