

Outline – January 23, 2022
Psalm 51:11-12; John 15:11-13; Hebrews 12:1-3
Overcoming The Inhibitors To Happiness

The Big Question: What Is The Source Of Joy And Happiness?

- I. **The source of joy**
 - A. Is knowing Jesus more each day
 1. That my joy may be in you
 2. That your joy may be full
 3. The joy of the Lord is our strength
 4. Joy becomes the lubricant of life
 5. His joy is abounding (expressive), abiding (glad days – sad days), abundant
 - B. Joy is gratitude rooted in grace
 - C. Joy is the root, happiness is the flower
- II. **The fuel of joy**
 - A. Love that flows from God through you to others
 - B. When you express love as defined by scripture you create happiness
 1. In you
 2. In others
 - C. Happiness comes from the relationships that are created by God for God
 1. Sacrificial
 2. Caring
 3. Patient
 4. Kind
 5. Serving
- III. **What prevents us from knowing and experiencing joy and happiness?**
 - A. We become our own worst enemy
 1. We don't think it's real
 2. We don't think we deserve it
 - B. We focus on our excuses
 1. We are excuse machines
 2. Excuses are often pseudo-reasons
 3. Excuses are often the "because" of life
 - C. We create excuses
 1. Due to painful experiences
 2. Due to fears or uncertainties
 3. "I can't" is dressed up as "I won't"
 4. "It's not my thing" is dressed up as "I am afraid to try"
 5. So we lie and deceive ourselves

IV. What excuses do to us

- A. They tell us what we can and cannot do
 - 1. They become our boss, our king
 - 2. They prevent us from growing and giving in life
- B. People who make excuses rarely make much of a difference
- C. Excuses rob us of what we could have achieved
 - 1. What we could have done
 - 2. The love we could have given
 - 3. The love we could have received

V. A solution to the "excuse" problem

- A. Focus on Jesus
 - 1. More than past failures
 - 2. More than past hurts
 - 3. More than past circumstances
- B. When you focus on Jesus you stop focusing on excuses
 - 1. You stop living behind the excuses
 - 2. You break through the fears
 - 3. You shut down the "excuse factory"

VI. What happens when you shut down the "excuse factory"?

- A. Happiness begins to happen
 - 1. As you achieve/accomplish
 - 2. As you grow (get better)
 - 3. As you progress (improve)
- B. As we start applying positive action to the "blueprint" of our life
 - 1. Life gets better
 - 2. We become happier
 - 3. Life becomes depressing when you believe you have no control over your life

VII. Here are your choices as life happens

- A. Take Jesus at His Word
- B. Blame others
 - 1. Stay angry
 - 2. Become cynical
- C. Start working on changing your life and blueprint
 - 1. Get the help
 - 2. Get the training
- D. Don't give up until you get your breakthrough
 - 1. In business/goals
 - 2. In relationships
 - 3. In your general status

- E. As you see God work in your life you will see
1. Continual joy
 2. Contagious joy
 3. Conspicuous joy

As Your Joy In Messiah Is Made Full