

HOW TO BE GLAD

Dr. Tim Gilligan | July 10, 2022

I. God is in control. God is good.

(1 Corinthians 2:8 ESV) “None of the rulers of this age understood this, for if they had, they would not have crucified the Lord of glory.”

(Psalm 144:15 NKJV) “**Happy** are the people whose God is the **LORD!**”

(Psalm 146:5 NKJV) “**Happy** is he who has the God of Jacob for his **help**, Whose **hope** is in the **LORD** his God,”

II. Is your happiness...

A. Circumstantial

B. Condition.

“The secret is Christ in me, not me in another set of circumstances.” ~ Elizabeth Elliot

(Psalm 144:15 NKJV) “**Happy** are the people whose God is **the LORD!**”

(Proverbs 15:15 AMP) “All the days of the desponding *and* afflicted are made evil [**by anxious thoughts and forebodings**], but he who has a **glad heart** has a **continual feast** [**regardless of circumstances**].”

(Proverbs 17:22 AMP) “A **happy heart** is good medicine *and* a **cheerful mind** works healing, but a **broken spirit** dries up the bones.”

(Proverbs 12:25 NKJV) “**Anxiety** in the heart of man **causes depression**, But a **good word** makes it **glad**.”

III. Negativity Bias

A. What you know.

(John 10:10 AMP) “The thief comes only in order to **steal and kill and destroy**. I came that they may **have and enjoy life**, and have it **in abundance (to the full, till it overflows)**.”

(John 16:33 NKJV) “These things I have spoken to you, that **in Me** you may have peace. **In the world** you will have **tribulation**; **but be of good cheer**, I have overcome the world.”

(Romans 12:12 NLT-SE) “**Rejoice** in our confident hope. **Be patient** in trouble, and keep on praying.”

B. What you focus on.

C. What we can control.

- **How we respond to what we cannot control.**
- **Stay on the right side of the “but.”**

(Colossians 3:2 NKJV) “**Set your mind** on things above, not on things on the earth.”

(2 Corinthians 4:17–18 NLT-SE) “For our present troubles are small and **won’t last very long**. Yet they produce for us a glory that vastly outweighs them and will last forever! So we **don’t look at the troubles we can see now**; rather, **we fix our gaze on things that cannot be seen**. For the things we see now will **soon be gone**, but the things we cannot see will **last forever**.”