FINDING TRUE HAPPINESS

By

JOSHUA GOODLING

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I. FINDING TRUE HAPPINESS

Happiness is generally defined as something like; "enjoying life, having peace, and being content."

Most people in the world genuinely desire true happiness in their lives, but few seem to find it.

Now, perhaps I should clarify myself here. When I speak of happiness, I’m talking about true happiness. I’m not talking about the happiness that comes and goes as quickly as it came, or brief moments of happiness. True happiness is a happiness that touches the heart, and warms the soul no matter what the circumstances may be. True happiness is the happiness that gives peace and joy even in the midst of life’s trials. True happiness is happiness no matter what life may bring. Anyone can find moments of pleasure and moments of “happiness” in today’s world, but there are very few who experience true happiness.

Many people today have ideas or goals they are hoping to obtain which they think will bring them happiness. Most people seek happiness in money, fame, fortune, and pleasure. However, while these things may bring moments of elation, they do not bring happiness.

One has to only look at much of Hollywood, the sports world, the music industry, the financial world, and the life of politicians to realize this.

Jay Gould, who lived from 1836-1892, was a wealthy businessman, whom John D. Rockefeller called the most
skilled businessman he ever encountered. However, on his deathbed, Jay said; “I suppose that I am the most miserable man in the entire world!” That doesn’t sound like happiness to me.

After Alexander the Great had conquered the entire known world, he sat down and wept because there was no more world to conquer. He had accomplished more than most people in the entire history of the known world, yet it didn’t bring him happiness.

Many people of fame and wealth turn to the same drugs, alcohol, and other vices that the poor people do when they find out that fame and fortune don’t bring happiness.

The only true happiness is found in Jesus Christ.

Now, before you throw the book down and say; “Just what I need, another person shoving religion down my throat!”, please hear me out.

Paul said in Philippians 3:1, "Finally, my brethren, rejoice in the Lord..." And in Philippians 4:4, he said, "Rejoice in the Lord always, and again, I say rejoice." Psalm 144:15 says, “Happy are the people whose God is the Lord!”

There are numerous verses in the Bible that describe a Christian as happy. However, there are thousands of Christians who live their entire life in misery and unhappiness. There are many Christians who walk around each day with their chins plowing furrows in the ground. Why? Because too many
Christians, like so many people in the world today, are too busy looking for "happiness" in all the **wrong places**.

Why are there so many Christians who live in total misery? Why are there so many Christians whom you even hate to ask how they are doing, because for the next ten or fifteen minutes, they will tell you all the problems with their life, and even the problems they don't have yet, but feel someday soon they will have?

The first answer to that is because there are many people who know all about God and the Bible, yet they have no **personal relationship** with Jesus Christ. It is sad how many people genuinely believe they are “Christians”, yet it is obvious that nothing could be further from the truth.

Let me take a moment here to define what being a Christian **really** means.

There are many people who know all **about** God from what they've heard at church, things their parents have told them, and programs they've seen on television. However, just knowing **about** God doesn't change lives. In order for someone to **truly** be a Christian, they must have a **personal relationship** with God.

Let me illustrate it this way. I have some letters from President Bush. I even have several Christmas cards from the White House. I've read the President's story, and watched him as he has led our country. So, I know a lot **about** him. However, if I were to call up the White House, and say; "This is Joshua, patch me through to the Oval Office." I wouldn't get to talk to
President Bush, because he doesn't have a clue who I am. I know about him, but I don't personally know him.

The same is true in regards to a lot of people's "Christianity". They know a great deal about God, about the Bible, and about certain rituals and traditions of their certain denominations, but they have no personal relationship with God. There are even pastors, church leaders, and others who claim the name of Jesus Christ, but whose life hasn't been changed.

The Bible even mentions these kinds of people:

"Not everyone who says to Me, 'Lord, Lord,' shall enter the kingdom of heaven, but he who does the will of My Father in heaven. Many will say to Me in that day, 'Lord, Lord, have we not prophesied in Your name, cast out demons in Your name, and done many wonders in Your name?' And then I will declare to them, 'I never knew you..." (Matthew 7:21-23)

Notice He says; "I never knew you", which indicates there was never a personal relationship.

So, just because someone "claims" to be a Christian, and even preaches or promotes the Christian faith, that doesn't necessarily mean they are a Christian. There are some people who only are in it for the money or the fame, and then there are those who only think of Christianity as a "fire escape" from hell. There are also people who twist the Bible around to form their own version of Christianity. You can tell a genuine Christian by the way they live, and I'll get more into that in a moment.

First of all, let me define what a real Christian is.
Attending church at a certain denomination, being kind to your neighbor, or living a good life doesn't make anyone a Christian. The Bible is very clear when it comes to the Christian faith.

Being a member of or attending a Baptist church, a Catholic church, a Presbyterian church, a Methodist church, (and I could list all of the hundreds of denominations who claim to preach the Christian faith) doesn't make one a Christian. When you die and stand before God, He's not going to ask you what denomination you were a member of.

Let me clarify here that attendance at a local church is good, and should be part of our lives, but my point is that church attendance doesn't make you a Christian.

In the same light, being a good person and helping others doesn't make you a Christian. Those are some of the actions that a genuine Christian will participate in, but those acts themselves don't make anyone a Christian.

The Bible tells us exactly what makes a person a Christian:

"That if you confess with your mouth the Lord Jesus and believe in your heart that God has raised Him from the dead, you will be saved. For with the heart one believes unto righteousness, and with the mouth confession is made unto salvation." (Romans 10:9-10)

Notice that there are two distinctions here. 1. confession with the mouth (a head knowledge) and 2. believing in the heart (a personal relationship).

One way of illustrating this is: Suppose we meet a person and they become an acquaintance of ours. When we see them we
recognize them simply because in our head we know who they are. Then we also meet a person that we become friends with, we know them by recognition, but also because they are a friend. So when we see them, there is that visual recognition, but there is also that heart recognition. We have special feelings towards them because we know them personally. The same is true of the Christian. We must know about God, but we must also know Him in a personal way. Of course, in order to personally know Him, one must realize their own need of knowing Him, and their inability to change their life themselves.

Many people say that they don't need God, but yet they never find true joy in their lives. When a person repents of their sin and selfishness and chooses to begin that new and personal relationship with God, they will experience happiness and their life will be different.

The Bible tells us that anyone who is truly a Christian will have a new life; they will live differently than others.

"Therefore, if anyone is in Christ, he is a new creation; old things have passed away; behold, all things have become new." (2 Corinthians 5:17)

Now, here is where a lot of people miss the mark. They claim that being a Christian means that they act weird in some way, make fools of themselves, etc. However, when the Bible says that a Christian is to be different, it is referring to the way in which a person lives their life, such as being kind to others (even those who are not kind to you), honoring and respecting your parents and those in authority, seeking to help those in need, not ruining your body by things such as smoking and other things hazardous to one's health. In other words….living a "clean" life.
A true Christian is to follow the commands of the Bible, paying close attention not to twist verses out of context or claim things mean what they really don't. One must interpret scripture in light of all other scripture. And one must learn to live for others.

In the Gospel of John, we find the following story:

"So when He had washed their feet, taken His garments, and sat down again, He said to them, "Do you know what I have done to you? You call me Teacher and Lord, and you say well, for so I am. If I then, your Lord and Teacher, have washed your feet, you also ought to wash one another's feet. For I have given you an example, that you should do as I have done to you. Most assuredly, I say to you, a servant is not greater than his master; nor is he who is sent greater than he who sent him. If you know these things, blessed are you if you do them." (John 13:12 – 17)

Back in the time period in which this story took place, people wore open sandals, and the roads were just dirt and dust. So, when people would come into a house, they would remove their sandals, and the servant or lowliest person in the household would wash their feet.

Here Jesus Christ took it upon Himself to do this task. Here was the Son of God washing feet, one of the lowest jobs of the day. He did it to leave us an example of how we are to live our lives as Christians. We are to put others first; we are to be kind and helpful. People should notice something different about us.

There are a lot of people in today's world who wouldn't dare stoop to such a task, but yet they claim to be Christians. They look down their nose at other people, they fly off the handle at the slightest irritation, they scream and holler at their family, and then they claim themselves as Christians. That is not a
Christian attitude, or even close to how a Christian should live.

I should point out here that Christians aren't perfect. Anyone who claims to be perfect is wrong. There will be times in even the best Christian's life where he/she makes wrong choices, and does things they're not supposed to. The true Christian will however shortly realize the error of their ways and make steps to correct them, and will not blame all of their mistakes and faults on others or their circumstances.

There are some religious groups who try to force their doctrine upon others, and who claim anyone who does not follow their beliefs as their enemy. That is not the proper attitude of a Christian. While I firmly believe in God and know my personal relationship with Jesus Christ has made a difference in my life, I am not foolish enough to think that everyone is going to agree with me. What you choose to believe is your choice to make. However, I will tell you from experience that a genuine personal relationship with Christ can bring peace to your life and give you the joy and happiness many are seeking for.

So, now that we’ve defined what a true Christian is, let’s get back to the question; Why are there so many Christians who live in total misery?

Why? Because true happiness is not found in one's circumstances, but in one's heart. The late Christian newspaper editor, Dr. John Rice once asked a man how he was doing. "I'm okay under the circumstances." was the man's reply. "Well what are you doing under there?" asked Dr. Rice in return.
It is not the **circumstances** that matter in our life, but how we live in the midst of those circumstances. As Christians, we should be happy no matter what the circumstances are. David said in Psalm 23, "Though I walk through the valley of the shadow of death, I will fear no evil, for thou art with me." If in our heart, we have true happiness; our circumstances will not change our happiness.

Only when we totally give our lives in complete surrender to Jesus Christ can we or will we ever experience true happiness. Psalm 128:1, 2 states; "Blessed is every one who fears the Lord, Who walks in His ways. When you eat the labor of your hands, You shall be happy, and it shall be well with you."

Let's take time now to look deeply into this wonderful subject of true happiness.

**II. WHERE DOES TRUE HAPPINESS COME FROM?**

Looking once again at Psalm 128:1, we find that happiness comes from "fearing the Lord". The word "fear" means to have reverential regard for.

Dr. J. C. Macaulay tells this illustration:

"You must have a small God." said a Mohammedan to an American tourist. "Oh, no," quickly replied the American, "we have a great and mighty God, at whose command the entire universe and all that is therein came into existence." "Still I
believe you have a small God, for when you pray to Him, you do it so indifferently and irreverently. When we pray to Mohammed, we fall flat on our faces in acknowledgment of the mightiness of our God."

Although the Mohammedan worshipped a false prophet and a god that is not able to hear his prayers, his attitude of worship and respect for his god is greater than most Christians act toward the only true God that we serve. Sinless angels cover their faces in respect and reverence as they approach our God. Yet, many Christians treat God like a wishing well. "Lord, I want this, give me that, and do this, do that." And an even greater amount of Christians treat our God in an even worse manner, they take back from God what belongs to Him.

You see, when we become a Christian, we give our life completely and entirely to God. Our life no longer belongs to us. The Bible clearly states that we were bought with a price. That price was the Blood of Jesus Christ on the cross of Calvary.

The problems start when we turn around and take our life back. We act the way we want to act, we do what we want to do, we go where we want to go, we make life changing decisions ourselves, about a life that no longer belongs to us, but belongs to God! Notice the we problem here?

If a total stranger came into your home one day, kicked you out, and used your home to hold wild parties, and for all of his worldly friends to shack up in, you would call the police, and rightfully so! Yet, many Christians have done this same thing with their life. Reverence to God and true happiness, begin
when self interest ceases, and stop when self interest starts again.

To fear God also means to worship Him, honor Him, and praise Him. Worship is fellowship with God. How much happier every Christian would be if we would spend more time in fellowship with our God. You've heard the saying; "Fellowship is just two fellows in the same ship!" Well, if two fellows are in the same ship, they both have to be heading the same direction. If we are to be in fellowship with God, we must be living for Him, and doing His will.

It seems we spend hours and hours talking with our best friends, and relatives. We even spend time chatting with people we don't even know. However, how much time do we spend with our God? Sadly, not enough.

A visiting minister was substituting for Henry Ward Beecher, who was pastor of the Plymouth Church in Brooklyn in 1847. A large and eager audience had come to hear the popular pastor preach. When word got around that a visiting speaker was there, and Pastor Beecher would not be the one speaking, some of the crowds began to move toward the door, exiting the building. The visiting minister stood and called out; "All who have come to worship Henry Ward Beecher may now leave the church. All who have come to worship to God, please keep your seats!"

Too many times, we put more importance on man and his ability than we place on God. No wonder Christians are not truly happy!
John 4:24 says; "God is a spirit, and they that worship Him, must worship Him in spirit and in truth." When with our hearts, we truly respect, reverence, and worship God, only then can we experience true happiness.

The problem today is that more people worship gold than worship God.

The second step to being a happy Christian is to obey God. The latter part of Psalm 128:1 says; "Blessed is everyone... Who walks in His ways."

Jesus said in John 13:15, 17; "For I have given you an example, that you should do as I have done to you....If ye know these things, happy are ye if ye do them."

James 1:25 says; "But he who looks into the perfect law of liberty and continues in it, and is not a forgetful hearer but a doer of the work, this one will be blessed in what he does."

The way many Christians live their lives, it seems they think the Bible is just another book or just something written to give us some real deep reading material. It is no wonder they are not happy; they don't obey God.

If we break a traffic law, we end up in traffic court, and usually must pay a fine, or receive some other form of punishment for breaking the law. And this does not make us happy. How many people have you seen coming out of traffic court, singing, "I'm so happy, and here's the reason why; I got a traffic ticket today!? Not a one! But, we wonder why when we
don't obey God, we live in such misery. It is because we **cannot** be happy unless we do what God commands us to do!

Would a frog be happy living in a dry and dusty desert? No, because a frog belongs in water. A frog is only happy when it has a pond or a lake to jump around in. That is the way a frog was made, to live in a wet place.

Would a bird be happy living underground with a ground hog? No, because a bird is only happy when it can take to the open sky and stretch its wings on the currents of air. That is how a bird was created.

Can a Christian be happy without obeying God? **NO**! A Christian **cannot** be happy living in selfishness. Look at the state of this world today, so many of the problems are caused by simple selfishness. A Christian is made to live for God, and to serve God and serve others.

II Corinthians 5:17 says; "*Therefore, if anyone is in Christ, he is a new creation; old things have passed away; behold, all things have become new.*"

The Word of God says that all things are to become “**new**” in a Christian’s life.

As Christians, our lives no longer belong to us. Instead of having the option of making our own selfish decisions about our lives, we are to pray to God and seek His guidance in every area. So, things that supposedly made us “happy” before **cannot** make us happy now. And those things never brought
true happiness anyways. The only way we can be truly happy is to do our duty as a Christian. That is to obey God in every area of our life. True happiness is built in the heart, and must have God for its foundation.

During a war, many thousands of soldiers die doing what they have been commanded to do. For these men it is never a question of should or shouldn't I, can or can't I, but I was commanded to do this, and I must do what I am commanded to do! We as Christians cannot seem to grasp this idea of obedience to our God. In God's Word is a command to serve Him, a command to obey Him, and a command to do God’s will! But until we realize the awesome importance of doing what He has commanded, we will never find true happiness!

These commandments aren’t given to us simply because God is cruel and mean. No, God wants us to be happy, and He knows that the only way to true happiness is through obedience.

Aboard a battleship, there are only two choices; duty or mutiny! The same is true in the Christian’s life; duty or mutiny. Ecclesiastes 12:13 tells us; "Fear God and keep His COMMANDMENTS, for this is the whole duty of man."

A lot of Christians think they don't have to obey God, they don't have to do what God says, but on the other hand they don't want to admit they are being selfish. However, by disobeying God, we are obeying our flesh. The Bible says no man can serve two masters, but we will serve one of the two. Every time we hear the Word of God, and decide in our hearts not to do what the Bible commands us to do, we are saying, "I
know better than God, I’ll just do it how I want to." And how can we as Christians be happy serving ourselves? **We cannot!**

Now, you may ask, "If I don't serve God and obey Him in every area of my life, does that mean I cannot be happy?"

Yes, that is what it means! When we disobey God we cannot be happy. Now again, we will have **moments** of happiness like everyone else, but not **true** happiness. So, we must confess and forsake our sin and live for Christ! We must endeavor to serve God faithfully. Now, granted, we **are** human. We **will** make mistakes. We **will** fail at times, but we **must** give Him our best, and faithfully strive to obey Him!

God’s plan for our lives is infinitely better than any plan we could possibly dream up. The trials, heartaches, and troubles all lead us to where God will fill our lives with His joy and comfort.

A Hindu once asked a native Christian of India, "What medicine do you put on your face to make it shine so brightly?" "I don't put anything on it," said the Christian. "Yes, you do. All you Christians do. I've seen shining faces wherever I have seen Christians!" Then the Christian said, "I will tell you what 'medicine' makes our faces shine -- it is the joy in our hearts because we serve Jesus!"

Helen Keller once said; "Many people have a wrong idea about what constitutes true happiness. It is not attained through self gratifications, but through devotion to a worthy purpose." And what more worthy purpose is there than serving our Lord and Savior Jesus Christ?
Proverbs 29:18 says; “\textit{but he that keepeth the law, happy is he}"

The third step to \textbf{true happiness} is found in the book of Proverbs. Chapter 16, verse 20 says; “\textit{He who heeds the word wisely will find good, And whoever trusts in the Lord, happy is he.}” Psalm 34:8 states; "\textit{O taste and see that the Lord is good: blessed is the man that trusteth in Him.}"

Another pre-requisite for true happiness is learning to trust God \textbf{completely} with our lives!

God promises that there are going to be times of testing, times of trouble, times of persecution, and times when we have problems in this life. But the secret to being happy is in learning to turn these problems totally over to God! This area is one of the most difficult for many Christians.

It seems many of us enjoy worrying and fretting over our problems. The way many of us as Christians live, one would get the idea that we like to stress and that we enjoy problems. The answer is almost too simple to be true. All we need to do is to turn these problems over to Jesus, and allow Him to handle them for us. You've heard the statement; "Why worry, when you can pray?" Let me point out that it is not just a statement. That is a true fact that many a Christian needs to learn and to apply to his life.

It is no wonder a lot of Christians live unhappy lives. They look at all their problems through their own eyes, instead of though God's eyes.
I've had terminal cancer, I've had many surgeries and operations, and was given only one week to live! I am not even supposed to be alive today, according to the doctors! My vocal chords are partially paralyzed, my growth has been stunted, and I could go on and on. So, I should just sit down, and fret and fume over these many problems that have come into my life. My life is totally ruined, I can never accomplish anything! Right?

Sorry, but that is dead wrong! Why should I worry about something that is in God's hands? All I would be doing is worrying and making my life and the life of those around me totally miserable. God has promised over and over that if we only trust Him, He will take care of us! He will meet our every need; He will go with us through the dark valleys! Happiness has no reasoning. It is not to be found in the facts of life, but in the color of light by which we look at those facts!

Hundreds and thousands of Christians today live in misery and unhappiness, because they are too busy looking at their problems and circumstances to take time and allow the only one who can take care of those problems to do so. It is not what is around us, but what is in us; not what we have, but what we are that makes us truly happy!

**TRUST**

*By A. B. Simpson*

How often we trust each other,  
And only doubt our Lord.
We take the word of mortals,
And yet distrust His Word;
But, oh, what light and glory
Would shine o'er all our days,
If we always would remember
God means just what He says.

If you worry, you cannot trust. If you trust, you cannot worry.

Proverbs 3:5, 6 is a passage which we all know by memory, but seldom put into practice. "Trust is the Lord with all thine heart: and lean not on thine own understanding. In all thy ways acknowledge Him, and He shall direct thy paths." This passage in a most clear and plain manner says, all we must do is to trust in the Lord.

Trust Him when dark doubts assail thee,
Trust Him when thy strength is small;
Trust Him when to simply trust Him
Seems the hardest thing of all.
-- Unknown

It is really quite easy to decide. Either trust Him and experience true happiness, or worry and live an unhappy life. We find the easiest remedies for our problems are often the most difficult ones to apply.

The next step to true happiness is found in Proverbs 3. Verse 13 states; "Happy is the man who finds wisdom, And the man who gains understanding:" And then verse 18 says: "She (wisdom) is a
Over and over Solomon stresses the importance of wisdom. Not just plain wisdom; but the wisdom of God. And speaking again of wisdom, Solomon says in Proverbs 8:32-35; "Now therefore hearken unto me (wisdom), O ye children: for blessed are they that keep my ways. Hear instruction and be wise, and refuse it not. Blessed is the man that heareth me, watching daily at my gates, waiting at the post of my doors. For those whoso findeth me findeth life, and shall obtain favor of the Lord." So, daily we as Christians need wisdom from God. Daily we must ask God for wisdom.

Dr. Bob Jones Sr., founder of Bob Jones University, once said; "Wisdom is the ability to use knowledge so as to meet successfully the emergencies of life. Men may acquire knowledge, but wisdom is a gift direct from God." God says; "If any man lack wisdom, let him ask of God.." And if we ever want to find true happiness, we must daily ask of God.

We get this wisdom through reading God's Word and by talking with God. If we as Christians want to be truly happy, we must daily spend time in God's Word. And what we find in our time reading God's Word, we must apply to our life!

Someone once said; "He who learns the rules of wisdom without conforming to them in his life, is like a man who labored in his fields, but did not sow." We can spend all day and all night reading God's Word and finding bits of wisdom for our life, yet if we never apply what we have learned, we cannot gain true happiness, we are just wasting our time. Christians who read the Bible hurriedly and just as a passing
duty, will never accomplish anything in their life by doing so. In order to get top performance out of your automobile, it must be tuned up periodically. In order to get top performance and true happiness out of the Christian life must be tuned up daily by God's Word, and by spending time with God!

David said; "I will DELIGHT myself in thy statutes: I will not forget thy Word." Psalm 119:16 says. And in Psalm 119:167 we read; "My soul hath kept thy testimonies; and I LOVE them exceedingly." David also said all throughout the Psalms how he loved God's Word. He was happy because he gained wisdom on how to live his Christian life. He read the Word of God. The more we read and study the Word of God, the happier we will become.

Proverbs 29:18 says; "...be that keepeth the law, HAPPY is he." So, true happiness comes from: (1) Fearing God, (2) Obeying God, (3) Trusting God, and (4) Gaining wisdom from God.

III. EXAMPLES OF HAPPY CHRISTIANS

By looking into the Bible, we can find that all Christians can be happy. God gives us accounts of times of joy throughout His Word.

In Deuteronomy 33:29 the Bible says; "Happy are you, O Israel! Who is like you, a people saved by the Lord" Israel was happy because they served the Lord.

We also read other accounts that show us that when Israel was serving the Lord, they were happy. But, when they stopped their service, they became unhappy and miserable! Numerous
times in their journey to the Promised Land, they stopped serving God, and they stopped trusting in God, and they were terribly miserable until they repented and once again continued to serve and trust in God. When the Israelites were in the Promised Land, we find several times where they stopped serving God, and started to serve other gods or idols of the heathen. And each time, God took drastic measures to insure their unhappiness. When they stopped serving the true God, they failed and lost battles as well as many lives. However, when they repented and started serving God, they won victorious and unexplainable wins. Because God has promised that **if we serve Him, we will** be happy!

Then in II Chronicles 30:26 we read; "**So there was great joy in Jerusalem: for since the time of Solomon the son of David king of Israel there was not the like in Jerusalem.**" Again, the people were happy, because there had just been a revival in the land of Israel. In II Chronicles 29, we read that king Hezekiah had gotten rid of the idols and destroyed the false Gods of the Israelites. And the Bible says he did "**...that which was right in the sight of the Lord.**" Because he took time to obey God, and do what was right, because he got rid of the things that were wrong, the people were happy! And, always in history, when we read of a revival taking place in a town or community, we find a real joy and happiness that was not there before. What many Christians need today is a revival in their personal and spiritual life. Then, they too will find true happiness.

Now, I understand many people in today’s world are confused by the over use of the word “revival”. A revival is when God's people meet God's conditions for God's blessing. A great evangelist of the 1800’s Charles Finney once said; "A revival is nothing else than a believer's new beginning of obedience to God." The Word of God tells us; "**If my people which are called by"
my name shall humble themselves, and pray, and seek my face, and turn from their wicked ways; then will I hear from heaven and will forgive their sin, and will heal their land." (II Chronicles 7:14)

Many people today have lost the meaning of true revival. We drive past many a church that has posted a large sign out front reading; "Come Join Us for Our Annual REVIVAL". But the sad truth is; most of these churches have no idea what a real revival is. Pastors tell us to go out and bring in all the lost people so we can have a revival, but how can anyone who has never experienced a new life in Christ be revived? A revival can only be experienced by Christians.

Years ago God gave a great revival to the Welsh people who got right with God and with one another. People coming into the town where the revival was happening would inquire of a town person, "Where is the revival?" The person would point to their hearts and reply; "Ah, the revival is here!" That is exactly where a revival must start -- in the heart. Not until we sincerely pray, "Create in me a clean heart, O God; and renew a right spirit within me," will we have that true experience of a real revival.

Next, we come to the disciples in John 24:51-53; "And it came to pass, while He blessed them, He was parted from them, and carried up into heaven. And they worshipped Him, and returned to Jerusalem with great joy: And were continually in the temple, praising and blessing God." The disciples had much reason to be happy; they had just spent time with Jesus. Anyone who spends time with Jesus cannot help but be happy, for Jesus is the author and maker of true happiness. The disciples had been with Jesus a long time. They had seen Him do many miracles. They had seen Jesus help probably thousands of people! They had personally seen the Savior die on the cross of Calvary for a lost and dying
world! And then, praise God! They had seen Jesus risen from the dead. If anyone ever had reason to be happy, these disciples did!

When you have given Jesus your life and when you have seen Jesus work miracles for you. Or have seen Jesus help you in desperate times of trouble, you will learn the source and meaning of true happiness!

Martin Luther once said, "The devil is a chronic grumbler. The Christian ought to be a living doxology!"

In Acts 8:8, we read; "And the disciples were filled with JOY, and with the Holy Ghost." Well, something wonderful must have happened, right? There must have been a great and large revival, right? They must have just seen the Lord Jesus work some magnificent miracle, right? Paul and Barnabus must really have a good reason to be filled with such joy! Not really! If you read the preceding passage this time, you will find out that Paul and Barnabus had just been persecuted, and had been kicked our of the place they were preaching! So, why should they, how could they be happy? Remember, true happiness does not depend on the circumstances! Remember, true happiness comes from the heart! Remember, God promised in His Word; "All things work together for good to them who love God!" God said; "In everything give thanks!" Paul and Barnabus were serving God, they were in His will, they were doing what He had commanded them to do, and they had every reason in the world to be happy!

Matthew 5:11-12 tell us; "Blessed are ye, when men shall revile you, and persecute you, and shall say all manner of evil against you falsely, for
my sake. REJOICE, and be exceedingly GLAD: for great is your reward in heaven: for so persecuted they the prophets which were before you!" That is why Paul could say in Philippians 4:11; "I have learned, in whatsoever state I am, therewith to be content." And he was in prison! Would you be happy in prison? I am afraid most of us would have to admit we wouldn't be! Now, Paul was not happy that he was in prison, but in prison, he was still happy!

These are just a few of the many examples given to us in the Word of God, that prove to us as Christians how truly happy we should always be!

Now that we have seen very clearly that we as Christians should always be happy, when we should be happy, let's put it down to earth, or in common language, okay?

**IV. WHEN SHOULD WE BE HAPPY?**

First, lets look at I Peter 4:12-14; "Beloved, think it not strange concerning the fiery trial which is to try you, as though some strange thing happened until you: But REJOICE, inasmuch as ye are partakers of Christ's suffering; that, when his glory shall be revealed, ye may be GLAD also with exceeding JOY. If ye be reproached for the name of Christ, HAPPY are ye: for the spirit of glory and of God resteth upon you..." Peter says; first of all, don't be alarmed when you suffer persecution. But then he goes on to say if we suffer, or when we suffer, persecution we should be happy!

What? We should be happy under persecution?

Yes, happy! You see, people are not persecuted for doing
wrong, but for doing right! If we are doing right, we are obeying God. After Peter and the Apostles were beaten for preaching the Word of God, Acts 5:41 tells us; "And they departed from the presence of the council, rejoicing that they were counted worthy to suffer shame for His name."

Paul said II Corinthians 12:10; "Therefore, I take pleasure in infirmities, in reproaches, in necessities, in persecutions, in distresses for Christ's sake: for when I am weak, then I am strong." Paul didn't waste any time, he just went ahead, and told us that he took pleasure in any kind of persecution for serving Christ! Did Paul love pain? Was he some kind of person who enjoyed being beaten and punished all the time? No, Paul was just happy to be able to be a testimony and an example to the world of how wonderful and great our God is! I imagine there were many people who were began a new personal relationship with Jesus Christ after seeing how Paul reacted to being persecuted. The Bible tells us that many of the guards whom Paul was under the authority of accepted Christ as their Lord! I imagine Paul's name was the talk of the guard house, and around the guard's dinner table. Anyone who would sing and praise God even during a jail term must have something! And many of those guards wanted to know and have exactly what he had! Many of them were probably amazed that Paul would keep serving the Lord in spite of the persecution he was receiving. Paul is a true example of what God means when he commands us as Christians to, "Rejoice, in the Lord!"

Instead of complaining when we are persecuted, I think it would do us all a world of good to look back at the cross on Calvary. Jesus, the Son of God, hung on the cross in shame and agony. Jesus loved others so much; He was willing to give His own life. He was willing to die! And while he hung on that cross, giving His own life, that we might gain eternal life, He
did not complain, He did not gripe, no, He thought of others even to the point of death. He won the thief beside him, and was concerned about the care of His own mother. No matter what persecution we may ensure, we will never endure what Christ Jesus went through. We deserve punishment. We deserve persecuting, and shame, but Jesus Christ didn't deserve anything! So, when we are persecuted, \textbf{rejoice} and be \textbf{glad}!

And always remember that nothing can happen to us unless God allows it to happen, and God has a purpose and a plan for everything that does happen!

We need to be \textbf{happy} in times of persecution, and we need to be happy in times of trouble. II Corinthians 4:17-18; "\textit{For our light affliction, which is but for a moment, worketh for us a far more exceeding and eternal weight of glory; While we look not at the things which are seen, but at the things which are not seen: for the things which are seen are temporal; but the things which are not seen are eternal.}"

The Word of God says; why do you spend all your time worrying about things which are only temporary? Why even fret about things which will be over with before we know it? Life on this earth is like a vapor it is here one moment, and gone the next! Soon, we will spend eternity in Heaven!

God has promised to help us through any trouble that may come in our life. Psalm 46:1; "\textit{God is our refuge and strength, a very present help in trouble, therefore will we not fear, though the earth be removed, and though the mountains be carried into the midst of the sea;}

God says, why worry? There is nothing that can happen, without God allowing it to happen. Even if the mountains are carried away into the sea, a Christian who is serving God does not have to worry.
Many people today live in fear of nuclear war. They live in fear of all different sorts of things. But, Christian, we don't have to fear anything, because we know the God who is in control of everything! We can find peace and true happiness even in the middle of the fiercest storm or battle!

During an earthquake, the story is told of an elderly woman who showed no sign of fear. After the quake was over, and all was quiet and still, someone asked her; "Were you afraid?" "No," replied the woman, "I only rejoiced that I have a God who can shake the world!"

Helen Keller once said; "Resolve to be HAPPY, and your JOY shall form an invincible host against difficulty." As long as we are living for and serving the Lord, we need not fear when trouble does come. We can still be truly happy, knowing that our Lord is in complete control of all our troubles.

How many times have you seen a fellow Christian who is completely torn and devastated because some sort of trouble occurred in their life? I have many times! Why should we wrongly worry over something that God has promised to handle? J. Edgar Hoover said, "This world would be a better place in which to live if in these troubled times we turned to God and lived by His teachings." Yes, indeed, it would be a better place to live, better, because then everyone would find true happiness. Yet, there will be Christians who read this today and tomorrow will worry and fret over a problem or trouble that only God can solve. Kind of stupid isn't it?

Psalm 50:15; "And call upon me in the day of trouble, I will deliver thee, and thou shalt glorify me."
Fanny Crosby put us all to shame for complaining and griping over problems when she wrote the following poem:

**BLIND BUT HAPPY**

*By Fanny Crosby*

O what a happy soul am I!
Although I cannot see,
I am resolved that in this world;
Contented I will be;
How many blessings I enjoy
That other people don't!
To weep and sigh because I'm blind
I cannot, and I won't

Problems and troubles, yes, we will have them. But the ultimate question is will they have us?

How many times have we complained because we have unpaid bills, no money for groceries, not enough money to buy that new television or that new automobile? Pretty selfish old goats aren't we? And we have spent days and weeks in total misery worrying over finances, lack of needs, or something of this related matter!

Jesus speaks quite plainly about this in Matthew 6:25-34. Jesus said in verses 30-34; "Wherever, if God so clothe the grass of the field, which today is, and tomorrow is cast into the oven, shall he not much more
clothe ye, O ye of little faith? Therefore take no thought saying what shall we eat? Or what shall we drink? Or wherewithal shall we be clothed? (For after all these things do the Gentiles seek) for your heavenly Father knoweth you have need of all these things. But seek ye first the kingdom of God, and his righteousness, and all these things shall be added unto you. Take therefore no thought for tomorrow, for the morrow shall take thought for the things of itself."

Jesus said; why are you even worrying about such silly things? Do you not trust me? If you serve me, and seek after the will of Me, I will meet your needs! Just think of the great blessing here. If we only serve Him, we don't have to worry over the thing that the world must be concerned about. We don't have to spend sleepless nights in distress and despair because we have needs in our life. All we have to do is to trust Him! We can stop worrying and be happy.

It is almost as if Jesus said, "O you of little faith! Do you like to worry? I have promised to supply your needs! It is not up to you anymore!" But yet, we find it so difficult it seems, not to worry. We must learn to be contented with whatever we have. God has promised to meet our needs. Notice I said our needs! Many times we complain because God doesn't meet our wants as well. God is under no obligation to give us a million dollars, a brand new car, and a home in Bermuda, just because we want them. God has said He will meet our needs. And God is the one who know exactly what we really need. If we are serving God with our life, and we pray for something, but do not receive it, that is no reason to be unhappy, GOD is in control, He will only give us what we need, and what is best for our lives. It is not how much we have, but how much we enjoy what we do have that gives us true happiness!
Someone once said; "He is the happiest, be he king or peasant, who finds peace in his home." You may ask; "How could a peasant be happy who has hardly nothing? And how could he be happier than a king who has everything?" Because happiness, that is true happiness does not depend on what we have on the outside, but what we have inside. Inside our heart is found happiness or sadness! If Jesus is king of our life, it doesn't matter what we have or don't have, we can always find true happiness!

The famous preacher, Charles Spurgeon said; "Happiness consists in being happy with what we have got, and with what we haven't got!"

Now that we've seen the possibilities of a truly happy Christian life, we’ve seen that a true Christian should always be happy, how can we best describe this true happiness?

**V. THE DESCRIPTION OF TRUE HAPPINESS**

Matthew 5:3-12 describes the Christian’s life as "Blessed..." The word blessed in meaning is, "consecrated, joyful, blissful, and holy. In other words, Jesus said, "Blessed (consecrated, joyful, blissful, and holy) are those who serve Me." Notice throughout this passage, Jesus said blessed are those who are persecuted, pure in heart, those who seek avidly after me, etc. Jesus was saying if you live for Me, if you serve Me, you will be happy! True and loving service to God can change your life from misery to exciting joy and happiness! "It pays to serve Jesus, it pays everyday, and it pays every step of the way!"

Secondly, we find that the true happiness a Christian should
have is all the happiness a Christian can have! People are daily searching the world for happiness, for something to please them. But what the world finds never satisfies them. They are constantly looking and looking for something new in their lives. However, if we enjoy the true happiness found only in Christ, we will never have to look elsewhere to find happiness.

"How excellent is thy loving kindness, O God! Therefore the children of men put their trust under the shadow of they wings. They shall be abundantly satisfied with the fatness of thy house: and thou shalt make them drink of the river of thy pleasures." Psalm 36:7-8. "Blessed is the man whom thou choosest, and causest to approach unto thee, that he may dwell in thy courts: we shall be satisfied with the goodness of thy house, even of thy holy temple." Psalm 65:4. The word abundant is described as; great amount, more than enough. That definitely defines and describes the great joy and happiness we as a Christian can now enjoy!

Then, we find that this happiness is found only in GOD.

"Happy is he that hath the God of Jacob for His help, whose hope is in the Lord." Psalm 146:5 "Blessed is the man that trusteth in the LORD, and whose hope the Lord is." Jeremiah 17:7.

The reason this world tries everything from sex, to drugs, to entertainment, to who knows what else, is because they are looking for some thing to give them happiness. The reason many people go from one religion to another, join cults, etc., is, they are looking for happiness in religion. The only lasting and true joy is found in Jesus Christ. God can do without us, but if we want true happiness, we cannot do without God. And on the other hand, God doesn't cram our lives full of His joy and happiness. He gives us the choice, the ability to make our own decisions.
If I was dying of some disease or something, and I had the only antidote that would cure me, but did not take it, I would be considered an idiot. But thousands of Christians are in the same boat. They know that Jesus Christ can help them in and through their problems, they know that life serving Him can be one of true happiness, yet they are too stubborn and stupid to do anything about it! If we don't serve God we cannot be happy! But, also, we must make the choice ourselves.

Then, we find that Peter describes the JOY of knowing Christ as unspeakable. I Peter 1:8; "Whom having not seen, ye love; in whom, though now ye see him not, yet believing, ye rejoice with JOY unspeakable and full of glory." Peter says the joy of the Lord is unspeakable, unexplainable, indescribable, so great and wonderful it cannot be explained! Yes, this is true happiness! This is the happiness that each of us as Christians can experience, and should be experiencing each and every day of our life! All that the world has to offer cannot even be compared to what Jesus Christ has so graciously promised us...true happiness.

So, with this true happiness available for the getting, why do so many Christians live their entire life without ever experiencing it? Because, they never live the Christian life like God has commanded and expects us to live! Life without this true happiness is unnecessary for the Christian, so why live it? It would be like having a check for a million dollars yet, never cashing it. This Happiness is available, but we are the ones who decide if we will be truly happy!

After finding out the description of the true happiness available in Jesus Christ, I am eager to find out what causes this true joy and happiness.
VI. WHAT CAUSES TRUE HAPPINESS?

Probably the thing that causes the most joy in our lives is that moment when we realize we are a sinner, and accept Jesus Christ as our personal Savior. Isaiah 51:11 says; "Therefore the redeemed of the Lord shall return, and come with SINGING unto Zion; and everlasting joy shall be upon their head: they shall obtain GLADNESS and joy: and sorrow and mourning shall pass away." Notice that this passage says, "everlasting joy"! That is because at the moment we accept Christ as our Savior, we can then obtain true happiness! David said in Psalm 13:5; "But I have trusted in thy mercy, my heart shall REJOICE in thy salvation."

Isaiah the prophet said of salvation; "Behold, God is my salvation; I will trust, and not be afraid: for the Lord JEHOVAH is my strength and my song; he also is become my salvation. Therefore with joy shall ye draw water out of the wells call upon His name, declare His doings among the people, make mention that His name is exalted. SING unto the Lord; for He hath done excellent things: this is known in all the earth." It sounds as if Isaiah was pretty excited and happy about his salvation doesn't it?

The story is told of a missionary in India who was preaching about Jesus, the “Water of Life”. A native interrupted and said, "Your religion is like a stream of water, but ours is like a mighty ocean!" "Yes," replied the missionary, "But when men drink ocean water, they die of thirst! When they drink of the Water of Life, they will never thirst again!" How true that is of the abundant joy we receive at salvation. People who do not
have this personal relationship with Jesus Christ continue to search in vain for happiness, but we who know Him, need look no further. In Christ Jesus is true happiness. Oh, the vast joy to be had in salvation!

The problem is, many Christians lose their joy from salvation, and live like the world. If every Christian lived like a Christian is supposed to live, and shared their joy and true happiness with the world, the world would die to get what we as Christians have. But since many Christians do not have true happiness, or do not take advantage of it, the world does not want salvation.

Then there is the joy that comes from the blessing of God. If we would only stop, and as the song says, "Count your many blessings, name them one by one, and it will surprise you what the Lord has done." we would be happy beyond belief! Just stop and think for one minute.

1. We are all alive - because of the blessing and mercy of God.
2. We all eat - because of the blessing and mercy of God.
3. We all are healthy - because of the blessing and mercy of God.
4. We all have a roof over our head - because of the blessing and mercy of God.

And this list could go on and on for pages and pages.

We are everyday blessed with hundreds of undeserving blessings that we all take for granted each day! These things listed here are things we expect to happen, things we
would complain about if didn't happen. But, take time to remember, we are Christians, we belong completely and entirely to God! God can do whatever He desires to do with us and with our lives.

God can take our life at any time without even having to give us a reason. So, remember, every time we breathe, it is a blessing from God! Every time our heart beats, it is a blessing from God! So, even if we might not have all the "Material" blessings, each one of us has enough daily blessings to keep us truly happy for years and years to come! David said in Psalm 147:7-9; "Sing unto the Lord with thanksgiving; sing praise upon the harp unto our God: Who covereth the heaven with clouds, who prepareth rain for the earth, who marketh grass to grow upon the mountains. He giveth to the beast His food, and to the young ravens which cry."

Rejoice, and be happy, be glad and praise God for the blessings He has given to each and everyone of us! Someone has said; "Don't count your blessings without praising the Bessor." And after seeing all that God has so freely blessed us with, how can we help but sing praise to His name? How can we help but be truly happy? Kind of makes you wonder why we complain so much doesn't it?

"For the Lord Himself shall descend from heaven with a shout, with the voice of the archangel, and with the trump of GOD: and the dead in Christ shall rise first: Then we which are alive and remain shall be caught up together with them in the clouds, to meet the Lord in the air: and so shall we ever be with the Lord. Wherefore comfort one another with these words." I Thessalonians 4:16-18.

If this passage of scriptures doesn't cause us to be happy,
nothing will! Yes, salvation causes happiness, God's wonderful blessings cause happiness, but the knowledge that one day this life on earth will be over, and we shall spend eternity with Christ in heaven causes more true happiness than I could ever explain!

I AM WAITING

author unknown

I am waiting for the dawning
Of the bright and blessed day,
When the darksome night of sorrow
Shall have vanished far away:
When forever with the Savior,
Far beyond the vale of tears,
I shall swell the song of worship
Through the everlasting years.

I am looking at the brightness --
See, it shineth from afar --
Of the clear and joyous beaming,
Of the "Bright and Morning Star";
Through the dark, gray mist of morning
Do I see its glorious light?
Then away with every shadow
Of this sad and weary night.

I am waiting for the coming
Of the Lord who died for me;
Oh, His words have thrilled my spirit,
"I will come again for thee."
I can almost hear His footfall
On the threshold of the door,
And my heart, my heart is longing,
To be His forevermore.

Hallelujah! Why have we got so many unhappy Christians when we have the coming of our Lord to look forward to? Jesus commands us to watch and to be ready for His coming. But, while we wait, we should be **happy** and contentedly enjoying the life He has so graciously given to each of us as Christians.

So, we have seen that Christians should be happy, we have seen examples of happy Christians, we have seen that we are always to be happy, and we have seen the definition of true happiness, and where it comes from. Now that we know all of this, we should share our true happiness with others. By sharing with others, by helping others, our **happiness** and **joy** will increase. Those who bring sunshine into the lives of others cannot keep it from themselves!

Elihu Burritt, the United States consul at Birmingham, England under President Abraham Lincoln, once said; "No human being can come into this world without either increasing or diminishing the sum of total human happiness."

By our attitude, by the way we live, by what we do and say; we either make others happy or unhappy.

The story is told of a king who had an unhappy son. The
prince had everything a boy could want - a pony, hundreds of toys, and even a yacht to sail in the lake. Still he was unhappy.

One day, the king consulted a wise old man about his son. The old man took a piece of paper and wrote on it some words in invisible ink. He told the king to hold that piece of paper up to a lighted candle that night, and he would be able to read it.

That night, the king lit a candle and held the paper up to it. Here was the message: "The secret to true happiness is to do a little kindness for someone everyday."

Someone once said; "Don't expect to enjoy life if you keep your bottle of kindness closed up."

While seeking the happiness of others, we will always find happiness for ourselves.

One of the main reasons many Christians are not happy, is they are too busy living their life for themselves. We live in a my, me, mine society. Everyone is out for themselves, and could care less about the rest of this world. And then they wonder why they are totally miserable.

As a Christian, we cannot be happy living for ourselves. We are made to live for others. Jesus Others and You. What a wonderful way to spell JOY. That is the only way to spell joy and true happiness in our life. We must obey, trust, and serve God, and then, we must put others happiness before our own.
Yes, my friend, a Christian should be and can be truly happy. When we learn the simple truths of true happiness and apply them in our lives, we will be happy! And instead of miserable or okay, or so, so days, everyday will be fantastic!

I have often said, "If you cannot enjoy life, why live?" And as a Christian, we can enjoy life, so why not try it? Why not give Jesus Christ and the only true happiness a chance?

"Rejoice in the Lord always, and again I say Rejoice!"

**VII. CONCLUSION**

There is only one true happiness. This is the happiness, which I’ve described in this short book. This happiness is found in having a personal relationship with Jesus Christ, and living for Him and for others. You will never find a better and more fulfilling and lasting joy and happiness than which I’ve described.

This happiness is not obtained by joining a certain denomination, giving a specified amount of money, or by other means. I’ve tried to describe in detail the only way you can experience it. I know from experience that this is true.

Although I am an inspirational speaker, author, and founder of inspiritnews.com, I also have a full-time job. Every place I’ve ever worked, I’ve always sought to do my best to be kind and to help make others happy. In closing, I’d like to share two comments; one from a co-worker and another from a former manager:
From a co-worker:

“I have known Joshua for the last 5 years. We are coworkers at a company in Atlanta, Georgia. Joshua is known throughout the office as a positive and encouraging spirit. Whenever anyone asks Joshua how he is doing is answer is ALWAYS “Fantastic”! Joshua is the office spiritual leader and support whenever anyone has faced personal difficulties or just needs encouragement in the daily walk of life. He takes a personal interest in his coworkers and treats them as more than coworkers but true friends.

Anyone who gets to know Joshua immediately can see beyond his physical difficulties, his faith is God and joy for life is always beaming. He truly is someone who has overcome life’s obstacles; seeing them as a benefit and blessing from God. Joshua has used his story to touch people around the world. His encouraging spirit touches my life daily.”

From a former manager:

“Joshua realized that work is not just a place to do a job, but it is also a place where a group of people are more or less forced to spend a lot of time together. He did everything he could to make the job more fun and if possible, to bring a smile to anyone he encountered during the course of the day. Joshua always understood that clients and coworkers are first of all people with the same problems and needs that everyone else has.”

True happiness is available. The decision to seek and find it is up to you.
About the Author:

Most people have a hobby or favorite pastime that keeps them busy outside of work, but how many can say that doing what they love has made a difference in someone else’s life? Joshua Goodling can. When he’s not working at his full-time job, Joshua leads the active life of an inspirational and motivational speaker. “Many people aren’t happy,” Joshua says. “If I can bring some happiness to others, that’s my purpose in life. To inspire and encourage people that they can do more than just make it, more than just get by. They can actually make something of their lives.”

Joshua was born in Chicago, one of seven children, and lived in 14 states while growing up. At the age of four, he was diagnosed with terminal cancer. The doctors said he had one week to live and his chances of survival were zero! That was over 35 years ago, so it’s been a long week! Although healed from the cancer, he still contends daily with physical challenges from the ordeal. Josh came through with a deep interest in helping others, a story to tell, and more importantly, a message for everyone: “Life is what YOU make it”.

When he was 10 years old, Josh convinced his pastor to let him use an abandoned church auditorium on Saturdays to speak to anyone willing to listen. He went around the neighborhood knocking on doors and inviting people to come. “Many people laughed,” Josh recalls. “This short kid, speak? But some people came, and I did it for almost a year until we moved away. On our biggest night, we had 75 people.” That was the beginning, and after graduating from College he was on the road full-time. “I’ve spoken at churches, schools, businesses, and many other places – I’m here to show people,
Hey, I had cancer and they said I wouldn’t make it. But if I can, you can, too. Alone we may seem unable to do much, but through the power of Jesus Christ, we can do anything.”

He now speaks several times a year. Not as much as he’d like to, of course. But he has expanded his campaign to include books and inspirational pamphlets that tell his story and convey his message of hope and encouragement. He writes letters and mails materials all over the world – to regular folks and not-so-regular folks. And they respond. Joshua has received letters of thanks from Queen Elizabeth, Princess Diana, both President Bushes and Barbara Bush, Dick Cheney and others.

It’s not all work for Joshua, though. He enjoys golf and is an avid traveler. In the past 5 years he has visited Poland, Germany, Austria, Switzerland, France, and England.

To what does Joshua attribute his success? “A positive attitude towards life, a personal relationship with Jesus Christ, and my parents.”

You’re invited to visit Joshua’s websites at: www.joshuagoodling.com and also www.inspiritnews.com.

Of course, your comments, thoughts, and support are always appreciated. You may write to Joshua at:

Joshua Goodling - P.O. Box 467342 - Atlanta, GA 31146