

1 (6s):

Sorrowful yet always rejoicing sorrowful yet always rejoicing. That's how the apostle Paul described himself. When you hear that maybe some of you have heard it for a long time. You grew up going to Sunday school. Some of you may be heard that phrase the first time and you're thinking, wait, wait, that doesn't make sense. How can someone be sad and happy? It seems a contradiction. Doesn't it? How can we be sorrowful yet? Always rejoicing. Well, that's what today's message is about because it is possible. It's possible. And we're going to learn how to do it. And we've got to unlearn some things because everything in our rural tells us that we have to change our circumstances. If we want to be happy.

1 (47s):

And you're sad because bad things happen to you. And if just enough, good things could happen to you, then you'd be happy. Maybe it's good things that you can get. If I could just get that new car, a new job, or just a new boss, cause nobody really quits jobs, right? They quit bosses. Right? Gave I just had a new boss. If I had a new job. If I had a new career, a new relationship, If I could just get that girl, I'd be happy. Oh, if I could just get that guy, oh, everything would be fixed. I got those voices backwards in the first service. And it's in a really weird I how to fix it for you guys. We think if I just got this next thing, then we'd be happy that we'd be out of it. But it doesn't work that way. Every single commercial that we ever see tells us that if we do something, it will make us happy that if you buy that beer, you'll be happy.

1 (1m 33s):

Okay. If you use their gambling app, you're going to be happy. And none of those commercials, right? Can I get an amen to that? Okay. Like, it's just, if you do this thing, if you buy this thing, if you go to this place, go on this vacation, then you'll be happy. And what you quickly realize that it doesn't work. It doesn't work. Psychologists are finding this abundantly clear that they are finding that of our happiness, the circumstances of our life. Only account for 10% of our happiness, 10%. That's like nothing. You guys know it. Cause we get the new thing and it doesn't work. So you need some more, you get the new job and maybe I can keep advancing my career. Maybe I can have more success and it never works.

1 (2m 16s):

It just doesn't get us there. We think we just had the thing. We'd be happy, but we're not. It doesn't work. Did you hear about the guy this last week that slept on his couch all week. And we hear about this guy. He asked his wife what she wanted for mother's day. And she said nothing would make me happier than a day at the spa spa. So he got her nothing. You got, you get the joke. Okay. Some people are still not getting it. Right. That's a dumb joke today. Right? Last week we told mom jokes. That's just a bad joke. All right? Not a dad joke, a bad joke. We think things will get us happier. And then it doesn't work That we'll finally be happy.

1 (2m 56s):

But the reality is it's not our circumstances. It's how we respond to our circumstances. There was a study that tracked over 450 men that were graduates from Harvard. And they followed these men for over 45 years. And these are Harvard educated men. So they were making a lot of money. They're very smart.

They're good at what they do and what they found that for these men to determine who was the happiest during this time period. And at the end had nothing to do with how good they were raised. Like it had nothing to do with their childhood. It had nothing to do with how successful they were with their career and how much money they made. It had nothing to do. Even with the closeness of their relationship. They were married.

1 (3m 38s):

The happiest men were those who responded well to bad circumstances. So their response to what happens, made them happy. So thing we all have bad things happen in our lives. Sometimes we have some things that suck, right? It's very Christian term there. Okay. If you didn't know that, okay, suck. There are things that happen in our lives. That's suck. They're bad. They're awful. They happened to us. We can just admit it. They are. And it's how we respond to those that actually determines the true happiness that we can have in our life. So that's what we're going to learn today because our message is called when you're sad in our series, how to be happy, how to be happy when you're sad, because that's what Paul says. He was able to experience sorrowful yet, always rejoicing.

1 (4m 21s):

And I want that for you. And I think you do too. I think you do to sorrowful yet, always rejoicing that you will discover that the secret, If we've got this quote up here, the secret that Aleksandr Solzhenitsyn wrote about in his book, cancer ward, he said, a man is happy so long as he chooses to be happy and no one can stop him. No one can stop him. So we've got to choose that. And that's a choice we all make, hopefully for this series, how to be happy. You've chosen that you want to be happier. Some of you got dragged here. Thank you for being here. We love you. Okay. But if you're here and you're listening to my voice online, you can be happier If we learn how to be sorrowful yet always rejoicing as Paul was.

1 (5m 6s):

So this is what we're going to do today is we're going to look at this scripture and I want to read a whole section of it. So we kind of get a little context for what Paul's writing about, but really we're just going to focus on those four words in second Corinthians, chapter six, verse 10, but we're going to read the passage. So you kind of understand what Paul is talking about in the midst of this. So if you have a Bible open with me to second Corinthians, chapter six, we're gonna start in verse four. And if you have just a phone, you can find the YouVersion Bible app. And on that, we actually have our rice church Denver event that you can find our scripture. You can find our notes, you can take it and save it right there on your phone. But I want to just read second Corinthians chapter six, verse four.

1 (5m 47s):

So this is the apostle Paul writing. He says, as servants of God, we commend ourselves in every way. So he's talking about himself and some of his colleagues, he says, look at us. He says in great endurance in troubles, hardships and distresses. And if that doesn't sound bad enough, he said in beatings, imprisonments and riots in hard work, sleepless nights and hunger, he's talking about what he actually

experienced. If you know anything about the apostle Paul, this is what he experienced in his life. He was beaten. He was in prison. There was riots. When he went to preach, people tried to kill him, drive him out of town. This is all the stuff he's experienced. Things that you think would make somebody sad.

1 (6m 29s):

And then if you jump down to verse eight, he says through glory and dishonor, bad report and good report, genuine yet regarded as impostors known yet regarded as unknown dying. And yet we live on beaten and yet not killed sorrowful yet. Always rejoicing Sorrowful yet always rejoicing Poor yet making many rich, having nothing and yet possessing everything. That's how Paul describes his life. So it's not that he had great stuff going for him. It's like what a cushy, great life he's got the new Lambo out, parked in the parking lot. Actually not in the parking lot here in central park.

1 (7m 11s):

Okay. You don't want to leave that thing out, But okay. That's not Paul, right? He had some rough stuff happened to him. Didn't he? Some terrible things. And yet he says in the midst of it, I am sorrowful yet always rejoicing. And if you read the other letters he wrote, he wrote like half the new Testament. He's very happy. He's very joyful. The true happiness that comes from God. So how does he get there? So we're going to focus on today. Hopefully we can discover some of that. How can he be sorrowful yet? Always rejoicing. How can he be sad and glad at the same time? So what I'm going to teach you guys today is a very simple three point acrostic. I always used to call this an acronym. It's not an acronym. Turns out Matt doesn't know grammar very well, but it's an acrostic three letters that help you remember these three points that I want you to learn today.

1 (7m 57s):

And the first actually the acronym is the word sad. Can you remember that? Sad? So when you're sad, right? Sad. Can you guys just say to the person next to you that sad That's for the message. Not for the, Not about me. Okay. That's sad. Okay. Sad. So the S let's start with the first letter S the S stands for sit in the sadness. If you want to be happy. The first thing that you need to learn to do is actually to sit in the sadness because there are sucky things that happen in our lives. There are things that make us sad that are hard. And if we just want to pretend that everything's good or take that medication real quick and just ignore everything happening, go back to work, go back to play, try to drown it out by smoking something else.

1 (8m 45s):

Like it's not going to help us be happy. We have to actually sit in our sadness first to sit in our sadness. Did you notice in our very long scripture for today, those four words, verse 10, Paul says sorrowful yet always rejoicing, sorrowful, meaning he was sad. Sorrowful means sad. Things are happening. And in case you didn't believe me, this is what the Greek word is. Sorrowful is the Greek word, the pedal to cause someone to be sad, sorrowful or distressed to make sad or sat in. Paul is saying something's happened. That's made me sad.

1 (9m 25s):

This is a hard circumstances. Maybe it's grief from someone dying. It's a difficulty here. It's a sad thing. Paul says, that's what we are. We are sorrowful. We should say that I have experienced sadness. Don't pretend like everything is good. Sometimes. You know those people that just of like, let's listen to the fish and don't worry. I'm be happy, man, of fish. So glad that things gone, some of your kids are like, I don't know what that is. Thank goodness. Like our society has improved for the better, in one regard, at least, right. A fish has gone, Billy Bass, something like that, but he's gone. Cause it doesn't work just to like, pretend that we're happy. Don't get mad. Get glad. Like, okay, no, no, no. There are bad things that happen.

1 (10m 7s):

There are sad things. And we have to just acknowledge it. Say yes, it was a bad thing. I've been to churches before. And everybody's like smiling and happy and clapping, happy clappy churches. Have you heard that? You've been to these churches and everybody's happy like somebody's lying here. Cause there's at least gotta be one person who sad today. Right? Somebody's got to have a rough day. Okay. We don't need to pretend to be happy. We can sit in our sadness. And that's actually a very biblical thing. It's a Bible thing. And I use the word sit here because that too is a biblical term. Jews have really taken this practice to heart. And if especially Orthodox Jews, they still practice something. When someone dies called sitting Shivah and what they'll do is for a period of seven days, is that they'll grieve together by sitting together, they're sitting Shiva and that's actually a biblical thing because Joseph, when his father Jacob died, he grieved for seven days.

1 (11m 5s):

It says seven days. That was the period that they said, Hey, we need a week to get over this death. It's so significant job did the same thing. When all of his children get killed. I mean, not just one, but all of his children get killed. He sits down and weeps for seven days. And his friends come around him and sit with him seven days. That's what it says in the Hebrew there. And Joe, it says they sat with him. They're sitting together. And I think that's important. Men job's friends get a bad rap because they say some weird stuff like at the end of the book, but the first half man they're good friends. Have you sat in silence with your friends for seven days as they grieve. That's a good friend. We sit together in our grief and that's why even Paul would command us in Romans 12, 15.

1 (11m 49s):

He says rejoice with those who rejoice, but weep with those who weep, We need to be sad. We need to acknowledge it. And we need to be sad. Even together. We sit together in our sadness,

0 (12m 2s):

Sit

1 (12m 3s):

In our sadness and our culture has really messed this up. I think, especially for dudes like men, we're taught like you have to be like John

0 (12m 11s):

Wayne,

1 (12m 12s):

This is the face you can make.

0 (12m 16s):

Always like somebody dies

1 (12m 20s):

The face. Okay? You just chance. So show emotion. You have to be this upright man, but here's the truth men. And this applies to everybody. But men listen to me. Our model is not John Wayne. It's Jesus

0 (12m 32s):

And Jesus wept.

1 (12m 34s):

Talk about a short scripture, John 11:35 shortest verse in the Bible memorize that Jesus wept, His friend Lazarus died. And he knew he was going back from the dead.

0 (12m 45s):

Still. He wept.

1 (12m 46s):

And he showed it to people. He cried when he walks into Jerusalem at the end, knowing that they were in rebellion and sin and about to kill him, he weeps for them. He says, I wish I could gather you like a mother hen gathers her chicks in my wings. So Jesus said he is, he's crying over Jerusalem. And in the garden the night before he puts a trade, he's crying, Calling out to God. And he says, I am overwhelmed with sorrow to the point of death.

0 (13m 14s):

Jesus

1 (13m 14s):

Wept. Do you want to be a true man?

0 (13m 17s):

<inaudible> sit in your sadness.

1 (13m 22s):

And of course that applies for everybody, right? We need to sit in our sadness for time. It's important. I have been blown away by how many people lately, who I've seen die in. And I'm like, oh, so are you guys doing a funeral? And they're like, Nope, nothing.

0 (13m 36s):

Oh, we

1 (13m 36s):

Don't need, they didn't want something. I'm like, it's not for them.

0 (13m 40s):

They're dead.

1 (13m 41s):

No, seriously, the deceased person's dead. They don't need a funeral.

0 (13m 45s):

The Memorial is for us

1 (13m 47s):

So we can get together and cry together. Do you remember the good times and the bad times

0 (13m 53s):

To weave together,

1 (13m 54s):

I sit in our sadness. It's an important thing. And some of you I've had people die in your lives that you haven't fully grieved. You've had dreams for your life. Like I'm going to do this. I'm going to accomplish that. I'm going to have this gear and it doesn't work out. We have, sometimes we got to grieve for our

0 (14m 10s):

Dreams

1 (14m 12s):

And some of us need to grieve. You had a relationship that has broken apart And you've never stopped

0 (14m 16s):

To grieve it.

1 (14m 18s):

See, we need to learn to sit in our sadness. There's no way we can make it to the end of happiness. If we haven't grieved Try to busy ourselves with

0 (14m 26s):

Work, with play with, with drugs.

1 (14m 29s):

So with medications, just, just to stop thinking about it, like, no, we have to think about it. My parents just sold the house I grew up in and we went down on Friday, down to Colorado Springs to this house. I lived there for 10 years growing up. So most of my growing up years and my parents have lived there now, 25 years, I went back in, we hung out with the house more day. I like, we got to have one more day. You know, I just like wanted to spend time in there. And then at the end, before we left, I walked through every single room. I'm even getting emotional, just doing it.

0 (15m 3s):

Like

1 (15m 4s):

It made me sad, made me cry. I remembered some incredible memories. Like I lived in like every single bedroom. Like that's the one I shared with my brother, John. And then I shared it with my brother Jack. And then I had my Zach and then I had my own room. And then I went into the basement. Like I remembered all that. I remember playing in that closet. Like it was the closets that brought back memories in the garage where we used to play roller hockey. We walked to my old middle school and I was like, yeah, that's the place where I got mugged right there. I remember that. And that's where my brother John got in a fight. And my mom's like what? I was like, don't worry. It's like seventh grade. It didn't really a thing. Right? Like all these memories good and bad coming back and like flooding with emotion. And I'm like, I needed to do that, to grieve the loss of that house. And we've got to take those moments

0 (15m 45s):

To

1 (15m 45s):

Sit in our sadness, To sit in our sadness before we move on,

0 (15m 50s):

Sit

1 (15m 52s):

And your sadness. So that's our first point S sit in your sadness. But did you notice? I said, sit don't lie down. Okay. Don't lie down. Don't roll around in it. Don't stay there forever. Okay. We can't stay in our sadness. We sit there for a time period and then we have to move on. Like David, after he grieved the loss of his son, he washed his face and moved on. And they're like, why aren't you still crying? He's like, no, it's time to move on.

0 (16m 20s):

I've sat.

1 (16m 21s):

But now I've got to act. And that's our second point. So S is sit in your sadness. A is act before you feel Act before you feel, don't wait until you feel good. And then I'm going to move forward. Our feelings rarely lead us to actions, but our actions can often lead us to feelings.

0 (16m 40s):

It's true.

1 (16m 42s):

And I don't want you to get this reverse. Cause when you do, you get messed up. We need to act first. And some of you online, I'm glad you're joining us online. You're too depressed to even make it here in person. We love you, but it's time to act some of

0 (16m 53s):

You

1 (16m 54s):

Before you feel Before you feel we've got to act. So we've been talking about this a lot in our series that two weeks ago, we said, one of the actions you need to take is to just get planted next to the streams of living water in God's word. Because actually just taking five minutes to meditate a day can make you happier. Like studies are proving it. And we said, especially if you're meditating on God's word, it's going to help you. It literally makes the person happy, happy as the person who meditates on God's word day and night. That's what it says in the scriptures. So I just challenged everybody to just five minutes a day, spend meditating thinking about God's word. So that's one action. You can take a second. One is what we, Melissa and I covered last week for mother's day. If you missed that, we had a great message we gave together.



1 (17m 35s):

And we talked about how you can help your way to happiness. That serving others is actually a way that we can be happy ourselves. It's not that I can get more stuff for myself. And self-indulgence, it's actually, when we stopped thinking about our own problems and start fixing someone else's that we feel better. So serving is a way that we can act our way to happiness. So that's two things. I'm not going to cover that anymore. That's good review. Okay. What I am going to teach you today is two things. And, and really one thing, it kind of encompasses both of them for us to act our way to happiness. And it actually comes from our verse. If we can look at verse 10, once again, Paul says sorrowful yet, always rejoicing.

1 (18m 16s):

See rejoicing is a verb sorrowful. You might be sad because of something that happens to you, but we choose to rejoice. Yes, it involves our emotions, but we actually have to rejoice first, before we feel joy, we have to rejoice. We have to choose to be glad. This is what the word means. If you look at that Greek word, rejoicing is the Greek word, *Chairo* to enjoy a state of happiness and wellbeing to rejoice and be glad. So we're choosing to rejoice, choosing to choose happiness, and we've got to do that. So the one thing that actually is two things that I want you to do in order so that you can, rejoice is simple.

1 (18m 58s):

Start talking to yourself, not in a crazy way. Although if people think you're crazy, who cares? They're crazy and unhappy might as well be crazy and happy, right? I mean it start talking to yourself, Martin Lloyd Jones, the great British pastor. He said, have you realized that most of your unhappiness in life is due to the fact that you are listening to yourself instead of talking to yourself? I think he's right. Because when we listen to ourselves, this is what we hear. Oh, I do all the bad things happen to me. Why are my friends not there for me? When I was there for them?

1 (19m 40s):

Is there something wrong about me and my ugly? Am I just no good, my terrible person. And you remember all the bad things you've done and you're such an idiot. And some of you have called yourself far worse than idiot, man. We are our worst critics. Aren't we, we have said some terrible, awful things to ourselves that if you ever said them to someone else, they'd be punching you in your face and it's time to punch yourself in the face. Okay. And say, shut up. You and stop. Start talking to yourself. Instead of listening to yourself, you guys hear me on this? We need to start talking to ourself instead of listening herself. I think that might be the reason why Paul in Philippians four, four says rejoice in the Lord.

1 (20m 22s):

Always. I will say it again. Rejoice. He's like telling himself to be happy. We need to tell ourselves to be happy too. We need to rejoice in the midst of the awful terrible things. And there's two ways that I want you to start talking to yourself. One is just telling yourself what you're thankful for. Okay? It's a very simple thing

to just start talking to yourself and say, these are the things I'm thankful for in my life. Because no matter how many bad things are happening in your life, you always have things to be thankful for. And are you telling yourself that This is how we start talking to ourselves? Who cares? What's happening? You start searching on shift. Well, I still have food to eat.

0 (21m 4s):

Okay.

1 (21m 4s):

I still have a vehicle if you have one. Okay? I still have people in my life. Even if I don't like them right now, they're still there. They've stuck with me. There's someone. I have a church that I can be a part of. That loves me unconditionally. You do Okay. If you are a follower of Jesus, you are forgiven of your sins once. And for all, you have a savior that doesn't even care what you do. Even if an ignorance or knowingly sin against him, he still has forgiveness and grace

0 (21m 30s):

And you can breathe.

1 (21m 32s):

Okay? I want everyone to just take a breath in, Let it out. You have something to be thankful for.

0 (21m 40s):

You just breathe.

1 (21m 42s):

You don't have to think about breathing. Isn't that great. Got to thinking and I've enough stuff. Okay? You don't have to think about it. You can just be thankful for at least that I have breath in my lungs And it is such a hard thing to do to force yourself to say what you're thankful for. Right? When you first get started. You're so sad. You're angry. I had that this week and I was like, I gotta, I gotta practice this week. Okay. I'm not feeling great, But I have a wife that loves me. I have incredible kids. I got a church, the Tasman growing right now. Like this. There's so many things good in my life. And then what you find yourself. It's so hard, the first thing. And then the second thing, it's a little easier. And then the third thing, and by the time you get to the 10th thing, you're feeling pretty good. I'm serious. Try it, Melissa. And Melissa will often like force me to do this.

1 (22m 23s):

She's like, say what you're thankful for in my, Not for the traffic right

0 (22m 28s):

Now. I can tell you that, but I have a car.

1 (22m 31s):

Okay. Wow. That's incredible. What a gift. And when you start doing it, It actually changes your soul. So that's how you start talking to yourself. Just saying the things you're thankful for and study after study are proving what the Bible has said. Okay. Thankfulness is a very biblical thing. And yet psychological studies are showing that if you're thankful, it makes you happier. They've done some brain scans on people. So this is what neuroscience is telling us now is that when you give thanks, it actually increases the what's going on in your hypothalamus, Which I guess turns out effects like everything you do in your body. Okay? So the more thankful you are, the more your hypothalamus is working, which means people who are more thankful, have better health, they sleep better at night.

1 (23m 20s):

They have less anxiety, less depression. They have, they live longer and they're more likely to recover from illnesses just by being thankful, just by being thankful, They tracked 468 marriages to figure out what makes the happiest marriages and what they found. The number one denominator is that the right word, numerator, whatever. One of those, two things in happy marriages where people who showed gratitude towards one another, when they thanked each other,

0 (23m 51s):

We're the happiest marriages

1 (23m 53s):

Being thankful, helps us be happier. And that's how we need to start talking to ourselves. What are you thankful for?

0 (24m 1s):

Say it, force

1 (24m 2s):

Yourself to say the words until it starts to change the feelings in your heart act before you feel act before

0 (24m 8s):

You feel act before you feel.

1 (24m 11s):

So that's one way that you can talk to yourself. The second way that you can talk to yourself Is my Cine changing your explanatory style.

0 (24m 21s):

Okay?

1 (24m 22s):

Explanatory style. Let me, this is a psychological term, but I think it's actually a very biblical explanatory style. So what they mean by this is when bad things happen to you in your life. Cause those hard things that make you sad happen, how do you explain it? Do you say, oh, just all the bad stuff happens to me. Murphy's law. It's going to happen. Everybody abandons me. Nobody likes me. If you explain it like that, you have a negative explanatory style. Often we call these people pessimists or cynics. The opposite is a positive explanatory style. People often call these people optimists, but I don't think that's true. Cause optimist looks to the future. They're looking to the past and saying, what bad things happen to me actually are for my good, That's a positive, positive explanatory style.

1 (25m 9s):

You're saying that this terrible thing happened to me, but God is working in it to develop my character, To create. And me, the person I'm meant to be so that I can be strong

0 (25m 19s):

And tough

1 (25m 20s):

And make it through. Who cares? What? With that intended, Joseph did this. After his brothers had sold him into slavery, he was thrown into prison, left there and abandoned. And finally he got out and he came and he forgave his brothers. Do you know what he told them? He said, you intended evil, but God intended it for good Same event. He had a positive explanatory style. I think Paul did too in this passage, right? Sorrowful yet always rejoicing. I want you to see this in second Corinthians four in verse eight, just listen to me right here on this. Paul says we are hard-pressed on every side, but not crushed perplexed, but not in despair, persecuted, but not abandoned, struck down, but not destroyed. We always carry around in our body, the death of Jesus so that the life of Jesus may also be revealed in our, Does that sound like a negative explanatory style or a positive one?

1 (26m 8s):

It sounds like a positive one to me. He knows that in all things, God works for the good of those who love him. Who've been called according to his

0 (26m 15s):

Purpose.

1 (26m 16s):

That's a positive explanatory style. And that's what we need to have. If we want to be happy. This positive explanatory style actually makes a huge impact. There was a study with 180 nuns.

0 (26m 28s):

Okay?

1 (26m 29s):

And this was back in the twenties, the 1920s, the 1920s. They tracked these nuns and they had them write down everything that happens in their life and describe it for over 50 years. And they took these diaries of these nuns and they went back and they could find when the nuns described something bad, happening as positive with the positive explanatory style versus the negative. And what they were able to do is actually determine based on the style. They could actually determine how long those nuns would live in the more positive ones with a positive explanatory Explanation of their life. They are the ones who live longer. They were happier because of how they were framing things that happened in our mind, how they talked to themselves, MetLife.

1 (27m 13s):

They did some studies on this too, because they were trying to sell insurance. And they found out that insurance sales is a really hard job because everybody says, no, they get rejected again. And again and again. And they were having so much turnover from their insurance salesman that they found that in the first year they were losing 50% of their salesmen because they got rejected and rejected and rejected. In four years, they would lose 80% of their salesmen. So they brought in this professor of psychology to come in and just like, just help us out, figure this out because it was costing them 75 million a year having to hire and retrain these people. So what they found was that the 20% who could succeed, what made them successful, where these people had just as many rejections as everybody else, but they had a positive explanatory style.

1 (27m 56s):

When those things happen, they would tell themselves, well, just learning what not to say and what not to do in every single failure. It may brings me closer to success. They had that positive explanatory style about all the things that were going on and, and that actually led them to success in their careers. And to be happier, it was so powerful that other agencies started doing the same thing. Military academy started incorporating some of these questions into their tests to see what soldiers would succeed. Major league baseball did the same thing. How can they tell if someone's going to be a great baseball player? It's not talent. It's the positive explanatory style. Even people recover quicker from heart surgeries. If they have a positive explanatory style, Start talking to yourself, stop listening to yourself.

1 (28m 43s):

This is how we can be happy. And that's why we need to act before you feel act before you feel, don't wait until you feel good to start doing what you should do. Start talking to yourself until you move yourself into

that frame of happiness. That's how you can be sorrowful yet. Always rejoicing. So that's the second point. And the third one is often gets left out this concept, but it's to depend on the spirit. This is R D depend on the spirit. Those first two things. If you're not a follower of Jesus are really good. You should do them and you can do them as not a Christian. And it will help you be happier in your life. But this third one is the key. This is really the secret sauce you need the holy spirit of God in your life.

1 (29m 24s):

It's amazing. I studied so many scriptures this week to prep for this message and almost every single one of them. When it talked about this concept of how you can be sad and happy at the same time, always mentioned the holy spirit, even in this passage that we're looking at today, right before verse 10, if you, if you jump back to verse six, Paul says in the holy spirit sorrowful yet always rejoicing or in another place in first Thessalonians chapter one, verse six, Paul says you suffered much. You had a hard time Thessalonians, but still you accepted the teaching with the joy that comes from who I didn't hear that.

0 (29m 60s):

That's

1 (30m 0s):

All right. The holy spirit did you know, one of the fruit of the holy spirit

0 (30m 4s):

Is joy.

1 (30m 7s):

The holy spirit inside us birth something. It creates something. It produced something it's God's spirit inside of us. I think that's even the reason why Paul said in Philippians four, four, rejoice in the Lord, I will say it again. Rejoice. You need the power of God in you in order to truly experience the happiness that God has for you. The true joy you need to depend on the holy spirit, Depend on the spirit. So that's our third thing. And I think it's so important. You talk to people that are in AA. You know, it's a great organization. They make everybody have a higher

0 (30m 39s):

Power

1 (30m 40s):

Because you need that higher power in your life. If you want to be able to overcome your past life and walk into the new.

0 (30m 49s):

So

1 (30m 50s):

Are you guys going to be sat in your life?

0 (30m 52s):

Yes.

1 (30m 53s):

Are some of you sad right now?

0 (30m 55s):

Yes. S sit in your sadness. It's good. Feel it.

1 (31m 2s):

Take time to take some people around you who love you and say, Hey, can you just sit with me and listen to me? All these people around you will do that for you. Okay? I'm serious. Raise your hand. If you would sit with someone in their sadness, if they ask you to, Okay, look around everybody. There's some people that are willing to do this for you. Sit in your sadness. That's the first thing S

0 (31m 19s):

A act

1 (31m 21s):

Before you feel don't wait, don't listen to yourself. Start talking to yourself. So you can move out of that sadness. Move out of that sadness and de depend on the spirit. If you have the holy spirit living inside of you, he will empower you. He will strengthen you. He will develop the joy of the holy spirit in your life. The more you're saying, I need him and him to do. I can't do this on my own. I can't make myself happier, but the holy spirit inside you can, He can provide you the joy that you've always longed for. So I hope you will remember this across

0 (31m 50s):

Stick, sad,

1 (31m 56s):

Sad. And if I could summarize all of it, I try to give you guys a big idea that summarizes everything. And this is simple. When you don't feel joy,

0 (32m 3s):

Rejoice,

1 (32m 5s):

When you don't feel joy, rejoice, When you don't feel joy, rejoice, we need to do it. We need to act and step into that. If we want to be

0 (32m 13s):

Happy,

1 (32m 14s):

Because this is what Jesus wants for us. And I've said those first two points can apply to your life. If you're not Christian, but that third one, you need to be a Christian. So some of you actually need to accept Jesus as your Lord and savior and receive his holy spirit in your life today So that you can start to develop that fruit inside your life. So I want to give you an opportunity to accept what Jesus did on the cross for you and receive his spirit inside you. And we believe that Jesus, for the joy set before him, that's what it says for the joy set before him. He endured the cross scorning its shame, meaning Jesus died on the cross so that you could be ultimately happy in him the best life now, and the only way to eternal life later, where there will be true, full, perfect happiness.

1 (32m 55s):

So Jesus died on the cross for your sins. Every bad thing you've ever done, Jesus died for to forgive you of those things. And if you accept his gift of forgiveness, he also comes to live inside you with his holy spirit and guide you into the future as you follow him. So I want everybody to close their eyes right now. And if you're feeling a tug on your heart, I want you to repeat this prayer after me so that you can accept Jesus as your Lord and savior and find that holy spirit, that joy inside of you And What we do here is I give you a simple prayer. It's nothing magical, but it's a way that you can declare what's going on in your heart. And if you're not a follower of Jesus and you're ready to accept him, say this prayer out loud. And if you are say this prayer out loud to give somebody courage, that needs to pray it for the first time.

1 (33m 38s):

Can we do that? Okay. With eyes closed, repeat after me, dear God, I'm a sinner. I need a savior. Forgive me. Save me in faith. I declare Jesus is Lord. Fill me with your spirit. Give me the gift Of eternal life. Help me to follow you And find true happiness In you. Now with eyes still closed. If he said that prayer for the first time in meant it. If Jesus today is your Lord and savior, would you please on the count of three, put your hand in the air.

1 (34m 22s):

1, 2, 3, put that hand up high. Let's cheer those all praise God. Yes. Praise God for that. Woo. Okay. You can put your hand down, Lord. God. We are so grateful. We celebrate with the angels who are rejoicing right



now. When people make that decision to follow Jesus and Lord, God has more people declare that publicly through baptism, Lord God. We want to celebrate with them. Walk into the happiness that is found in your holy spirit. That is so much greater than the happiness in this world. It's true when it's lasting And fill us all with joy today in Jesus name. Amen.