

HOW TO FIND TRUE HAPPINESS

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August 15, 2021

Always be joyful. Never stop praying. Be thankful in all circumstances, for this is God's will for you who belong to Christ Jesus.

1 Thessalonians 5:16-18 (NLT)

**God doesn't want us to pursue Happiness.
God wants us to pursue Him.**

Bad Theology of Happiness:

- Whatever makes me happy must be right. Whatever makes me unhappy must be wrong.
- Discomfort, delay, risk, failure, suffering, inconvenience, and obstacles can't be God's will.
- God exists to make me happy.

JOY + PEACE + CONTENTMENT = TRUE HAPPINESS!

1 Thessalonians 5:16 (NLT): *Always be joyful.*

Difference between being Happy and being Joyful?

- Happiness is External. Joy is Internal.
- Happiness depends on outward circumstances. Joy depends on inward character.
- Happiness meets surface needs. Joy meets your deepest needs.
- Happiness evaporates and disappears in times of suffering. Joy intensifies in times of suffering.
- Happiness is based on chance. Joy is based on choice.
- Happiness depends upon what happens to you. Joy depends upon who lives within you.

For the joy of the Lord is your strength. **Nehemiah 8:10c (NIV)**

You will make known to me the path of life; in Your presence is fullness of joy; in Your right hand there are pleasures forever. **Psalms 16:11 (NASB)**

1 Thessalonians 5:16-17 (NLT): *Always be joyful. Never stop praying.*

*Do not be anxious about anything, but in every situation, by **prayer** and **petition**, with **thanksgiving**, present your requests to God. And **the peace of God**, which transcends all understanding, will guard your hearts and your minds in Christ Jesus. **Philippians 4:6-7 (NIV)***

Prayer means: *Communicating with God*

Petition means: *To ask or beg for something you need earnestly or humbly.*

Thanksgiving means: *Gratitude directed towards God.*

*Always be joyful. Never stop praying. **Be thankful in all circumstances**, for this is God's will for you who belong to Christ Jesus.*

1 Thessalonians 5:16-18 (NLT)

*For I have **learned to be content** whatever the circumstances. I know what it is to be in need, and I know what it is to have plenty. I have learned the secret of being content in any and every situation, whether well fed or hungry, whether living in plenty or in want. I can do all this **through Christ** who gives me strength. **Philippians 4:11b-13 (NIV)***

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