

**DO WHAT MAKES YOU HAPPY**  
**He Didn't Say That! – Part 3**

**ON TV:** “Go into all the world and preach whatever makes people happy.”

**ON TV:** “Whoever wants to be my disciple must affirm themselves, avoid uncomfortable and difficult things, and follow their heart.”

**ON TV:** “Ask for whatever you think will make you happy and it will be given to you because God is your Heavenly Sugar Daddy.”

**ON TV:** What makes you **happy**?

**ON TV:** If only I **had**, if only I **drove**, if only I **wore**, if only I had whatever it is then maybe I would **feel better about me**.

**ON TV:** Happiness is more about **WHO** than **WHAT**.

**ON TV:** Happiness is always associated with a **WHO** or **TWO**.

**ON TV:** Happy **‘WHAT’** always leads to happy **‘WHAT ELSE’**.

**ON TV:** If something that gets older and older ultimately diminishes your happiness, you **weren't genuinely happy to begin with**.

**ON TV:** “How can they be happy; **they don't have anything**.”

**ON TV:** Parents are never any happier than their **most unhappy child**.

**ON TV:** At the end of your life if you have regrets, they will be **relational regrets**; they will not be **possessional regrets**.

**ON TV:** When we can't get what we want, we **tell ourselves** we don't really want it.

**ON TV:** What makes you **happy**?

**ON TV:** **No – thing!**

**ON TV/OUTLINE:** First, happy people have **PEACE** with **THEMSELVES**.

**ON TV/OUTLINE:** Second, happy people are at peace with other **PEOPLE**.

**ON TV/OUTLINE:** Third, happy people are at peace with **GOD**.

**ON TV:** Anything that **undermines your peace undermines your happiness**.

**ON TV:** And we feel **regret**.

**ON TV:** Because Christ Followers have discovered that **peace with God paves the way** to peace with self and it **equips us** to make peace with others.

**ON TV/OUTLINE:** “Teacher, which is the **greatest** commandment in the Law?” Matthew 22:36

**ON TV/OUTLINE:** “Jesus replied, **‘Love** the Lord your God with all your heart, with all your soul and with all your mind.” Matthew 22:37

**ON TV/OUTLINE:** “38 This is the first and the greatest command, and the second is like it. 39 And **love your neighbor** as yourself.” Matthew 22:38-39

**ON TV:** We will not stay in **unhappy circumstances** for very long unless we have a very good reason.

**ON TV:** To **RESIST** God is to actually resist **HAPPINESS**.

**ON TV:** Happiness is more about a **WHO** than a **WHAT**.

**ON TV:** **SIN**

**ON TV:** **Sin separates.**

**ON TV:** When sin creeps into a relationship it begins to **erode your happiness**.

**ON TV:** It **separates** us from God.

**ON TV:** When you sin against another person, you sin against someone **that God loves**.

**ON TV/OUTLINE:** "For God **so loved the world** that he gave his only Son so that whoever **believes in** him shall not perish but have eternal life." John 3:16

**ON TV:** When you mistreat another person, **you are out of sorts with God**, not just that other person.

**ON TV:** Sin separates us **from other people** and sin separates us **from God**.

**ON TV:** Sin separates you from **YOURSELF**.

**ON TV:** "If I ever \_\_\_\_\_ I wouldn't be able to live with myself."

**ON TV:** Sin separates us from others, from God, and from ourselves by **substituting pleasure for fulfillment**.

**ON TV:** Sin makes a happy promise that **sin can't keep**.

**ON TV/OUTLINE:** "Then, after desire has conceived it gives **birth to sin**. And sin when it is full grown it gives **birth to death**." James 1:15

**ON TV:** What makes you **happy**?

**ON TV:** **NO – Thing!**

**ON TV:** You were born with the **capacity for happiness**, and it is more under **YOUR CONTROL** than you may have ever imagined.