

HOW TO BE SUCCESSFUL AND HAPPY IN LIFE
LEARN HOW TO KEEP YOUR HEART HAPPY

Prov. 4:23, "Keep your heart with all diligence, for out of it spring the issues of life." (NKJV)

THE HABITS / EXERCISES FOR A HAPPY HEART

I. IF YOU WANT TO BE HAPPY, YOU NEED TO GET UP EVERY MORNING AND YOU NEED TO SAY, GOD, I THANK YOU THAT YOU'RE GOING TO BE WITH ME TODAY, YOU'RE GOING TO BE IN ME TODAY AND YOU'RE GOING TO BE FOR ME TODAY.

Philippians 2:13, "for it is God who works in you both to will and to do for His good pleasure."

II. BE GRATEFUL AND NEVER GRUMBLE.

Phil. 2:14, "Do all things without complaining and disputing," (NKJV)

III. KEEP YOUR CONSCIENCE CLEAR.

Phil. 2:15, "so that no one can speak a word of blame against you. You are to live clean, innocent lives as children of God in a dark world full of people who are crooked and stubborn. Shine out among them like beacon lights," (TLB)

A. How do you keep a clean heart? You keep it washed.

1 John 1:9, "If we confess our sins, He is faithful and just to forgive us our sins and to cleanse us from all unrighteousness." (NKJV)

Fourth exercise is:

IV. MEMORIZE GOD'S WORD AND LIVE IT.

A. Why do people act depressed?

1. If you're acting depressed, it's because you feel depressed.
2. If you're feeling depressed, it's because you're thinking depressed thoughts.
3. If you want to get out of your depression, you change the way you think.

B. How do you change the way you think?

1. The spiritual way.
2. The spiritual way is called meditating on the Word of God.

C. There are five things you need to do to fill your mind with God's Word.

1. You need to hear it.
2. You need to read it.

3. You need to study it.
4. You need to memorize it.
5. Then you need to meditate on it.

D. THEN YOU NEED TO OBEY IT.

Josh. 1:8, “This Book of the Law shall not depart from your mouth, but you shall meditate in it day and night, that you may observe to do according to all that is written in it. For then you will make your way prosperous, and then you will have good success.” (NKJV)

1. GOOD SUCCESS MAKES YOU HAPPY.

Fifth exercise is:

V. USE YOUR LIFE TO SERVE GOD BY SERVING OTHERS.

A. The only way you can serve God is by serving others.

B. Where does happiness come from?

1. Happiness does not come from status.
2. Happiness does not come from your salary.
3. Happiness does not come from sex.
4. Happiness does not come from success.

C. HAPPINESS COMES FROM SERVICE!

D. Two proven facts:

1. It is now proven that serving other people, volunteering, actually extends your physical life.
2. Serving others is one of the quickest ways to pull yourself out of depression.

So where do you sacrificially volunteer to serve others on a regular basis?