

Lesson Notes:

Key's to Happiness

It's easy to fall into a trap of negative thinking when things don't work out for us just the way we have planned. Many people can fall into deep depression affecting their relationships, their job and their entire lives. Following are biblical keys to being happy.

Scriptural Principles

- 1) **Don't go it alone** – King Solomon tells us about the value of a friend in Ecclesiastes 4:9-12. In 1 Samuel 18:1 we find that Saul's son Johnathan loved David as he loved himself. Had it not been for the friendship of Johnathan David would have faced severe hardship when hiding from Saul in the wilderness during the time that Saul wanted to put him to death.
- 2) **Popularity can be fleeting** – King Solomon tells us in Ecclesiastes 4:13-16 that popularity can be "here today" and "gone tomorrow" so don't count on it as a source of happiness.
- 3) **Your thoughts can affect your thinking.** – King David tells us not to live in fear in Psalm 112:7
 - a) Paul tells us to control our thoughts in 2 Corinthians 10:4-5 and bring them into captivity.
 - b) Paul tells us in Romans 8:38-39 to keep in mind during times of trouble that nothing separates us from the love of God.
 - c) Paul reminds us in Romans 8:28 that there is a purpose behind all things and God is in control.
 - d) Paul tells us in Hebrews 13:5 that God promises he will never leave or forsake us.
- 4) **Psalm 37:4-5 tells us that if we commit our ways to the Lord he will grant us all the desires of our hearts.**
- 5) **Surround yourself with Winners.** – When scouting out the land of Canaan which God had promised to the nation of Israel only two of the scouts (Joshua and Caleb) returned to Moses and the people exhorting them to take the land that God had promised them. The others came back frightened of the inhabitants of Canaan and frightened the nation of Israel to the point that they were afraid to go into the promise land and take it as the Lord had instructed. As a result Joshua and Caleb were the only two of the scouts permitted to enter into the promise land. – **Numbers 13:31-33; Numbers 14:36-38** We learn from this to surround ourselves with positive people..

- 6) **Remember that Christ has set us free** – Paul reminds us in **Galatians 5:1** that Christ has set us free from sin and we are no longer in bondage.
- 7) **Just say “No” to Sin** – Paul tells us in **Ephesians 6:10-12** to put on the whole armor of Christ so that we can avoid all occasion of sin.
- 8) **When you forgive you feel better** – In many instances we are unhappy due to what we perceive as unforgiven sin in our lives. Jesus tells us in **Romans 10:13** that whosoever calls upon the name of the Lord is forgiven. Jesus also encourages us to forgive others in **Mark 11:25** so that we may be forgiven ourselves.
- 9) **Be content with what you have.** – In **Philippians 4:11** Paul tells us to be content with what we have. Jesus tells us in **Matthew 6:19-21** to be not concerned with the things of this world but lay up your treasures in heaven.