



## All the Feels | Week 4 Bill Bush | 05.01.2021

### Big Idea

Our happiness reveals our hope.

The lie: "The grass is greener on the other side of the fence" mentality: If I only had \_\_\_\_\_, then everything would be wonderful.

The false premise: My happiness is God's number one agenda.

Axiom:

- Major premise: God wants me to be happy.
- Minor premise: My situation, job, marriage, school, relationships are so painful/stressful that...
- Conclusion: This situation or relationship can't be God's will for my life.

### Psalm 30 (NLT)

A psalm of David. A song for the dedication of the Temple.

<sup>1</sup> I will exalt you, Lord, for you rescued me.

You refused to let my enemies triumph over me.

<sup>2</sup> O Lord my God, I cried to you for help,  
and you restored my health.

<sup>3</sup> You brought me up from the grave, O Lord.  
You kept me from falling into the pit of death.

<sup>4</sup> Sing to the Lord, all you godly ones!  
Praise his holy name.

<sup>5</sup> For his anger lasts only a moment,  
but his favor lasts a lifetime!

Weeping may last through the night,  
but joy comes with the morning.

<sup>6</sup> When I was prosperous, I said,  
"Nothing can stop me now!"

<sup>7</sup> Your favor, O Lord, made me as secure as a mountain.  
Then you turned away from me, and I was shattered.

<sup>8</sup> I cried out to you, O Lord.  
I begged the Lord for mercy, saying,

<sup>9</sup> "What will you gain if I die,  
if I sink into the grave?"

Can my dust praise you?

Can it tell of your faithfulness?

<sup>10</sup> Hear me, Lord, and have mercy on me.

Help me, O Lord.”

<sup>11</sup> You have turned my mourning into joyful dancing.

You have taken away my clothes of mourning and clothed me with joy,

<sup>12</sup> that I might sing praises to you and not be silent.

O Lord my God, I will give you thanks forever!

#### Four things to focus on for a happier life:

1. Happiness comes from the *source* of life, not the *resources* of life.
2. God doesn't *replace* sorrow with happiness. He *transforms* sorrow into happiness.
3. Lasting happiness is found in *pursuing* God, not *playing* God.
4. Happiness should produce *praise* parties, not *pity* parties.

#### John 16:20-22 (NLT)

<sup>20</sup> I tell you the truth, you will weep and mourn over what is going to happen to me, but the world will rejoice. You will grieve, but your grief will suddenly turn to wonderful joy.

<sup>21</sup> It will be like a woman suffering the pains of labor. When her child is born, her anguish gives way to joy because she has brought a new baby into the world.

<sup>22</sup> So you have sorrow now, but I will see you again; then you will rejoice, and no one can rob you of that joy.

#### Philippians 4:4, 7, 11-13 (NLT)

<sup>4</sup> Always be full of joy in the Lord. I say it again—rejoice!

<sup>7</sup> Then you will experience God's peace, which exceeds anything we can understand. His peace will guard your hearts and minds as you live in Christ Jesus.

<sup>11</sup> Not that I was ever in need, for I have learned how to be content with whatever I have. <sup>12</sup> I know how to live on almost nothing or with everything. I have learned the secret of living in every situation, whether it is with a full stomach or empty, with plenty or little. <sup>13</sup> For I can do everything through Christ, who gives me strength.

#### Response

- Are you currently experiencing joy? Why or why not?
- Each day this week, identify something that brings you joy and explain why.
- Find ways to praise God this week despite your circumstances.
- Who in your life needs joy that only Jesus can give? Share the gospel with him/her this week.