

## **Get Real Part 3: Real People Aren't Always Happy** **Psalm 144:15 NRSV**

**The Big Idea:** Real people aren't always happy, but they can experience real joy

**Intro:** We all want to be happy, but as real people in the midst of real life, we aren't always happy. Our happiness often times changes with the circumstances of life. But we can experience a real God who can fill our lives with joy.

God cares about our happiness, but he wants us to find true happiness HIS WAY.

Three Foundational Truths:

1. True happiness is found in what we call JOY.
2. Happiness is an expression of our joy.
3. God wants you to experience joy IN HIM.

Here are three reasons that we aren't always happy and how we can experience JOY:

### **1. We aren't always happy because we don't think our current blessings are 'enough' – But we can be JOYFUL when we count our blessings.**

Counting our blessings: Shifts our perspective, deepens our faith, heightens our awareness of God's presence, promotes generosity, improves mental and emotional health, and aligns our lives with Biblical teaching.

If we don't LEARN TO BE CONTENT and find happiness what we have, then we're deceiving ourselves thinking that WE'LL BE HAPPY in the future.

### **2. We aren't always happy because we're looking for happiness in the wrong places – But we can be JOYFUL when it starts on the inside**

Joy is an inside job. Our joy isn't dependent upon our circumstances.

We often pursue happiness in possessions, positions, pleasures, people, and praise.

If you're waiting for everything 'OUT THERE' to be PERFECT before you can have joy...  
YOU'LL BE WAITING A LONG TIME

### **3. We aren't always happy because we're weighed down by stress and the pressures of life – But we can be JOYFUL when we cast our cares on Jesus**

Jesus tells a parable in Matthew 13 about how the cares of the world can choke the Word of God from our lives – this is true about joy as well.

1 Peter 5:7 NKJV casting all your care upon Him, for He cares for you.

Unhappiness is a symptom, not a disease. We must uproot the cause of unhappiness.

John 15:11 (NIV) (spoken by Jesus): "I have told you this so that my joy may be in you and that your joy may be complete."

If we continue to LIVE BY OUR OWN JOY while forsaking CHRIST'S JOY in us, we will continue to be moved by our circumstances.