

Happy? Pastor Jim Critcher

Psalm 103

² Praise the Lord, O my soul,
and forget not all his **benefits**—
³ who forgives all your sins
and heals all your diseases,
⁴ who redeems your life from the pit
and crowns you with love and compassion,
⁵ who satisfies your desires with good things
so that your youth is renewed like the eagle's.

- May the cross be something we have a growing revelation thru the year; not just during Passion week.
- This gospel & this cross have “features” that we are not even aware of

Forgiveness - Colossians 2:13

- The cross brings our salvation

Healing - Isaiah 53:5

- Healing is ours by his suffering

Redemption - Galatians 3:13-14

- The promises to Abraham are ours by the cross

Love - John 3:16

- God's provision is the expression of love and the healthy it brings.

Happy Thoughts

- To have health, we are going to have to put up with some “un-happy” thoughts & moments.
- Compared to others, we often don't seem as happy as the people around us. We feel bad because we're not as happy as we think we ought to be.
- Happiness is an expectation people have of themselves and one another.
- We lose sight of the cycle that is in life that incorporates both rejoicing and mourning; happiness and unhappiness; to be righteously angry about wrong things
- “Happiness is not a goal, it is a by product.” (Elenore Roosevelt)

1) Heresy of Happy - Psalm 10:6

- “Pursuit of happiness” – as we find it in the Declaration of Independence; such pursuit is not a guaranteed of happiness
- If we think that we should be happiness and deserve it makes us feel “entitled”.
- “I'll always be happy & never have trouble...” says the wicked in their heart

(PS 10:6)

2) LACK of Happiness - Divine setup - Isaiah 38:15-19, Job 2:9-10, Hebrews 12:2

- Lack of happiness brings us into deeper revelation of God; when we came into Christ, we came broken, in pain.
- All the ways we tried to avoid our pain, God used it to bring us to Himself. Our pain was the doorway into more revelation of Him.
- The intensity of our prayer is measured the depth of our pain.
- IS 38:15ff – “I will walk humbly because of this anguish of soul...surely it was for my benefit that I suffered such anguish...”
- Our very pain is often times the back drop for God’s grace in our lives.
- What made David a man after God’s heart was that he called his pain for what it was.
- Job 2:9-10 – “curse God and die. Shall we accept the good from God and not the hard?”
- HEB 12:2 – “for the joy set before Him He endured the cross...”

3) Exchange - Matthew 4:1-11, Hebrews 12:7-11, 2Corinthians 7:8-9

- What we give over to God, we get his grace in exchange
- You can be joyful but not happy – joy is not necessarily characterized by “happy”; you can be in the center of God’s will and not be happy.
- Jesus wasn’t willing to exchange the discomfort of hunger for momentary satisfaction that would make him “happy”.
- Discipline is not a “happy moment”

4) God will violate our happy to get us healthy

- God will do whatever it takes to bring us to health
- Left to ourselves, we will not get healthy
- As parents, we are willing to make our teens unhappy to keep them in safety and health.

5) Happy or Healthy: Defining the goal - Eccl. 3:12

- What is the goal? Is it to be happy or to go thru the process of Lordship by which we are made truly healthy.

Biblical love, real health = giving oneself away - John 15:13

Greater gifts - 1Corinthians 14:4-5; 12

- Excell in the gifts that build up the body.
- Fruit doesn’t benefit the tree! Its benefits are for others – for those who eat the fruit

Healthy things produce and reproduce - Ezekiel 47:12

- WE reproduce what we are and that is the why God wants us to be healthy.

Fruitfulness places its emphasis on others - John 15:8

