



Healthy Happiness

Surrendered Emotions Series

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Why Is It So Hard to Be Happy?

- Sin Nature:** We are prone to sin and to temptation
- Survival:** Our brains are wired to hunt out danger
- Media:** We focus on negative more than positive
- Compare:** We see what we don't have not what we do
- Outcome:** We lose sight of the journey for the goal

DAVID MURRAY

THE
HAPPY
CHRISTIAN

TEN WAYS TO A JOYFUL
BE

Pew Research

36% of religious adults
are happy

64% aren't

25% of non-religious
adults are happy

75% aren't

Surrendered Emotions Series Theme

We either surrender our emotions to the Lord and the Holy Spirit, or our emotions will surrender us to the world and the flesh.

Proverbs 4:23, Above all else, guard your heart, for everything you do flows out of it.

Surrendered Emotions to God

Surrendering your emotions to God means being completely honest about your feelings to God, yourself, and to others – and surrendering our emotions to the Holy Spirit's control and with the Word of God.

Luke 6:45, The good person out of the good treasure of his heart produces good, and the evil person out of his evil treasure produces evil, for out of the abundance of the heart his mouth speaks.

Emotionally Engaged Truths

We are made in God's likeness and image

Our emotions are for connection / relationship, and the Gospel

We RAC (Recognize, Accept, Consider / Change) our emotions

We stay engaged with our emotions during our psychological states

- Subjective experience (perception)

- Physiological (autonomic) response

- Behavioral (chosen) response

Emotion Alliteration #1 - Healthy Happiness

Happy



Sad



Angry



Surprised



Scared



Disgusted



Happiness Definition and Top 4 Happy Factors

A state of well-being, contentment, and joy, involving a balance of positive emotions and overall life satisfaction.

What makes American's Happy?

Pew Research Top 4

1. Strong family relationships
2. Good health
3. Financial stability
4. Active social and religious community

Healthy Happiness

Healthy Happiness is an interdependent phrase

It's an adjective-noun modification

Improving one automatically improves the other

Happiness boosts health and health boosts happiness!

Proverbs 17:22, A joyful heart is good medicine, but a crushed spirit dries up the bones.

The Health of Happiness

National Institute of Health:

Happiness lowers cortisol and adrenaline which lowers blood pressure and heart rate.

Happiness increases antibodies / reduces infections.

Happy individuals are more motivated for healthy habits (nutrition, exercise, sleep, hydration, social).

The Happiness of Health

Harvard Health:

When our body feels good, we are automatically happier

When we take care of our body, we are happier

When we rest, eat well, and hydrate, we are happier

When we exercise, we release mood boosting hormones

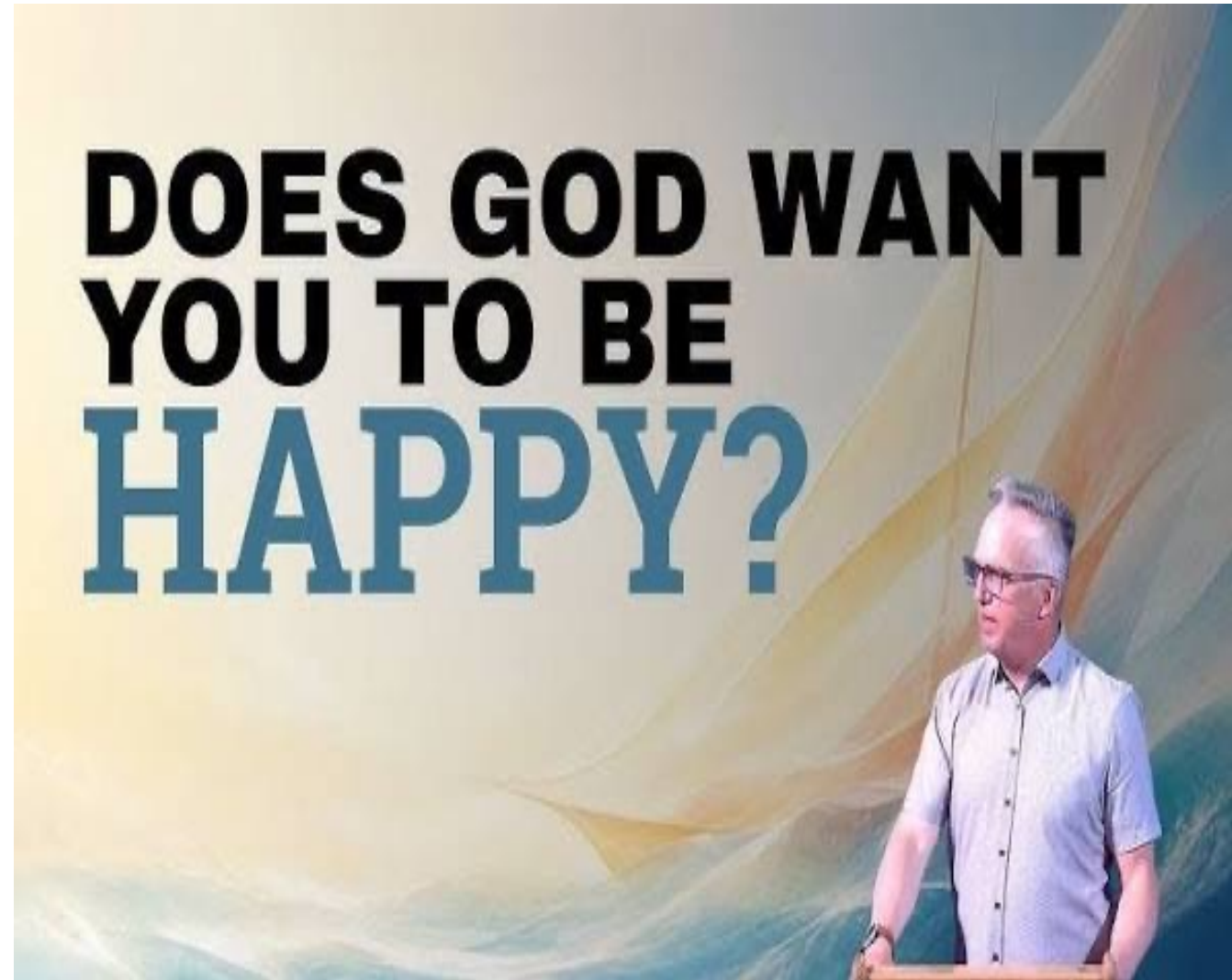
When we sleep, we release restoration energy

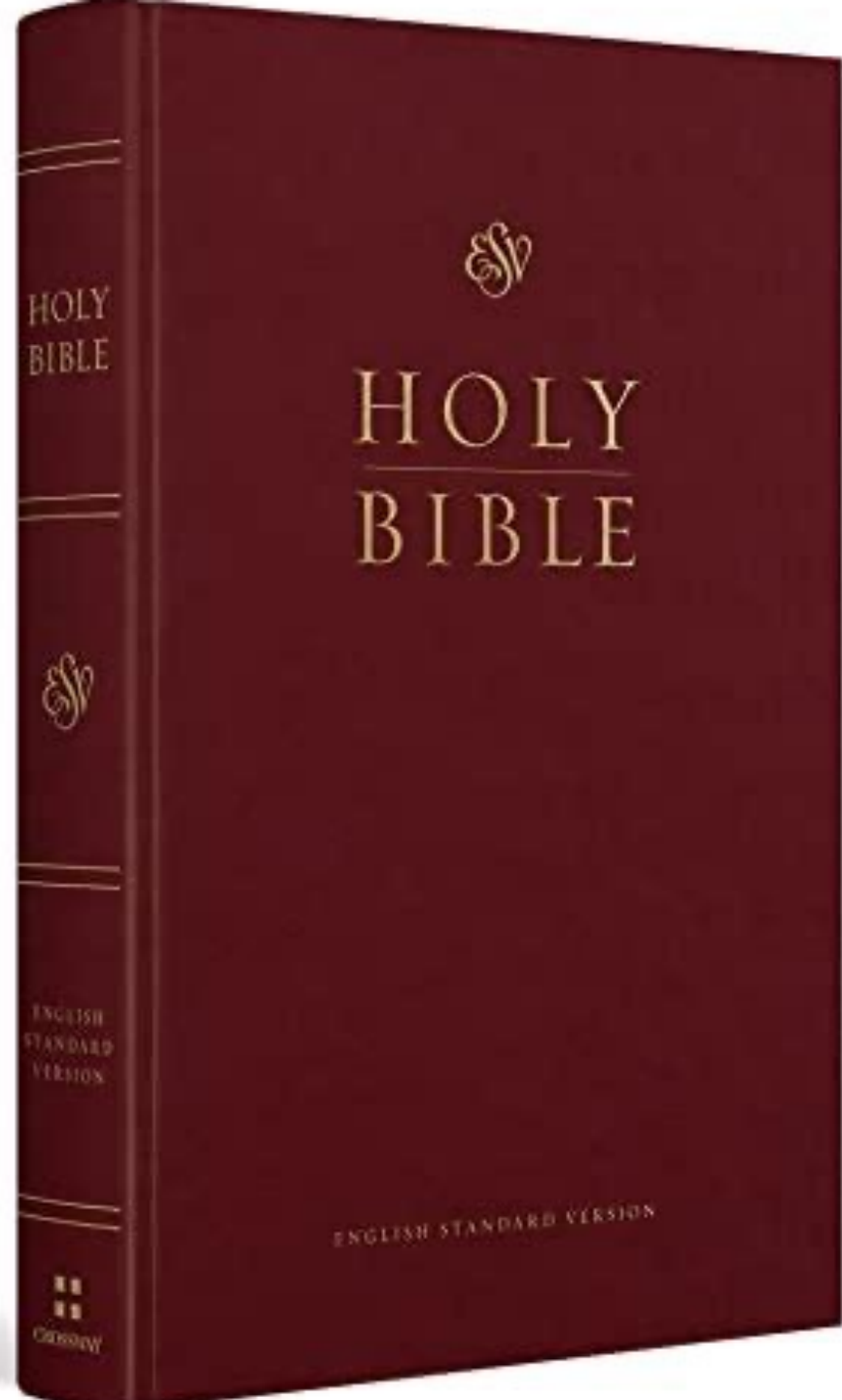
We know we are to have joy

Bible uses joy, joyful, rejoice or rejoicing for us over 400X

Joy is a Fruit of the Spirit

Part of our innate nature in Christ





Does the Bible Teach us to be Happy?

In the ESV and the NIV happy or happiness appears only about 5 – 10X.

In the KJV happy or happiness appears only 28 – 29X

Blessed / Happy in the Hebrew

Blessed in Hebrew = *ashrei* can be translated happy

1st 1,000 years of the Bible translations: it was happy

44X in Old Testament

36X in Psalms/Proverbs

Psalm 1: 1, Happy is the man who walks not in the counsel of the wicked, nor stands in the way of sinners nor sits in the seats of scoffers; but his delight is in the law of the Lord, and His law he meditates day and night.

Blessed / Happy in the Greek

Blessed in Greek = *makarios*

Can be translated as happy

Used 50X in the NT

36X in the Gospels

Ancient Greek: *Makarios* (special privilege, desirable position)

Hellenistic Greek: *Makarios* (divine favor, spiritual flourishing)

Romans 4: 7 – 8, Happy are those whose lawless deeds are forgiven, and whose sins are covered; happy is the man against whom the Lord will not count his sin.

Jesus Being Happy

Luke 10: 21, At that very time, Jesus ***rejoiced greatly*** in the Holy Spirit and said, “I praise Thee O Father, Lord of heaven and earth, that Thou didst hide these things from the wise and intelligent and didst reveal them to babes. Yes, Father, for thus it was *well pleasing* in Thy sight”

rejoiced greatly = *agalliao* in Greek = leap for joy,
exuberance, uncontrollable gladness

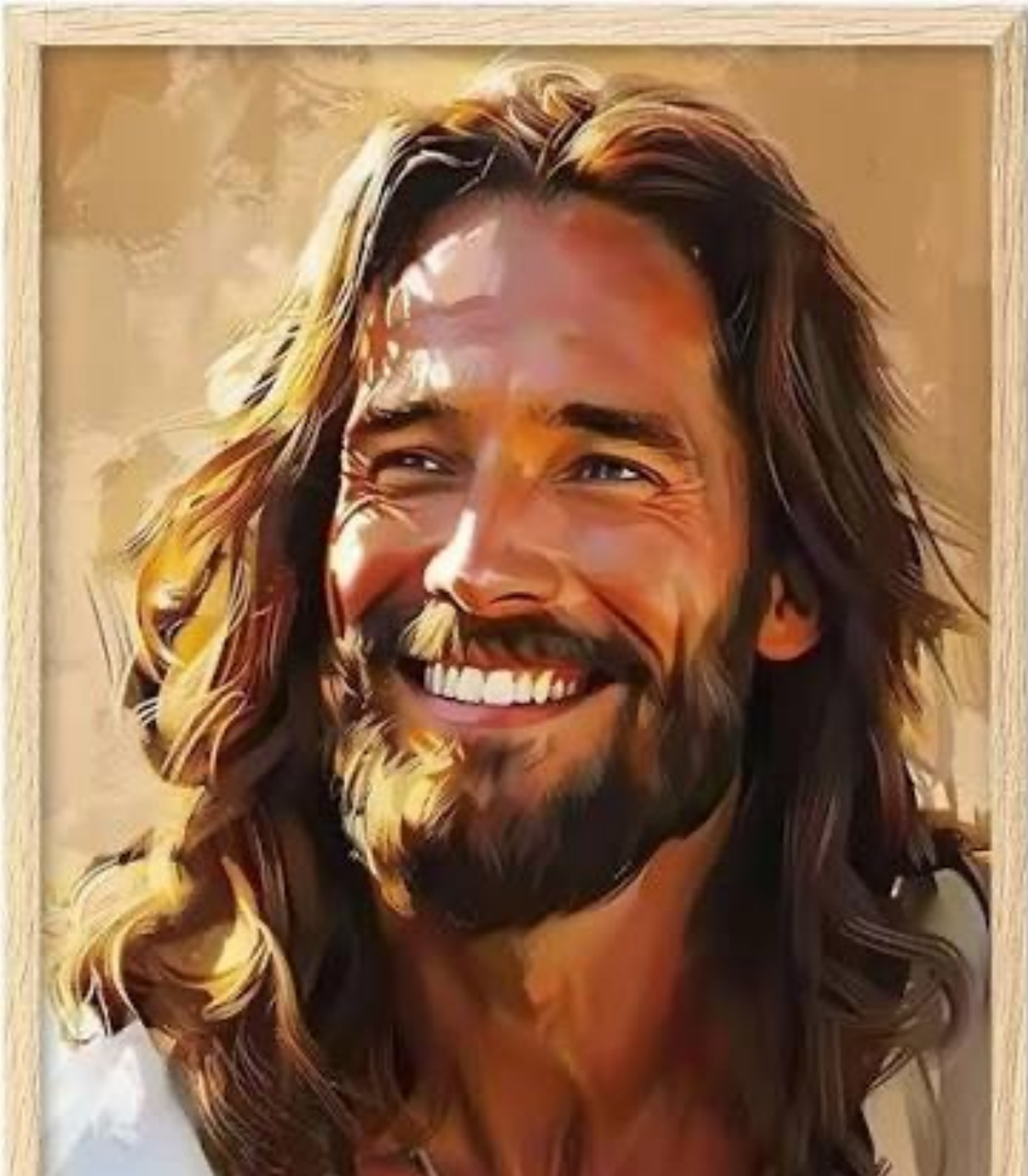
Jesus Being Happy

Matthew 8:10, Now when Jesus heard this, He *marveled*, and said to those who were following, “Truly I say to you, I have not found such great faith with anyone in Israel.”

marveled in Greek = *thaumazo*

fully amazed, astonished admiration

profoundly pleased



Does Jesus Teach Us to Be Happy?

Jesus used makarios 25X

He used it in the beatitudes.

A deeper divine state of happiness and joy

Beatitudes: Interesting Guide to Happiness

Happy are those:

who know they need God, for theirs is the kingdom of heaven.

who are sad, for they will be comforted

who are the gentle and humble, for they will inherit the earth.

who want to do right, for they will be satisfied.

who show mercy, for they will receive mercy.

with clean and honest hearts, for they will see God.

who build peace, for they will be called children of God.

treated badly for doing right, for theirs is the kingdom of heaven

Happy For These Things?!?

Happy for

needing God, being sad, gentle, wanting to do right

Happy for

showing mercy, having a clean heart, building peace

Happy for

being treated badly for doing what is right!

Being Happy to the Lord is Seeking, Obeying, and Depending on God

Proverbs 8: 32 - 35, And now, O my sons, listen to me:
happy are those who keep my ways. Hear instruction and
be wise and do not neglect it. **Happy** is the one who
listens to me, watching daily at my gates, waiting besides
my doors. For whoever finds me finds life and obtains favor
from the Lord.

Happy are the Christians for We Will...

Find God and the Kingdom when we need him

Be comforted by others when we allow them to

Find favor in the community when we are gentle

Will be satisfied when we want to do right

Receive mercy when we give mercy

We will see God and His work when we have a pure heart

Called friend when we build peace in the community

Have modeled Christ when we are mistreated in His name

The Happiness / Joy of Jesus is to be in US!

John 15: 11, These things I have spoken to you, that ***my joy*** may be ***in you***, and that your joy may be made full.

Joy in Greek = *Chara* Deep gladness

Soul satisfaction Calm delight

Why So Many Christians are Unhappy

*Dennis
Peacocke*

Desiring God Research

Guilt over sin

Feeling distant from God

Living with no joy

Half-hearted commitments

Negative focus

Unrealistic expectations

Legalistic church issues

Happiness From Healthy / Holy Habits

Dopamine: chemical messenger in brain that controls pleasure, motivation, and movement.

Dopamine released when we make wise choices

Dopamine released when we finish responsibilities

Dopamine released when we hangout with friends

Dopamine released when we worship, pray, attend Church

Dopamine released when we obey the Lord and His Word

Are Christians to Be Happy?

Yes, but it must be **healthy** and it must be **holy pursuits**

Yes, but it won't be all the time.

Yes, but in certain seasons that will be difficult.

Yes, and we need the Lord and others to maintain it.

Yes, and obeying God and His Word make it more likely

Yes, who wants to follow an unhappy person to Jesus