

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

The first habit of keeping your heart happy:

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."

The second habit:

II. BE GRATEFUL AND NEVER GRUMBLE.

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

1. This is a hard habit to break because we're negative by nature and we're conditioned by our culture.
2. We excuse ourselves for all the mistakes we make and we accuse everybody else for all the mistakes they make.

B. There are several different kind of complainers. Which are you?

1. First are the whiners.
2. The second kind of complainers are the martyrs.
3. The third kind of complainers are the cynics.
4. The fourth kind of complainers are the perfectionists.

C. The Bible says this in 1 Thessalonians 5:18, "In everything give thanks; for this is God's will for you in Christ Jesus." (NKJV)

1. It does not say "for."
2. The Bible doesn't say you are to be thankful for everything. It says you are to be thankful in everything.

D. Question: Do you think you would be happier if you followed this second habit every day?

The third habit:

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. One of the things that causes us to lose our happiness is feeling guilty or feeling ashamed.

1. You cannot be guilty and happy at the same time.

Psa. 119:1-6, "Happy are all who perfectly follow the laws of God. Happy are all who search for God and always do his will, rejecting compromise with evil and walking only in his paths. You have given us your laws to obey- oh, how I want to follow them consistently. Then I will not be disgraced, for I will have a clean record." (TLB)

Matt. 5:8, "Blessed are the pure in heart, for they shall see God." (NKJV)

2. The word "blessed" is the word for "happy" in Greek.

B. 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)

C. How do you keep a clean heart? You keep short accounts with God.

1. You practice spiritually like what we practice by taking out the garbage in our house.

You keep your heart clean by making confession to God every day and getting His cleansing and forgiveness.