

# How To Be Happy, Joyous and Free!

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## With Bonus Books:

**How to Find God's Will For Your Life**

and

**Sin, Sorrow, Sadness and Depression**

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## **How To Be Happy, Joyous and Free!**

Introduction: First of all, before we start the actual study, if you have not received Jesus Christ as your personal Lord and Saviour, do so now. Then all of the promises in God's word will apply to you also, and you can be happy, joyous and free. The prayer for salvation is at the very end of this book. Turn their now if you wish to receive Jesus Christ and your Lord and Saviour and begin the journey to happiness, joyfulness and freedom. God desires that all people be saved, that is that all would believe on Jesus Christ and receive the promise of eternal life.

(2 Pet 3:9 KJV) The Lord is not slack concerning his promise, as some men count slackness; but is longsuffering to us-ward, not willing that any should perish, but that all should come to repentance.

(John 6:38-40 NIV) For I have come down from heaven not to do my will but to do the will of him who sent me. And this is the will of him who sent me, that I shall lose none of all that he has given me, but raise them up at the last day. For my Father's will is that everyone who looks to the Son and believes in him shall have eternal life, and I will raise him up at the last day."

### **Happy, Joyous, and Free**

I heard the statement made one time by a man who said, "I know that it is God's will for me to be happy, joyous and free." Those words stuck in my mind for months. How could he know that?, I wondered at various time when his words popped into my mind. What if God wants us to go through a time of suffering? What if it is God's will for us to be miserable? Shouldn't we just accept it and play the hand that is dealt to us? Why should we try to be happy if God wants us sad? Is what he said scriptural? These questions and more like them nagged at my mind for months until one day I decided to do something about it. I decided to search the scriptures to see if I could find out if there was any validity to what he said, it or if it was just the ramblings of an old man.

Later I found out that the words he spoke were a quotation from what is know as the "Big Book," in 12 step recovery programs. The quote is below.

"We are sure God wants us to be happy, joyous, and free. We cannot

subscribe to the belief that this life is a vale of tears, though it once was just that for many of us. But it is clear that we made our own misery. God didn't do it. Avoid then, the deliberate manufacture of misery, but if trouble comes, cheerfully capitalize it as an opportunity to demonstrate His omnipotence.”

While researching this project I discovered that in many cases the words happy and joyous are from the same Greek root word in the New Testament. There are two Greek root words used often and their descriptions are presented below, taken from Strongs Hebrew - Greek lexicon.

5479. chara, khar-ah'; from G5463; cheerfulness, i.e. calm delight:-- gladness, X greatly, (X be exceeding) joy (-ful, -fully,

2114. euthumeo, yoo-thoo-meh'-o; from G2115; to cheer up, i.e. (intrans.) be cheerful; neut. comp. (adv.) more

So, since these words seem to be for the most part interchangeable we will look at the scriptures pertaining to them together.

### **Being Happy, Joyous and Free is God's Will**

(Deu 28:47-48 NIV) Because you did not serve the LORD your God joyfully and gladly in the time of prosperity, therefore in hunger and thirst, in nakedness and dire poverty, you will serve the enemies the LORD sends against you. He will put an iron yoke on your neck until he has destroyed you.

(Neh 8:10 NIV) Nehemiah said, "Go and enjoy choice food and sweet drinks, and send some to those who have nothing prepared. This day is sacred to our Lord. Do not grieve, for the joy of the LORD is your strength."

I discovered that in the Old Testament that when the Israelites failed to rejoice and be appreciative when God was blessing them with prosperity, it was counted to them as sin and angered the Lord. So, when life is going well we should never forget to rejoice and praise God for his many blessings, or we may lose them all. In other words it is not just an option to rejoice, it is a necessity to maintain a happy life.

We need to get it into our minds that it is not just an option to be happy,

joyous and free, it is a command of Christ and a theme throughout the scriptures. In other words it is a sin not to be happy, joyous and free. If we are living in sin we cannot receive all that God has to offer in his plan for our life. So, if a person is not happy, joyous and free they need to stop sinning and get on with God's program.

It may not be easy to get ones self out of a sad and depressed mode of life, but the scriptures contain things we can do to move down the road toward the goal of happiness in the Lord.

### **It's A Command To Be Happy, Give Thanks, And Sing Praises To God**

(Psa 68:4 NIV) Sing to God, sing praise to his name, extol him who rides on the clouds -- his name is the LORD-- and rejoice before him.

(1 Th 5:16-18 NIV) Be joyful always; pray continually; give thanks in all circumstances, for this is God's will for you in Christ Jesus.

If something is a command Then it is a sin not to do it. As the scripture says, if someone knows something is right but doesn't practice it them to them it is sin. So, it is a sin not to be joyful.

(James 4:17 NCV) Anyone who knows the right thing to do, but does not do it, is sinning.

In the middle ages many misguided souls thought that a pure expression of Christianity was to be like a monk in a silent world away from everyone practicing penance and stoic behavior, punishing the body. It was at this time that Martin Luther while climbing the stairs of the Sistine Chapel on bloody knees received the revelation that salvation was by grace through faith, not by works. He wrote many songs expressing his joy to the Lord for giving him the understanding of the simple gospel that was preached from the beginning of the Christian era, but lost as the worship of God gradually became a system of rituals rather than being led by the Holy Spirit.

If we can rejoice in nothing else, we can rejoice that the gospel is freely preached in the United States and that we can worship in Spirit and in Truth as God commands.

(Psa 68:3 NIV) But may the righteous be glad and rejoice before God; may

they be happy and joyful.

(John 4:23-24 NIV) Yet a time is coming and has now come when the true worshipers will worship the Father in spirit and truth, for they are the kind of worshipers the Father seeks. God is spirit, and his worshipers must worship in spirit and in truth."

### **What If I'm Not Real Happy With My Present Circumstances?**

How can we rejoice and be glad when things are not going so well? How can we be happy if tragedy has struck in our lives or if we are sick, sad or even depressed? The answer is that we must look to the future. We must put our thoughts on the fact that God has a good plan for our life and he will eventually fulfill it, though maybe not as quickly as we would like. But, since God cannot lie we know happiness and joy are coming, sooner or later, so we can rejoice in that even in the midst of a time of trial.

(Num 23:19-20 NIV) God is not a man, that he should lie, nor a son of man, that he should change his mind. Does he speak and then not act? Does he promise and not fulfill? I have received a command to bless; he has blessed, and I cannot change it.

(Titus 1:2 KJV) In hope of eternal life, which God, that cannot lie, promised before the world began;

(Jer 29:11 NIV) For I know the plans I have for you," declares the LORD, "plans to prosper you and not to harm you, plans to give you hope and a future.

(Prov 10:28 NIV) The prospect of the righteous is joy, but the hopes of the wicked come to nothing.

(Psa 68:2-3 NIV) But may the righteous be glad and rejoice before God; may they be happy and joyful.

### **We Need To Pray For Restoration To Joy**

If we are bogged down in bad circumstances we need to pray for restoration to joy. For some of us we may need to pray to have joy for the first time ever in our lives. Many of us have never experienced true spiritual

joy at anytime during our entire lives. Many of us were in bad circumstances when we came to Christ and have never really experienced the joy of our salvation.

(Psa 90:15 NCV) We have seen years of trouble. Now give us as much joy as you gave us sorrow.

(Psa 51:12 KJV) Restore unto me the joy of thy salvation; and uphold me with thy free spirit.

(Psa 86:4 NIV) Bring joy to your servant, for to you, O Lord, I lift up my soul.

### **Rejoice In The Lord During Prayer And Meditation**

(Psa 104:34 NIV) May my meditation be pleasing to him, as I rejoice in the LORD.

### **Ask For Joy In Jesus Name**

(John 16:24 NIV) Until now you have not asked for anything in my name. Ask and you will receive, and your joy will be complete.

### **What Brings Joy?**

If we do not have joy in our lives then there is something wrong. We have already seen from the scriptures that it is God's will for us to be joyful. So, if we are not joyful then we need to identify the problem that is preventing us from having joy and fix it, according to the scriptures.

### **Joy Comes From Believing In Jesus Christ**

First of all joy begins on the day we are saved and begin our Christian life in Christ.

(Psa 68:3 NIV) But may the righteous be glad and rejoice before God; may they be happy and joyful.

(1 Pet 1:8 NIV) Though you have not seen him, you love him; and even though you do not see him now, you believe in him and are filled with an

inexpressible and glorious joy,

(John 20:29 NCV) Then Jesus told him, "You believe because you see me. Those who believe without seeing me will be truly happy."

### **Joy Comes From Knowing We Are Saved**

(Acts 16:34 NIV) The jailer brought them into his house and set a meal before them; he was filled with joy because he had come to believe in God—he and his whole family.

(Rom 4:7-8 NCV) "Happy are they whose sins are forgiven, whose wrongs are pardoned. Happy is the person whom the Lord does not consider guilty."

(Rom 5:11 NIV) Not only is this so, but we also rejoice in God through our Lord Jesus Christ, through whom we have now received reconciliation.

### **Rejoice In Your Salvation**

(Psa 13:5 NIV) But I trust in your unfailing love; my heart rejoices in your salvation.

(Psa 32:1 NCV) Happy is the person whose sins are forgiven, whose wrongs are pardoned.

(Isa 12:3 NIV) With joy you will draw water from the wells of salvation.

(Isa 61:10 NIV) I delight greatly in the LORD; my soul rejoices in my God. For he has clothed me with garments of salvation and arrayed me in a robe of righteousness, as a bridegroom adorns his head like a priest, and as a bride adorns herself with her jewels.

(Luke 10:20 NIV) However, do not rejoice that the spirits submit to you, but rejoice that your names are written in heaven."

### **Rejoice In The Hope We Have In Christ**

(Hab 3:18 NIV) yet I will rejoice in the LORD, I will be joyful in God my Savior.

(Luke 1:47 NCV) my heart rejoices in God my Savior,

(Acts 2:26 NIV) Therefore my heart is glad and my tongue rejoices; my body also will live in hope,

(Rom 5:2 NIV) through whom we have gained access by faith into this grace in which we now stand. And we rejoice in the hope of the glory of God.

### **We Should Rejoice In The Promises Of God**

(Psa 119:162 NCV) I am as happy over your promises as if I had found a great treasure.

(Heb 4:1 NCV) Now, since God has left us the promise that we may enter his rest, let us be very careful so none of you will fail to enter.

(Heb 10:23 NIV) Let us hold unswervingly to the hope we profess, for he who promised is faithful.

(2 Pet 1:4 NIV) Through these he has given us his very great and precious promises, so that through them you may participate in the divine nature and escape the corruption in the world caused by evil desires.

(2 Pet 3:13 NIV) But in keeping with his promise we are looking forward to a new heaven and a new earth, the home of righteousness.

(1 John 2:25 KJV) And this is the promise that he hath promised us, even eternal life.

### **Joyfully Give Thanks**

(Col 1:12 NCV) And you will joyfully give thanks to the Father

### **Happy Are The Righteous**

(Psa 1:1 NCV) Happy are those who don't listen to the wicked, who don't go where sinners go, who don't do what evil people do.

(Psa 32:2 NCV) Happy is the person whom the LORD does not consider guilty and in whom there is nothing false.

(Psa 32:11 NIV) Rejoice in the LORD and be glad, you righteous; sing, all you who are upright in heart!

(Psa 33:1 NIV) Sing joyfully to the LORD, you righteous; it is fitting for the upright to praise him.

(Psa 97:11 NIV) Light is shed upon the righteous and joy on the upright in heart.

### **Our Relationship With Christ Enables Us To Receive Joy from God The Father**

Coming to faith in Christ Connects us to God the Father so that he can bring joy into our lives.

(Psa 4:7 NIV) You have filled my heart with greater joy than when their grain and new wine abound.

(Jude 1:24 NCV) God is strong and can help you not to fall. He can bring you before his glory without any wrong in you and can give you great joy.

(Rom 15:13 NCV) I pray that the God who gives hope will fill you with much joy and peace while you trust in him. Then your hope will overflow by the power of the Holy Spirit.

(Acts 2:28 NIV) You have made known to me the paths of life; you will fill me with joy in your presence.'

### **Jesus Was Full Of Joy Through The Holy Spirit**

(Luke 10:21 NIV) At that time Jesus, full of joy through the Holy Spirit, said, "I praise you, Father, Lord of heaven and earth, because you have hidden these things from the wise and learned, and revealed them to little children. Yes, Father, for this was your good pleasure.

## **We Receive that Joy From The Father Through The Holy Spirit**

The method God uses to bring joy into our lives is the same as the method he used to give Jesus joy during his ministry on earth. He gives us joy through the Holy Spirit.

(1 Th 1:6 NIV) You became imitators of us and of the Lord; in spite of severe suffering, you welcomed the message with the joy given by the Holy Spirit.

(Acts 13:52 NIV) And the disciples were filled with joy and with the Holy Spirit.

(Rom 15:13 NIV) May the God of hope fill you with all joy and peace as you trust in him, so that you may overflow with hope by the power of the Holy Spirit.

## **Love, Joy And Peace All Are Fruit Of The Holy Spirit**

If you want a happy life try practicing the fruit of the spirit on a daily basis. In every situation ask yourself what is the loving thing to do, the peaceful; thing to do, the kind thing to do, and so on. By doing so you will be fulfilling the law of love. Seeking after Love is seeking after God, because he is love, and love brings joy.

(Gal 5:22-23 NIV) But the fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness, gentleness and self-control. Against such things there is no law.

(1 Cor 13:13-14 NCV) So these three things continue forever: faith, hope, and love. And the greatest of these is love. You should seek after love,

(1 John 4:8 NIV) Whoever does not love does not know God, because God is love.

(1 John 4:16 NCV) And so we know the love that God has for us, and we trust that love. God is love. Those who live in love live in God, and God lives in them.

## **We Begin In Fear But End In Love**

Many of us come to Christ initially because of fear, whether fear of hell or fear of a continuing miserable life. Eventually though as we draw closer to God and study his word we begin to fear less and love more as we see how the Lord first loved us and cares for us. While it is impossible in this life to have perfect love, the closer we come to it the happier we will be. Strive for perfect love if you want to be happy, joyous and free.

(Psa 111:10 NIV) The fear of the LORD is the beginning of wisdom; all who follow his precepts have good understanding. To him belongs eternal praise.

(Job 28:28 NIV) And he said to man, 'The fear of the Lord--that is wisdom, and to shun evil is understanding.'

(1 John 4:18-19 NIV) There is no fear in love. But perfect love drives out fear, because fear has to do with punishment. The one who fears is not made perfect in love. We love because he first loved us.

## **Seeking The Lord Should Make Us Joyful**

Once we are born again we should begin to seek after God and his will for our lives. Just the action of seeking after God should bring us joy, even if we haven't found his perfect will for our lives yet. We can rejoice during the seeking period because we know that God promised that if we seek after him we will find him.

(Mat 7:7-8 NIV) "Ask and it will be given to you; seek and you will find; knock and the door will be opened to you. For everyone who asks receives; he who seeks finds; and to him who knocks, the door will be opened.

(1 Chr 16:10 NIV) Glory in his holy name; let the hearts of those who seek the LORD rejoice.

(Psa 70:4 NIV) But may all who seek you rejoice and be glad in you; may those who love your salvation always say, "Let God be exalted!"

(Psa 105:3 NCV) Be glad that you are his; let those who seek the LORD be happy.

## **Studying God's Word And Precepts Brings Joy**

As we have seen seeking the Lord brings us joy. How can we seek him and get that joy? By studying and meditating on his word, day and night.

(Josh 1:8 NIV) Do not let this Book of the Law depart from your mouth; meditate on it day and night, so that you may be careful to do everything written in it. Then you will be prosperous and successful.

(Psa 19:8 NIV) The precepts of the LORD are right, giving joy to the heart. The commands of the LORD are radiant, giving light to the eyes.

(Psa 119:111 NIV) Your statutes are my heritage forever; they are the joy of my heart.

(Jer 15:16 NIV) When your words came, I ate them; they were my joy and my heart's delight, for I bear your name, O LORD God Almighty.

(John 15:11 KJV) These things have I spoken unto you, that my joy might remain in you, and that your joy might be full.

(James 1:25 NCV) But the truly happy people are those who carefully study God's perfect law that makes people free, and they continue to study it. They do not forget what they heard, but they obey what God's teaching says. Those who do this will be made happy

## **Understanding God's Word Brings Joy**

As we are seeking God and studying his word, soon understanding begins to come to us and increases our joy even more. Do you remember when you first became a Christian the joy you had when you began for the first time to understand the meaning of the scriptures? There is so much truth and knowledge in the Bible that our joy should be unending in this lifetime because no matter how much we study his word there are always new things to learn. Gods word is like a well that never runs dry.

(Neh 8:12 NIV) Then all the people went away to eat and drink, to send portions of food and to celebrate with great joy, because they now understood the words that had been made known to them.

(Prov 3:13 KJV) Happy is the man that findeth wisdom, and the man that getteth understanding.

(Prov 3:18 NCV) As a tree produces fruit, wisdom gives life to those who use it, and everyone who uses it will be happy.

(Eccl 8:1 NCV) No one is like the wise person who can understand what things mean. Wisdom brings happiness; it makes sad faces happy.

### **Joy Comes From Obeying God's Commands**

Once we begin to understand portions of God's word we need to begin to put it into practice. Not in a legalistic sense as the Pharisees were doing in Jesus day, but in the way Jesus taught, in the way of love.

(Mat 22:36-40 NIV) "Teacher, which is the greatest commandment in the Law?" Jesus replied: "'Love the Lord your God with all your heart and with all your soul and with all your mind.' This is the first and greatest commandment. And the second is like it: 'Love your neighbor as yourself.' All the Law and the Prophets hang on these two commandments."

(John 15:9-12 NIV) "As the Father has loved me, so have I loved you. Now remain in my love. If you obey my commands, you will remain in my love, just as I have obeyed my Father's commands and remain in his love. I have told you this so that my joy may be in you and that your joy may be complete. My command is this: Love each other as I have loved you.

Joy comes from obeying God's commands in a spirit of love, not by his commands being a burden and a weight about our necks.

(1 John 5:3 NIV) This is love for God: to obey his commands. And his commands are not burdensome,

When we realize how much more wonderful our life is when we follow Gods plan his commands are a joy to perform, because life just gets better and better the more we perform his word.

(Luke 11:27-28 NCV) As Jesus was saying these things, a woman in the crowd called out to Jesus, "Happy is the mother who gave birth to you and

nursed you." But Jesus said, "No, happy are those who hear the teaching of God and obey it."

(Eccl 3:12 NIV) I know that there is nothing better for men than to be happy and do good while they live.

(John 13:17 KJV) If ye know these things, happy are ye if ye do them.

### **Following God's Commands Brings Peace Along With Joy**

Again, the following of God's commands is not for the sake of salvation through legalism, but for happiness due to the natural results of wise living. For example, the bible says in Proverbs that if you co-sign a loan for someone you may suffer for it. How many people have co-signed for someone and when that person could not pay the co-signer had to pay or face a black mark on their own credit rating?

(Prov 22:26-27 NCV) Don't promise to pay what someone else owes, and don't guarantee anyone's loan. If you cannot pay the loan, your own bed may be taken right out from under you.

This is just one example of hundreds of wise commands in the scriptures. The book of Proverbs and the entire New Testament is full of wisdom for daily living. Those who follow God's manual for human living will have happier lives than those who don't. Even non Christians who follow God's laws unknowingly are blessed even if they are not saved. It just makes good sense to use the tools our creator has given us. He knows better than anyone what we need to be happy because he designed us in his own image. What makes God happy makes us happy because we are his workmanship. As the old TV show title said, "Father Knows Best."

(Rom 8:6 NIV) The mind of sinful man is death, but the mind controlled by the Spirit is life and peace;

(Rom 14:17 NIV) For the kingdom of God is not a matter of eating and drinking, but of righteousness, peace and joy in the Holy Spirit,

(Rom 15:13 NIV) May the God of hope fill you with all joy and peace as you trust in him, so that you may overflow with hope by the power of the Holy Spirit.

(Psa 19:8 NIV) The precepts of the LORD are right, giving joy to the heart. The commands of the LORD are radiant, giving light to the eyes.

(Psa 119:1-2 NCV) Happy are those who live pure lives, who follow the Lord's teachings. Happy are those who keep his rules, who try to obey him with their whole heart.

(Psa 119:14 NIV) I rejoice in following your statutes as one rejoices in great riches.

(Psa 119:32 NCV) I will quickly obey your commands, because you have made me happy.

(Psa 119:35 NCV) Lead me in the path of your commands, because that makes me happy.

(Prov 29:18 KJV) Where there is no vision, the people perish: but he that keepeth the law, happy is he.

(Psa 128:1 NCV) Happy are those who respect the LORD and obey him.

### **Those Who Live Pure And Righteous Lives Will Be Happy**

(Mat 5:6 NCV) Those who want to do right more than anything else are happy, because God will fully satisfy them.

(Mat 5:8 NCV) Those who are pure in their thinking are happy, because they will be with God.

### **Be Happy, But Always Reverent**

(Psa 2:11 NCV) Obey the LORD with great fear. Be happy, but tremble.

### **Doing What Is Right Brings Us Happiness And We Will Eventually Reap A Harvest With Joy**

(Psa 106:3 NCV) Happy are those who do right, who do what is fair at all times

(Prov 8:32 NCV) "Now, my children, listen to me, because those who follow my ways are happy.

(Psa 126:5 KJV) They that sow in tears shall reap in joy.

### **Being Happy Is Good For Our Health**

A byproduct of being happy is better health. No matter what the state of our health is, if we are happy it is better than what it would be if we were sad or depressed. When we are sad or depressed or grieving we tend not to eat right and to neglect our personal care and needs. This leads to further problems which make us even more depressed. An example would be a person grieving over the ending of a relationship fails to do a good job at work because of the sorrow and gets fired. Then that person has double the problems. While that might be extreme it is common for people under stress to neglect to pay their bills even if they have the money and then get in trouble with the bill collectors. For our own good health and mental sanity we need to be joyful as much as is humanly possible. It will save us a lot of grief in other areas of our lives.

(Prov 15:13 NIV) A happy heart makes the face cheerful, but heartache crushes the spirit.

(Prov 15:30 NIV) A cheerful look brings joy to the heart, and good news gives health to the bones.

(Prov 16:24 NCV) Pleasant words are like a honeycomb, making people happy and healthy.

(Prov 17:22 NCV) A happy heart is like good medicine, but a broken spirit drains your strength.

### **God's Correction Should Bring Us Joy Because It Shows He Loves Us**

Once we learn God's word we are responsible to perform it. Even if we have the opportunity to learn and understand his word and fail to do it we are still responsible for it, so there is no getting out of it. Some might say, I'm not going to go to church because I might hear that something that I'm doing is a sin and then I'll have to quit or God might chasten me. If you feel that way I hate to burst your bubble, but if you have the opportunity to learn

but pass on it you are still responsible. So, we may as well get on with the program and learn God's will for our lives and do it. It's all for the best anyway because he loves us and wants the best for us. So when God corrects us, let's do like David did after his fall into sin and repent immediately and get back to being blessed rather than chastened.

(2 Sam 12:13 NIV) Then David said to Nathan, "I have sinned against the LORD." Nathan replied, "The LORD has taken away your sin.

(Job 5:17 KJV) Behold, happy is the man whom God correcteth: therefore despise not thou the chastening of the Almighty

(Psa 94:12 NCV) LORD, those you correct are happy; you teach them from your law.

(Heb 12:11 NIV) No discipline seems pleasant at the time, but painful. Later on, however, it produces a harvest of righteousness and peace for those who have been trained by it.

### **Maintaining Faith In Times Of Pain Will Eventually Bring Us Joy**

(Job 6:10 NIV) Then I would still have this consolation-- my joy in unrelenting pain-- that I had not denied the words of the Holy One.

(Job 8:21 NCV) God will yet fill your mouth with laughter and your lips with shouts of joy.

(Psa 30:5 NCV) His anger lasts only a moment, but his kindness lasts for a lifetime. Crying may last for a night, but joy comes in the morning.

(Psa 30:11 NIV) You turned my wailing into dancing; you removed my sackcloth and clothed me with joy,

(Psa 31:7 NCV) I will be glad and rejoice in your love, because you saw my suffering; you knew my troubles.

**Rejoice That God Is Guiding Your Path**

God's chastening and correction and enduring through hard times should make us joyful because we know that if God is chastening us he loves us and if he loves us then he is guiding our path. And, if he is guiding our path

then it will eventually lead to perfect peace and joy and happiness with him in his kingdom.

(Psa 1:1-3) Blessed is the man who does not walk in the counsel of the wicked or stand in the way of sinners or sit in the seat of mockers. But his delight is in the law of the LORD, and on his law he meditates day and night. He is like a tree planted by streams of water, which yields its fruit in season and whose leaf does not wither. Whatever he does prospers.

(Psa 37:23 KJV) The steps of a good man are ordered by the LORD: and he delighteth in his way.

(Psa 16:11 KJV) Thou wilt show me the path of life: in thy presence is fulness of joy; at thy right hand there are pleasures for evermore.

(Isa 26:3 KJV) Thou wilt keep him in perfect peace, whose mind is stayed on thee: because he trusteth in thee.

### **Agreeing With God Brings Us Happiness**

When we line up our will with God's will we bring happiness to ourselves. This is so because God will bring to pass his plan for our lives, and if we are in agreement and aligned with his plan and his plan is the desire of our heart then we will get what we want and that will bring us happiness. It is a natural tendency of mankind to rejoice when we get what we want. So, If we want what God wants, we will eventually get it.

(Psa 37:23 KJV) The steps of a good man are ordered by the LORD: and he delighteth in his way.

(Psa 112:1 NCV) Praise the LORD! Happy are those who respect the LORD, who want what he commands.

(Psa 37:4 NIV) Delight yourself in the LORD and he will give you the desires of your heart.

### **Trusting In God Brings Happiness**

As we recognize that God is guiding our path through life we can begin to trust him, and as we trust him more and more our joy increases with our

faith.

(Psa 28:7 NCV) The LORD is my strength and shield. I trust him, and he helps me. I am very happy, and I praise him with my song.

(Psa 33:21 NCV) We rejoice in him, because we trust his holy name.

(Psa 34:8 NCV) Examine and see how good the LORD is. Happy is the person who trusts him.

(Psa 40:4 NCV) Happy is the person who trusts the LORD, who doesn't turn to those who are proud or to those who worship false gods.

(Prov 16:20 NCV) Whoever listens to what is taught will succeed, and whoever trusts the LORD will be happy.

### **Be Happy Because God Is Powerful, Perfect, Just And In Control**

The Lord is powerful, perfect, just and in control. The Almighty and just God has the power bring to pass whatever he wishes. So then, if we commit our ways to him and walk in his will, he will bring it to pass and that will bring joy to our hearts when it happens.

(Rev 1:8 NCV) The Lord God says, "I am the Alpha and the Omega. I am the One who is and was and is coming. I am the Almighty."

(Mat 5:48 KJV) Be ye therefore perfect, even as your Father which is in heaven is perfect.

(Psa 11:7 NIV) For the LORD is righteous, he loves justice; upright men will see his face.

(Psa 37:5 KJV) Commit thy way unto the LORD; trust also in him; and he shall bring it to pass.

(Isa 42:9 NCV) The things I said would happen have happened, and now I tell you about new things. Before those things happen, I tell you about them."

## **The Deeds Of The Lord Should Make Us Rejoice**

We need to be sure and rejoice when God brings good things into our lives. If we could fall into the same sin as the Israelites in the wilderness, grumbling and complaining which brings a curse to our lives.

(Psa 92:4 NIV) For you make me glad by your deeds, O LORD; I sing for joy at the works of your hands.

(Psa 118:15 NIV) Shouts of joy and victory resound in the tents of the righteous: "The Lord's right hand has done mighty things

(Psa 126:2 NIV) Our mouths were filled with laughter, our tongues with songs of joy. Then it was said among the nations, "The LORD has done great things for them."

(Psa 126:3 NIV) The LORD has done great things for us, and we are filled with joy.

## **Be Happy Trusting In God For Protection**

(Psa 2:12 NCV) Show that you are loyal to his son, or you will be destroyed by his anger, because he can quickly become angry. But happy are those who trust him for protection.

(Psa 5:11 NCV) But let everyone who trusts you be happy; let them sing glad songs forever. Protect those who love you and who are happy because of you.

(Psa 84:12 NCV) LORD All-Powerful, happy are the people who trust you!

## **Be Happy And Joyful Calling On The Lord For Help And Refuge**

(Psa 34:5 NCV) Those who go to him for help are happy, and they are never disgraced.

(Psa 5:11 NIV) But let all who take refuge in you be glad; let them ever sing for joy. Spread your protection over them, that those who love your name may rejoice in you.

(Psa 64:10 NIV) Let the righteous rejoice in the LORD and take refuge in him; let all the upright in heart praise him!

### **Be Happy In Times Of Trouble And Temptation To Develop Patience**

(Rom 5:3 NCV) We also have joy with our troubles, because we know that these troubles produce patience.

(Rom 12:12 NIV) Be joyful in hope, patient in affliction, faithful in prayer.

(Col 1:11-12 NIV) being strengthened with all power according to his glorious might so that you may have great endurance and patience, and joyfully giving thanks to the Father, who has qualified you to share in the inheritance of the saints in the kingdom of light.

(James 1:2 NIV) Consider it pure joy, my brothers, whenever you face trials of many kinds,

(James 1:12 NCV) When people are tempted and still continue strong, they should be happy. After they have proved their faith, God will reward them with life forever. God promised this to all those who love him.

(James 5:13 NCV) Anyone who is having troubles should pray. Anyone who is happy should sing praises.

Have Faith During Times of Worry

(Psa 94:19 NCV) I was very worried, but you comforted me and made me happy.

### **Being Respectful and Well Behaved Brings Happiness**

People who are hard headed and out of control bring misery upon themselves. Those who behave in a decent manner, Honoring and respecting those who deserve it will have a longer and happier life.

(Rom 13:7 NIV) Give everyone what you owe him: If you owe taxes, pay taxes; if revenue, then revenue; if respect, then respect; if honor, then honor.

(Prov 28:14 NCV) Those who are always respectful will be happy, but

those who are stubborn will get into trouble.

(Exo 20:12 KJV) Honour thy father and thy mother: that thy days may be long upon the land which the LORD thy God giveth thee.

(Deu 5:16 NCV) "Honor your father and your mother as the LORD your God has commanded you. Then you will live a long time, and things will go well for you in the land that the LORD your God is going to give you.

(Eph 6:2-3 NIV) "Honor your father and mother"--which is the first commandment with a promise-- "that it may go well with you and that you may enjoy long life on the earth."

(1 Tim 5:17 NIV) The elders who direct the affairs of the church well are worthy of double honor, especially those whose work is preaching and teaching.

(1 Pet 2:17 NCV) Show respect for all people: Love the brothers and sisters of God's family, respect God, honor the king.

### **Be Wise About What Is Good And Innocent, Avoid Evil And Rejoice In The Truth**

The falsehood has developed down through the centuries that one must experience some evil in order to understand it better and deal with it. This has been used as an excuse for wild behavior in ones younger years and excused as just "sowing some wild oats." This type of thinking has brought lifetimes of sorrow to many people. It only takes one illicit encounter to be infected with AIDS. Recreational drug use can quickly lead some people to cocaine, crack, crank, speed or heroin addiction. Dabbling in the occult can lead to demonic possession. We do not need to experience evil to understand it is evil any more than we need to suffer a broken leg to know it hurts. Avoid becoming entangled in any type of evil and you will save yourself from many sorrows. Avoiding sorrow leads toward happiness and joy.

(Rom 16:19 NIV) Everyone has heard about your obedience, so I am full of joy over you; but I want you to be wise about what is good, and innocent about what is evil.

(1 Cor 13:6 NIV) Love does not delight in evil but rejoices with the truth.

(1 Pet 3:10 NCV) The Scripture says, "A person must do these things to enjoy life and have many happy days. He must not say evil things, and he must not tell lies.

(Psa 32:10 KJV) Many sorrows shall be to the wicked: but he that trusteth in the LORD, mercy shall compass him about.

(1 Tim 6:10-12 KJV) For the love of money is the root of all evil: which while some coveted after, they have erred from the faith, and pierced themselves through with many sorrows. But thou, O man of God, flee these things; and follow after righteousness, godliness, faith, love, patience, meekness. Fight the good fight of faith, lay hold on eternal life, whereunto thou art also called, and hast professed a good profession before many witnesses.

### **Be Happy And Enjoy What God has Blessed you With, Whether It Be Little Or Much**

We should learn, like Paul to be happy in all types of circumstances. We should be happy that we have food to eat and for everything that god has blessed us with.

(Psa 128:2 KJV) For thou shalt eat the labour of thine hands: happy shalt thou be, and it shall be well with thee.

(Acts 14:17 NCV) Yet he proved he is real by showing kindness, by giving you rain from heaven and crops at the right times, by giving you food and filling your hearts with joy."

(Eccl 5:19 NIV) Moreover, when God gives any man wealth and possessions, and enables him to enjoy them, to accept his lot and be happy in his work--this is a gift of God.

(Luke 3:14 NIV) Then some soldiers asked him, "And what should we do?" He replied, "Don't extort money and don't accuse people falsely--be content with your pay."

(Phil 4:11-12 NIV) I am not saying this because I am in need, for I have

learned to be content whatever the circumstances. I know what it is to be in need, and I know what it is to have plenty. I have learned the secret of being content in any and every situation, whether well fed or hungry, whether living in plenty or in want.

(1 Tim 6:7-8 NIV) For we brought nothing into the world, and we can take nothing out of it. But if we have food and clothing, we will be content with that.

(Phil 4:12 NCV) I know how to live when I am poor, and I know how to live when I have plenty. I have learned the secret of being happy at any time in everything that happens, when I have enough to eat and when I go hungry, when I have more than I need and when I do not have enough.

(Job 1:21 NCV) He said: "I was naked when I was born, and I will be naked when I die. The LORD gave these things to me, and he has taken them away. Praise the name of the LORD."

### **Having Mercy Helping The Poor And Less Fortunate Brings Joy And Happiness**

(Psa 41:1 NCV) Happy is the person who thinks about the poor. When trouble comes, the LORD will save him.

(Prov 14:21 KJV) He that despiseth his neighbour sinneth: but he that hath mercy on the poor, happy is he.

(Mat 5:7 NCV) Those who show mercy to others are happy, because God will show mercy to them.

### **Working For Peace Brings Happiness**

(Mat 5:9 NCV) Those who work to bring peace are happy, because God will call them his children

(Prov 12:20 NCV) Those who plan evil are full of lies, but those who plan peace are happy.

## **Going To The House Of The Lord Should Bring Us Joy**

(Psa 42:4 NIV) These things I remember as I pour out my soul: how I used to go with the multitude, leading the procession to the house of God, with shouts of joy and thanksgiving among the festive throng.

(Psa 43:4 NIV) Then will I go to the altar of God, to God, my joy and my delight. I will praise you with the harp, O God, my God.

(Psa 122:1 NIV) A song of ascents. Of David. I rejoiced with those who said to me, "Let us go to the house of the LORD."

(Psa 84:4 NCV) Happy are the people who live at your Temple; they are always praising you. Selah

## **We Should Rejoice When The Righteous Prosper And Justice Prevails**

(Prov 11:10 NIV) When the righteous prosper, the city rejoices; when the wicked perish, there are shouts of joy.

(Prov 29:6 NCV) Evil people are trapped by their own sin, but good people can sing and be happy.

(Prov 29:2 NIV) When the righteous thrive, the people rejoice; when the wicked rule, the people groan.

(Prov 21:15 NIV) When justice is done, it brings joy to the righteous but terror to evildoers.

## **We Should Rejoice When Other People Speak And Walk In The Truth**

(Prov 23:16 NIV) my inmost being will rejoice when your lips speak what is right.

(2 John 1:4 NIV) It has given me great joy to find some of your children walking in the truth, just as the Father commanded us.

(3 John 1:43 NIV) It gave me great joy to have some brothers come and tell about your faithfulness to the truth and how you continue to walk in the truth. Nothing gives me greater joy than to hear that my children are

following the way of truth.

### **Sharing Others Joy Brings Happiness**

(Luke 1:58 NIV) Her neighbors and relatives heard that the Lord had shown her great mercy, and they shared her joy.

### **Sweet Smells Can Cheer Us Up**

Even unbelievers know that a sweet smelling home brings cheer. That is why there are so many air fresheners sold at the grocery store. Think of that every time you go past them in the aisle while shopping. Make your home smell clean and sweet for a happier life.

(Prov 27:9 NIV) Perfume and incense bring joy to the heart, and the pleasantness of one's friend springs from his earnest counsel.

### **Entire Nations Should Be Happy If They are Serving The Lord**

(Psa 33:12 NCV) Happy is the nation whose God is the LORD, the people he chose for his very own.

(Psa 67:4 NIV) May the nations be glad and sing for joy, for you rule the peoples justly and guide the nations of the earth. Selah

(Joel 2:21 KJV) Fear not, O land; be glad and rejoice: for the LORD will do great things.

### **Freedom**

Not only does God want us to be happy and joyous, he wants us to be free. Free from worry, free from anxiety, free from care, free from sin, free from bondage, free to live a happy life.

(Psa 111:9 NCV) He sets his people free. He made his agreement everlasting. He is holy and wonderful.

(Luke 1:68 NCV) "Let us praise the Lord, the God of Israel, because he has come to help his people and has given them freedom.

(2 Cor 3:17 NIV) Now the Lord is the Spirit, and where the Spirit of the Lord is, there is freedom.

(Gal 1:4 NCV) Jesus gave himself for our sins to free us from this evil world we live in, as God the Father planned.

(Gal 5:1 NIV) It is for freedom that Christ has set us free. Stand firm, then, and do not let yourselves be burdened again by a yoke of slavery.

(1 Tim 2:6 NCV) He gave himself as a payment to free all people.

### **Our Freedom Comes By Way Of Faith In Christ**

(Rom 3:24 NCV) and all need to be made right with God by his grace, which is a free gift. They need to be made free from sin through Jesus Christ.

(Eph 1:7 NCV) In Christ we are set free by the blood of his death, and so we have forgiveness of sins. How rich is God's grace,

(Eph 3:12 NCV) In Christ we can come before God with freedom and without fear. We can do this through faith in Christ.

### **Studying And Knowing God's Word (The Truth) Brings Freedom**

(John 8:32 NIV) Then you will know the truth, and the truth will set you free."

(James 1:25 NCV) But the truly happy people are those who carefully study God's perfect law that makes people free, and they continue to study it.

### **Following God's Commands, His Will For Our Lives Brings Freedom**

(Psa 119:32 NIV) I run in the path of your commands, for you have set my heart free.

(Psa 119:45 NCV) So I will live in freedom, because I want to follow your orders.

## Prayer To The Lord In Times Of Trouble Can Set Us Free

(Psa 118:5 NCV) I was in trouble, so I called to the LORD. The LORD answered me and set me free.

(Psa 129:4 NIV) But the LORD is righteous; he has cut me free from the cords of the wicked.

## **Living In Sin Makes Us Un-Free, Slaves To Sin**

(John 8:33-36 NIV) They answered him, "We are Abraham's descendants and have never been slaves of anyone. How can you say that we shall be set free?" Jesus replied, "I tell you the truth, everyone who sins is a slave to sin. Now a slave has no permanent place in the family, but a son belongs to it forever. So if the Son sets you free, you will be free indeed.

(Rom 6:20 NIV) When you were slaves to sin, you were free from the control of righteousness.

(2 Pet 2:19 NIV) They promise them freedom, while they themselves are slaves of depravity--for a man is a slave to whatever has mastered him.

(James 1:27 NCV) Religion that God accepts as pure and without fault is this: caring for orphans or widows who need help, and keeping yourself free from the world's evil influence.

## **We Are Free From The Law Of Moses**

(Acts 13:38 NCV) Brothers, understand what we are telling you: You can have forgiveness of your sins through Jesus. The law of Moses could not free you from your sins. But through Jesus everyone who believes is free from all sins.

(Rom 7:4 NCV) In the same way, my brothers and sisters, your old selves died, and you became free from the law through the body of Christ. This happened so that you might belong to someone else--the One who was raised from the dead--and so that we might be used in service to God.

(Gal 5:1 NCV) We have freedom now, because Christ made us free. So stand strong. Do not change and go back into the slavery of the law.

(Heb 9:15 NIV) For this reason Christ is the mediator of a new covenant, that those who are called may receive the promised eternal inheritance-- now that he has died as a ransom to set them free from the sins committed under the first covenant.

### **We Are Free From The Accusation Of The Devil**

(Col 1:22 NIV) But now he has reconciled you by Christ's physical body through death to present you holy in his sight, without blemish and free from accusation--

### **We Are Free From A Guilty Conscience**

(Heb 10:22 NCV) let us come near to God with a sincere heart and a sure faith, because we have been made free from a guilty conscience, and our bodies have been washed with pure water.

### **We Are Free From Sin**

We are free from sin in two ways through Christ. First of all we are free from its effect of separating us from God forever. Secondly, if we walk in the Spirit we can be free from continual, habitual sin, even though we may slip up once in awhile, we do have to live continually under the power and bondage of sin in this life.

(1 Cor 1:30 NCV) Because of God you are in Christ Jesus, who has become for us wisdom from God. In Christ we are put right with God, and have been made holy, and have been set free from sin.

(Col 1:13 NCV) God has freed us from the power of darkness, and he brought us into the kingdom of his dear Son.

(Titus 2:14 NCV) He gave himself for us so he might pay the price to free us from all evil and to make us pure people who belong only to him--people who are always wanting to do good deeds.

(Heb 9:12 NCV) Christ entered the Most Holy Place only once--and for all time. He did not take with him the blood of goats and calves. His sacrifice was his own blood, and by it he set us free from sin forever.

(Rev 1:5 NIV) and from Jesus Christ, who is the faithful witness, the firstborn from the dead, and the ruler of the kings of the earth. To him who loves us and has freed us from our sins by his blood,

### **Although We Are Free, We Are To Do What Is Right To Stay Free**

Like a person who has just been freed from prison needs to avoid crime, as believers we need to avoid again becoming entangled in perpetual habitual sin, or we will once again be in bondage to sin. When God frees us from a problem in our life and we intentionally go back to it, it is even more difficult to become free from it again. In the back of our minds we know that we failed to keep on with our freedom and it is difficult to start again. It is similar to being on a diet and losing some weight and then going on an eating binge and gaining it all back. Once that happens it is hard to get the incentive to diet and exercise again and get back to where we were. It is the same with sin. If the Lord delivers us from some bad habit or character flaw, such as anger or greed or over drinking or drug addiction or over smoking and we go back to it again, it is even worse to quit again the next time around. So, once we are free we need to stay free. We won't lose our salvation by falling into sin, as some teach, but we will lose our ability to be an effective witness for Christ, which is Satan's will for us, and we will lose rewards at the judgment seat of Christ for all of the good that we could have done but didn't do because we were entangled in sin.

(Rom 6:18 NIV) You have been set free from sin and have become slaves to righteousness.

(Gal 5:1 KJV) Stand fast therefore in the liberty wherewith Christ hath made us free, and be not entangled again with the yoke of bondage.

(Gal 5:13 NIV) You, my brothers, were called to be free. But do not use your freedom to indulge the sinful nature ; rather, serve one another in love.

(Mat 12:43-45 NIV) "When an evil spirit comes out of a man, it goes through arid places seeking rest and does not find it. Then it says, 'I will return to the house I left.' When it arrives, it finds the house unoccupied, swept clean and put in order. Then it goes and takes with it seven other spirits more wicked than itself, and they go in and live there. And the final condition of that man is worse than the first.

## **Jesus Is The One Who Sets Us Free**

(John 8:36 KJV) If the Son therefore shall make you free, ye shall be free indeed.

## **Death (Spiritual and Physical) Frees Us From Sin**

We need to consider ourselves dead to sin in a spiritual sense in this life and at the same time know that eventually physical death will completely free us from sin.

(Rom 6:7 KJV) For he that is dead is freed from sin.

(Rom 8:2 NIV) because through Christ Jesus the law of the Spirit of life set me free from the law of sin and death.

## **Do Not Be Deceived By People Who Would Lead You Again Into Bondage**

(Gal 2:4 NIV) This matter arose because some false brothers had infiltrated our ranks to spy on the freedom we have in Christ Jesus and to make us slaves.

(Gal 3:1-3 NIV) You foolish Galatians! Who has bewitched you? Before your very eyes Jesus Christ was clearly portrayed as crucified. I would like to learn just one thing from you: Did you receive the Spirit by observing the law, or by believing what you heard? Are you so foolish? After beginning with the Spirit, are you now trying to attain your goal by human effort?

## **Do What Is Right To Be Free From Fear**

(Prov 11:6 NCV) Doing right brings freedom to honest people, but those who are not trustworthy will be caught by their own desires

(Rom 13:3 NIV) For rulers hold no terror for those who do right, but for those who do wrong. Do you want to be free from fear of the one in authority? Then do what is right and he will commend you.

## Use Your Freedom Wisely

(Cor 8:9 NIV) Be careful, however, that the exercise of your freedom does not become a stumbling block to the weak.

My former Pastor explained the meaning of this verse one time in a sermon and the explanation stuck with me. In a nutshell he said, that though he was free to drink a beer while cutting the grass, he would not do so, nor would he ever drink again, not because it was a sin for him to have an occasional beer or a glass of fine wine with his wife while enjoying fine dining at a fancy restaurant. His reason for not ever drinking again was this; that due to the fact that some members of the congregation were battling alcohol addiction, and some had not drunk in years but were always on the edge of being tempted to have a drink, he did not want to be a stumbling block to them with his freedom. If one of the congregation who had the problem were to see him in the yard cooking out on the grill and drinking a beer they might say in their minds, if the pastor can have a few beers then why can't I? The difference being that because of their problem, they can't have just a few, after one drink they drink until they get drunk and may even go on a binge that lasts for weeks months or even years. For this reason he gave up alcohol altogether, for the good of others. Now I'm not saying that we all have to do that. But, if God has promoted a person to a high position in the church then they should be a good example for everyone who looks up to them. To whom much is given, much is required. The higher the position the greater the responsibility before man and before God.

(Luke 12:48 NCV) From everyone who has been given much, much will be demanded. And from the one trusted with much, much more will be expected.

(Rom 13:13 NIV) Let us behave decently, as in the daytime, not in orgies and drunkenness, not in sexual immorality and debauchery, not in dissension and jealousy.

(Eph 5:18 NCV) Do not be drunk with wine, which will ruin you, but be filled with the Spirit.

If a weak brother or sister with a drinking problem were to get drunk due to his (the pastors) influence then they would be falling into sin because of his

actions, and he did not want that to be the case. To do so would not be following the law of love toward the brothers and sisters in Christ.

(Gal 5:13 NCV) My brothers and sisters, God called you to be free, but do not use your freedom as an excuse to do what pleases your sinful self. Serve each other with love.

### **We Should Live Holy Lives Out Of Respect For God**

(Rom 6:22 NIV) But now that you have been set free from sin and have become slaves to God, the benefit you reap leads to holiness, and the result is eternal life.

(2 Cor 7:1 NCV) Dear friends, we have these promises from God, so we should make ourselves pure--free from anything that makes body or soul unclean. We should try to become holy in the way we live, because we respect God.

(1 Pet 2:16 NIV) Live as free men, but do not use your freedom as a cover-up for evil; live as servants of God.

### **Total Freedom From Sin Will Not Come Until Christ Returns**

(Eph 4:30 NCV) And do not make the Holy Spirit sad. The Spirit is God's proof that you belong to him. God gave you the Spirit to show that God will make you free when the final day comes.

(Rom 8:21 NIV) that the creation itself will be liberated from its bondage to decay and brought into the glorious freedom of the children of God.

### **We Can Rejoice Now In The Fact That Our Future Will Be Happy**

(Isa 25:9 NIV) In that day they will say, "Surely this is our God; we trusted in him, and he saved us. This is the LORD, we trusted in him; let us rejoice and be glad in his salvation."

(Isa 26:19 NIV) But your dead will live; their bodies will rise. You who dwell in the dust, wake up and shout for joy. Your dew is like the dew of the morning; the earth will give birth to her dead.

(Isa 35:6 NIV) Then will the lame leap like a deer, and the mute tongue shout for joy. Water will gush forth in the wilderness and streams in the desert.

(Isa 35:10 NIV) and the ransomed of the LORD will return. They will enter Zion with singing; everlasting joy will crown their heads. Gladness and joy will overtake them, and sorrow and sighing will flee away.

### **We Will Be Happy In God's Kingdom If We Do His Will On Earth**

(Luke 6:21-23 NCV) You people who are now hungry are happy, because you will be satisfied. You people who are now crying are happy, because you will laugh with joy. "People will hate you, shut you out, insult you, and say you are evil because you follow the Son of Man. But when they do, you will be happy. Be full of joy at that time, because you have a great reward waiting for you in heaven. Their ancestors did the same things to the prophets.

(John 16:20-23 NIV) I tell you the truth, you will weep and mourn while the world rejoices. You will grieve, but your grief will turn to joy. A woman giving birth to a child has pain because her time has come; but when her baby is born she forgets the anguish because of her joy that a child is born into the world. So with you: Now is your time of grief, but I will see you again and you will rejoice, and no one will take away your joy.

(Mat 5:10-12 NCV) Those who are treated badly for doing good are happy, because the kingdom of heaven belongs to them. "People will insult you and hurt you. They will lie and say all kinds of evil things about you because you follow me. But when they do, you will be happy. Rejoice and be glad, because great is your reward in heaven, for in the same way they persecuted the prophets who were before you.

(Luke 12:38 NCV) Those servants will be happy when he comes in and finds them still waiting, even if it is midnight or later.

### **Again, It Is A New Testament Command To Be Full Of Joy**

(Luke 2:10 NIV) But the angel said to them, "Do not be afraid. I bring you good news of great joy that will be for all the people.

(John 15:11 KJV) These things have I spoken unto you, that my joy might remain in you, and that your joy might be full.

(John 17:13 NIV) "I am coming to you now, but I say these things while I am still in the world, so that they may have the full measure of my joy within them.

(1 Th 5:16 NIV) Be joyful always;

(1 John 1:4 KJV) And these things write we unto you, that your joy may be full.

(Phil 3:1 NCV) My brothers and sisters, be full of joy in the Lord. It is no trouble for me to write the same things to you again, and it will help you to be more ready.

(Phil 4:4 NCV) Be full of joy in the Lord always. I will say again, be full of joy.

### **How Can We Express Our Joy, happiness and Freedom?**

We have seen in the previous sections that it is indeed God's will for us to be happy, joyous and free. How then can we express our feelings in this regard? We can begin by making a joyful noise to the Lord!

### **Make A Joyful Noise To The Lord**

We don't have to be famous gospel singers to make a joyful noise to the Lord. It is not required that we have a certain level of skill to praise our God, with singing. As long as it is a joyful sound that is all that is required. Were that not the case many of us would have to keep totally silent in the churches because we are not all blessed with natural musical and vocal talent. Some of us, such as myself, can't carry a tune in a bushel basket. But, God doesn't care about the tone of our voice or the tune we carry, only about the attitude of our hearts, and we can praise him for that.

(Psa 100:1 KJV) A Psalm of praise. Make a joyful noise unto the LORD, all ye lands.

(Psa 95:2 KJV) Let us come before his presence with thanksgiving, and

make a joyful noise unto him with psalms.

(Psa 95:1 KJV) O come, let us sing unto the LORD: let us make a joyful noise to the rock of our salvation.

### **Singing Is A Sign Of Joy**

(Psa 33:1 NIV) Sing joyfully to the LORD, you righteous; it is fitting for the upright to praise him.

(Psa 68:4 NIV) Sing to God, sing praise to his name, extol him who rides on the clouds -- his name is the LORD-- and rejoice before him.

(Psa 81:1 NCV) Sing for joy to God, our strength; shout out loud to the God of Jacob.

(Psa 100:2 NCV) Serve the LORD with joy; come before him with singing.

(Psa 132:16 NIV) I will clothe her priests with salvation, and her saints will ever sing for joy.

(Psa 149:5 NIV) Let the saints rejoice in this honor and sing for joy on their beds.

(Psa 9:2 NCV) I will be happy because of you; God Most High, I will sing praises to your name.

(Isa 65:14 NIV) My servants will sing out of the joy of their hearts,

### **We Should Begin Our Day With Rejoicing In God's Unfailing Love**

(Psa 90:14 NIV) Satisfy us in the morning with your unfailing love, that we may sing for joy and be glad all our days.

(Psa 118:24 KJV) This is the day which the LORD hath made; we will rejoice and be glad in it.

### **Praise Is A Trait of Joyfulness**

(Psa 89:15 NCV) Happy are the people who know how to praise you.

LORD, let them live in the light of your presence.

### **Shouting Is A Sign Of Joy**

(Psa 98:4 NIV) Shout for joy to the LORD, all the earth, burst into jubilant song with music;

(Psa 47:5 NIV) God has ascended amid shouts of joy, the LORD amid the sounding of trumpets.

(Psa 132:9 KJV) Let thy priests be clothed with righteousness; and let thy saints shout for joy.

### **Express Your Happiness By Singing And Shouting For Joy**

(Psa 33:3 NIV) Sing to him a new song; play skillfully, and shout for joy.

(Psa 71:23 NCV) I will shout for joy when I sing praises to you. You have saved me.

### **Trees, Seas, Rivers, Mountains, Heaven and Earth Sing For Joy**

Everything will praise the Lord when Jesus returns. When the Lord reigns in heaven and on earth even the objects that are now inanimate will rejoice, the heavens, the earth, mountains, the trees, the rivers and seas, and perhaps even the stones. So then, seeing that this is to be the case we may as well get into the habit of praising Him now.

(1 Chr 16:31 NIV) Let the heavens rejoice, let the earth be glad; let them say among the nations, "The LORD reigns

(1 Chr 16:32-33 NCV) Let the sea and everything in it shout; let the fields and everything in them rejoice. Then the trees of the forest will sing for joy before the LORD. They will sing because he is coming to judge the world.

(Psa 66:1 NCV) Everything on earth, shout with joy to God!

(Psa 96:11-12 NIV) Let the heavens rejoice, let the earth be glad; let the sea resound, and all that is in it; let the fields be jubilant, and everything in them. Then all the trees of the forest will sing for joy;

(Psa 97:1 NIV) The LORD reigns, let the earth be glad; let the distant shores rejoice.

(Psa 98:4 KJV) Make a joyful noise unto the LORD, all the earth: make a loud noise, and rejoice, and sing praise.

(Psa 98:5-9 NIV) make music to the LORD with the harp, with the harp and the sound of singing, with trumpets and the blast of the ram's horn-- shout for joy before the LORD, the King. Let the sea resound, and everything in it, the world, and all who live in it. Let the rivers clap their hands, let the mountains sing together for joy; let them sing before the LORD, for he comes to judge the earth. He will judge the world in righteousness and the peoples with equity.

(Isa 44:23 NIV) Sing for joy, O heavens, for the LORD has done this; shout aloud, O earth beneath. Burst into song, you mountains, you forests and all your trees, for the LORD has redeemed Jacob, he displays his glory in Israel.

(Isa 49:13 NIV) Shout for joy, O heavens; rejoice, O earth; burst into song, O mountains! For the LORD comforts his people and will have compassion on his afflicted ones.

(Isa 55:12 NIV) You will go out in joy and be led forth in peace; the mountains and hills will burst into song before you, and all the trees of the field will clap their hands.

(Luke 19:37-40 NIV) When he came near the place where the road goes down the Mount of Olives, the whole crowd of disciples began joyfully to praise God in loud voices for all the miracles they had seen: "Blessed is the king who comes in the name of the Lord!" "Peace in heaven and glory in the highest!" Some of the Pharisees in the crowd said to Jesus, "Teacher, rebuke your disciples!" "I tell you," he replied, "if they keep quiet, the stones will cry out."

### **The Angels Also Have Joy And Shout And Sing**

(Job 38:7 NCV) while the morning stars sang together and all the angels shouted with joy?

(Luke 15:7 NIV) I tell you that in the same way there will be more rejoicing in heaven over one sinner who repents than over ninety-nine righteous persons who do not need to repent.

(Luke 15:10 NIV) In the same way, I tell you, there is rejoicing in the presence of the angels of God over one sinner who repents."

(Heb 12:22 NIV) But you have come to Mount Zion, to the heavenly Jerusalem, the city of the living God. You have come to thousands upon thousands of angels in joyful assembly,

### **Even The Lord Rejoices With Singing**

If God rejoices over us, the saved with singing then surely we should follow his example and do the same.

(Zep 3:17 NIV) The LORD your God is with you, he is mighty to save. He will take great delight in you, he will quiet you with his love, he will rejoice over you with singing."

### **We Should Rejoice Because God is Righteous**

Even if we have nothing else in our lives to be joyful about we can still rejoice because our God is righteous and that someday everything will work out for our good if we are saved. Just think how horrible it would be if the all powerful supreme being, the most powerful being in the universe were Satan. In that case we would have nothing but misery to look forward to for all eternity because Satan loves to see human beings in misery. This is so because God created us (human beings) to replace Satan and his angels as masters of the earth after Satan's fall, and he (Satan) is full of jealousy and envy over us and wants us all destroyed. Praise God that through Jesus Christ Satan has been defeated and we are on the road to eternal happiness, even if we have not arrived at the end of our journey yet, it is not far away for any of us. The oldest living person on the earth at any given time is about 125 years old, so none of us are more than 125 minus our age from total happiness, joyfulness and freedom.

(Psa 97:12 NIV) Rejoice in the LORD, you who are righteous, and praise his holy name.

(Psa 89:16 NIV) They rejoice in your name all day long; they exult in your righteousness.

(Psa 144:15 KJV) Happy is that people, that is in such a case: yea, happy is that people, whose God is the LORD.

(Isa 30:18 NCV) The LORD wants to show his mercy to you. He wants to rise and comfort you. The LORD is a fair God, and everyone who waits for his help will be happy.

(Rom 8:28 NIV) And we know that in all things God works for the good of those who love him, who have been called according to his purpose.

### **Suffering For Jesus Brings Joy**

At the present time, at least in the United States we really don't have to do much suffering for Jesus. We may have a little social embarrassment sometimes but at least it is still legal to go to and worship in a Christian Church. But, the time is coming in the near future during the tribulation period when that may not be the case. It may not be legal at that time to be a Christian. Enjoy the freedom we have now and mentally prepare yourself for the time when we may have to meet in secret to study God's word together, and suffer for it if we are caught. Some churches and people may even have their property confiscated as was happening during the early days of the church.

(Acts 5:41 NCV) The apostles left the meeting full of joy because they were given the honor of suffering disgrace for Jesus.

(1 Pet 3:14 KJV) But and if ye suffer for righteousness' sake, happy are ye: and be not afraid of their terror, neither be troubled;

(1 Pet 4:13 NIV) But rejoice that you participate in the sufferings of Christ, so that you may be overjoyed when his glory is revealed.

(Heb 10:34 NIV) You sympathized with those in prison and joyfully accepted the confiscation of your property, because you knew that you yourselves had better and lasting possessions.

(1 Th 1:6 NCV) And you became like us and like the Lord. You suffered much, but still you accepted the teaching with the joy that comes from the Holy Spirit.

### **Be Happy, Because Jesus Is Coming Soon And Our Rewards Are With Him**

(1 Pet 1:8 NIV) Though you have not seen him, you love him; and even though you do not see him now, you believe in him and are filled with an inexpressible and glorious joy,

(Rev 1:3 NCV) Happy is the one who reads the words of God's message, and happy are the people who hear this message and do what is written in it. The time is near when all of this will happen.

(Luke 14:15 NCV) One of those at the table with Jesus heard these things and said to him, "Happy are the people who will share in the meal in God's kingdom."

(Rev 19:7-9 NIV) Let us rejoice and be glad and give him glory! For the wedding of the Lamb has come, and his bride has made herself ready. Fine linen, bright and clean, was given her to wear." (Fine linen stands for the righteous acts of the saints.) Then the angel said to me, "Write: 'Blessed are those who are invited to the wedding supper of the Lamb!'" And he added, "These are the true words of God."

(Rev 22:12 NCV) "Listen! I am coming soon! I will bring my reward with me, and I will repay each one of you for what you have done.

### **Conclusion: Making Difficult Choices Easy**

We have shown in this work God intends for us to be happy, joyous, and free, and that we can determine his will for us by following the path that leads us to that destination.

The true test of determining God's will for our lives is in the long term, eternity. This is the test of determining God's will. Ask yourself when facing a decision, will this thing I want to do increase my happiness throughout eternity? Will it be something I will be proud of when I stand before the judgment seat of Christ. Will he (Christ) say to me, "Well Done Thou Good

and faithful servant” because I did it? If yes, do it. If no, don’t do it. If undecided, pray about it some more.

(Mat 25:21 KJV) His lord said unto him, Well done, thou good and faithful servant: thou hast been faithful over a few things, I will make thee ruler over many things: enter thou into the joy of thy lord.

A good rule of thumb is that when faced with difficult choices and seeking to do God’s will then use the principle of doing whatever is best for being a good witness for Christ and promoting the great commission as the deciding factor. It may not really matter what color car we drive or what type of furniture we buy but when deciding on who to date or marry, whether or not to marry at all, what school to attend, what job to take, where to live, what church to serve in, and any major decision, the thought of “what is best for my being a good witness for Christ” can help clarify the situation and make a decision easier. And remember, God wants us to be happy, Joyous, and Free, both in this life, and in the life to come.

## Salvation

Very briefly, everyone who ever has or will ever make it into God’s Kingdom will have been saved by faith in the Messiah, Jesus Christ. Many before his first coming never knew his name as Jesus Christ. They only knew and believed by faith that God Would someday send a Redeemer, a Messiah, a Christ, to save them from both spiritual and physical problems. They had Faith in an unknown un-named Jesus Christ. The promise of a Saviour began in Genesis right after mans fall into sin and salvation by faith in this promise has been available from the time of Adam and Eve onward up until This promised Messiah, Saviour and Redeemer was revealed as Jesus Christ about 2000 years ago.

We no longer have the option of just believing in some un-named coming redeemer for salvation. This option vanishes for every person the moment they hear, read or have the Gospel presented to them in some manner. From that point on they must make a choice. This is so because Jesus said;

(John 10:24-29 NCV) The Jews gathered around him and said, "How long will you make us wonder about you? If you are the Christ, tell us plainly." Jesus answered, "I told you already, but you did not believe. The miracles I

do in my Father's name show who I am. But you don't believe, because you are not my sheep. My sheep listen to my voice; I know them, and they follow me. I give them eternal life, and they will never die, and no one can steal them out of my hand. My Father gave my sheep to me. He is greater than all, and no person can steal my sheep out of my Father's hand.

Since Jesus returned to Heaven whenever anyone hears the Gospel the Holy Spirit is there to open the minds and hearts of those who are hearing it to the fact that it is the truth. Anyone who rejects the Gospel upon having it presented to it simply show that they are not willing to accept the truth and be saved.

You can be saved right now, in the next few moments by simply praying sincerely to God the Father and to Jesus Christ the simple prayer below.

Heavenly Father, Lord Jesus Christ; I know I am a sinner. Please come into my life and save me and forgive me all of my sins and make me into the kind of person you want me to be. I'm trusting only in Jesus Christ for my salvation and I ask this prayer in his name. Thank You Lord for Saving me, Amen.

That's all there is to it. Now tell someone about it. Read your Bible. Get Baptized. Discover your Spiritual Gifts and Talents. Find a good church and volunteer to serve in some manner according to your gifts and talents. You may ask, How do I find a good church. That's easy. Find one where people are being saved or at least an invitation is given for salvation through Jesus Christ in every service and you will be in a good church.

(John 7:14-17 NCV) When the feast was about half over, Jesus went to the Temple and began to teach. The Jews were amazed and said, "This man has never studied in school. How did he learn so much?" Jesus answered, "The things I teach are not my own, but they come from him who sent me. If people choose to do what God wants, they will know that my teaching comes from God and not from me.

If you begin to serve the Lord and do his will you will understand more and more with certainty the truth of teaching and doctrines of Jesus Christ. If you ever doubt your salvation, refer to the verse below, and remember, God cannot lie, it is true, and will always be true if you meet the qualifications in the verse below.

(Rom 10:9 NKJV) that if you confess with your mouth the Lord Jesus and

believe in your heart that God has raised Him from the dead, you will be saved.

(Titus 1:2 NKJV) in hope of eternal life which God, who cannot lie, promised before time began,

## Finding God's Will For Our Lives

During the past few weeks we have studied the basic doctrines of Christianity as revealed in the holy scriptures. We have looked at the minimum requirements for salvation, found out that we should be baptized after receiving Christ as Lord and Savior, that we should have fellowship with other Christians, that we should have a firm foundation of sound doctrine, and that the normal Christian life should include being happy joyous and free. Having done all of this we need to add to it making sure that our tithes and offerings are in accordance with the teaching of the scriptures. Then we can begin to find out God's plan for our lives and what it takes to receive the desires of our hearts. When we are walking close to God, his will and our desires become one and the same.

In the Old Testament it was necessary for the people to come to a person such as Moses or Samuel to discover God's will.

(Exo 18:14-16 NIV) When his father-in-law saw all that Moses was doing for the people, he said, "What is this you are doing for the people? Why do you alone sit as judge, while all these people stand around you from morning till evening?" Moses answered him, "Because the people come to me to seek God's will. "When they have a difficulty, they come to me, and I judge between one and another; and I make known the statutes of God and His laws."

Today we have the bible and the Holy Spirit to lead us to God's will on an individual basis. Notice that Moses was simply relating God's laws and statutes to the people, and from those laws God's will was determined. It does not take some mystical experience to determine God's will for our lives. We need only to follow his word.

### First Things First

First of all we must realize that all things were created by God for his own purpose and pleasure.

(Rev 4:11 KJV) Thou art worthy, O Lord, to receive glory and honour and power: for thou hast created all things, and for thy pleasure they are and were created.

Even though God did not create us so that he could be our servant and jump through our hoops whenever we have a request, it is his will and his desire that each and every one of us achieve and accomplish our utmost potential in this life and in the life to come. The way we accomplish that is by lining up our will with God's will, by asking him to make our desires his desires. When this occurs we will be in God's will and be happy doing it. To get to that point requires both prayer and a thorough study of the word.

### **God's Plan For Our Spiritual Behavior**

(Mat 5:48 NIV) Be perfect, therefore, as your heavenly Father is perfect.

(Mat 6:1-6 NIV) "Be careful not to do your 'acts of righteousness' before men, to be seen by them. If you do, you will have no reward from your Father in heaven. "So when you give to the needy, do not announce it with trumpets, as the hypocrites do in the synagogues and on the streets, to be honored by men. I tell you the truth, they have received their reward in full. But when you give to the needy, do not let your left hand know what your right hand is doing, so that your giving may be in secret. Then your Father, who sees what is done in secret, will reward you. "And when you pray, do not be like the hypocrites, for they love to pray standing in the synagogues and on the street corners to be seen by men. I tell you the truth, they have received their reward in full. But when you pray, go into your room, close the door and pray to your Father, who is unseen. Then your Father, who sees what is done in secret, will reward you.

God's will for us is primarily outlined in his word. It is confirmed in our hearts by the Holy Spirit and often confirmed by the counsel of other strong believers who are already walking in God's will themselves. Finding God's will requires prayer. Prayer is our link to God. But, to receive an answer from the Lord we must be sure that our desires and motives are correct. We can do that by checking our beliefs, desires, motives and attitudes against the model prayer that Jesus gave to his disciples.

(Mat 6:7-15 NKJV) "And when you pray, do not use vain repetitions as the heathen do. For they think that they will be heard for their many words. "Therefore do not be like them. For your Father knows the things you have need of before you ask Him. "In this manner, therefore, pray: Our Father in heaven, Hallowed be Your name. Your kingdom come. Your will be done On earth as it is in heaven. Give us this day our daily bread. And forgive us

our debts, As we forgive our debtors. And do not lead us into temptation, But deliver us from the evil one. For Yours is the kingdom and the power and the glory forever. Amen. "For if you forgive men their trespasses, your heavenly Father will also forgive you. "But if you do not forgive men their trespasses, neither will your Father forgive your trespasses.

### **Dissecting The Prayer that The Lord Gave to His Disciples**

1. Our Father - Recognizing who God is.
2. Who art in heaven - God is in heaven and we are on earth.
3. Hallowed be thy name - Hallowing God's name means recognizing his holiness. He is perfect, we are not.
4. Thy kingdom come - Remember that this world is not our home, God's kingdom in the future is.
5. Thy will be done - Pray that God's will be done on earth, heaven, and in our lives.
6. Give us this day our daily bread -Recognize that God is our provider and be thankful for it.
7. Forgive our debts - Forgive us for all of our sins through Christ.
8. As we forgive our debtors - We must also forgive those who have sinned against us.
9. Lead us not into temptation - Do not let us be tempted beyond what we can endure.
10. But deliver us from the evil one - Do not let us be ensnared by the wiles of the devil.
11. Forgive others - As God is merciful, so must we be also.

If we are in accordance with the conditions outlined in the prayer above our next step is to insure that the requests we make to God are truly in line with God's desires. They should be if we have honestly met condition number 5 above, "Thy Will be done."

### **What Jesus Said About God's Will**

(John 6:38 & 7:17 NIV) For I have come down from heaven not to do my will but to do the will of him who sent me... If anyone chooses to do God's will, he will find out whether my teaching comes from God or whether I speak on my own.

If we follow God's word our understanding will come later.

## **What Is God's Will, According To The New Testament?**

First of all we have to believe that it is possible for us to know God's will for our lives. If we truly believe the scriptures we can put that question to rest immediately.

(Eph 5:17 KJV) *Wherefore be ye not unwise, but understanding what the will of the Lord is.*

Greek for "Unwise" (aphron, af-rone) Mindless, stupid, ignorant, egotistic, rash, or unbelieving: Foolish - unwise.

Not only is it possible for us to know God's will for our life's, in Ephesians it implies that we are ignorant, stupid and foolish if we do not know it.

(Acts 20:27 NIV) *For I have not hesitated to proclaim to you the whole will of God.*

Paul writes that he has proclaimed the whole will of God to the early believers, and we have his counsel preserved for us in the scriptures.

### **Do Not Be Conformed To The World**

(Rom 12:2 KJV) *And be not conformed to this world: but be ye transformed by the renewing of your mind, that ye may prove what is that good, and acceptable, and perfect, will of God.*

### **Let the Holy Spirit Intercede for You In Prayer**

(Rom 8:27 NIV) *And he who searches our hearts knows the mind of the Spirit, because the Spirit intercedes for the saints in accordance with God's will.*

(Rom 8:29 NIV) *For those God foreknew he also predestined to be conformed to the likeness of his Son...*

(1 Th 4:3-4 & 7 NIV) *It is God's will that you should be sanctified: that you should avoid sexual immorality; that each of you should learn to control his own body in a way that is holy and honorable, not in passionate lust like the*

heathen, who do not know God..... For God did not call us to be impure, but to live a holy life. Therefore, he who rejects this instruction does not reject man but God, who gives you his Holy Spirit.

(1 Th 5:18-20 NIV) give thanks in all circumstances, for this is God's will for you in Christ Jesus. Do not put out the Spirit's fire; do not treat prophecies with contempt. Test everything. Hold on to the good. Avoid every kind of evil.

(1 Pet 2:15 NIV) For it is God's will that by doing good you should silence the ignorant talk of foolish men.

### The Works Of The Flesh And The Works Of The Spirit

Paul, in the book of Galatians lists both the works of the flesh, and the fruit of the spirit. First he lists the works of the flesh. It is God's will that we avoid the works of the flesh. We can be sure that these things are never right to do.

Galatians 5:19-20 NIV the acts of the sinful nature are obvious: sexual immorality, impurity and debauchery; idolatry and witchcraft; hatred, discord, jealousy, fits of rage, selfish ambition, dissensions, factions and envy; drunkenness, orgies, and the like.

Following this he lists the fruit of the spirit, against which there is no law. These are the things that God desires us to practice through the Holy Spirit.

Galatians 5:22-23 but the fruit of the spirit is love, joy, peace, patience, kindness, goodness, faithfulness, gentleness and self-control. Against such things there is no law.

Fruit does not just appear on the vine or tree fully ripe. It buds and then grows gradually to maturity. It is the same with our spiritual growth. As we grow in grace we gradually acquire the characteristics listed above.

Galatians 5:14 NIV the entire law is summed up in a single command: "love your neighbor as yourself."

Following God's plan is also easy once we know what it consists of. We avoid evil and do good.

(Job 1:8 NKJV) Then the LORD said to Satan, "Have you considered My servant Job, that there is none like him on the earth, a blameless and upright man, one who fears God and shuns evil?"

He has said in his word, that whatever an opportunity that is placed before us to do good, we should do it. He himself will take the responsibility of giving us plenty of work, the work he wants done. He has prepared these works for us in advance, before we were even born.

Ephesians 2:10 NIV for we are God's workmanship, created in Christ Jesus to do good works, which God prepared in advance for us to do.

Colossians 3:23 KJV and whatsoever ye do, do it heartily, as to the Lord, and not unto men;

### **Being Content In Unchangeable (By Us) Circumstances Is God's Will**

Paul also taught that we should learn to be content with our circumstances when they are beyond our ability to change them. We need to trust God to change them for us.

Philippians 4:11-12 I am not saying this because I am in need, for I have learned to be content whatever the circumstances.... I have learned the secret of being content in any and every situation, whether well fed or hungry, whether living in plenty or in want.

How can we determine God's will when the problem we face is not answered directly in the Bible?

When we are faced with difficult choices and are seeking to do God's will and we have no example of our exact situation related in the scriptures, then we have to use an alternate method of determining God's will. What we can do is use the principle of doing whatever is best for being a good witness for Christ and promoting the great commission as the guideline or tiebreaker.

No matter what situation we face when the choice is to do A or B, we can pray and ask God to show us what will give him the greater glory. It's a good rule of thumb to remember when making major decisions or even some types of minor ones, ones that might show a bad witness for Christ if

a certain path were followed. It may not really matter what color car we drive or what type of furniture we buy but when deciding on who to date or marry, whether or not to marry at all, what school to attend, what job to take, where to live, what church to serve in, and any major decision, the thought of "what is best for my being a good witness for Christ" can help clarify the situation and make a decision easier.

### When We Are Absolutely Sure We Are Currently Walking In God's Will Our Desires Are The Same As Lord's Desires

(Psa 37:4 NIV) Delight yourself in the LORD and he will give you the desires of your heart.

(Psa 40:10 NIV) I desire to do your will, O my God; your law is within my heart." I proclaim righteousness in the great assembly; I do not seal my lips, as you know, O LORD. I do not hide your righteousness in my heart; I speak of your faithfulness and salvation. I do not conceal your love and your truth from the great assembly.

(Psa 145:19 NIV) He fulfills the desires of those who fear him;

(Prov 10:24 NIV) What the wicked dreads will overtake him; what the righteous desire will be granted.

### **We Need To Hold Fast Unto God's Will Until We Go To Him Or He Comes To Us**

(Heb 10:36-37 NIV) You need to persevere so that when you have done the will of God, you will receive what he has promised. For in just a very little while, "He who is coming will come and will not delay.

God has promised that all things will work for the good, to them that love him and are called according to his purpose. What this means is that to those who have faith and are walking in his perfect will, following his plan for them, he will make everything work out for his good, and theirs.

Romans 8:28 KJV and we know that all things work together for good to them that love God, to them who are the called according to his purpose.

We are created for God's purpose, not him for ours. When we align

ourselves with Gods will everything will eventually work for his (God's) good our good. When we are walking in God's will our desires will be fulfilled, because our desires and his desires are one and the same.

(1 John 2:17 NRSV) And the world and its desire are passing away, but those who do the will of God live forever.

## **Depression, Sin, Sorrow and Sadness**

or

### **Don't Give the Devil a Ride, Because He Might want to Drive**

On television today there are continually advertisements promoting the benefits of mood altering drugs for people suffering from depression, bipolar, mood swings, etc. They show a sad person suddenly transformed into a happy person simply by taking a little pill. Instantly all of their problems seem to be solved. What is not shown is the answer to the question "is there a legitimate cause for the sadness that has befallen a person."

For example: Lets say that we have a financially successful attorney who is having an affair with his secretary and is depressed because when his wife finds out and divorces him he will lose much of his wealth. The question is, should this condition be treated with a pill?

Another example: We have a financial counselor who is engaged in a Ponzi scheme with his clients money. It will soon become unraveled because of the financial conditions in the United States and he will lose all of his money and go to jail. He is depressed. Will a pill help him solve his problems?

While these examples may seem a bit extreme you should easily be able to see that treating the symptoms of a problem is not always the best answer. In many cases the root of the problem must be solved first, and then the symptoms will gradually dissipate by themselves.

A person who gets up every morning and beats their head against a cement wall for thirty minutes and then calls the doctor and says; "Doctor, I have a headache again," is not going to find relief even with stronger medication than aspirin.

The point is that all sin causes stress. Stress leads to anxiety and fear of the future. Fear of the future leads to sorrow and depression. Is all depression caused by this scenario? Of course not. But, This is the first place one should look before using chemical means to treat the symptoms.

Another problem is that many people combine prescription drugs with alcohol and other illegal drugs. A little prescription Oxycodone, some booze, a dash of cocaine and then smoking a little marijuana to blend it all together. This is a cocktail that will lead to real reasons for depression.

Prov 20:1 Wine is a mocker, Strong drink is a brawler, And whoever is led astray by it is not wise.

Prov 23:29 Who has woe? Who has sorrow? Who has strife? Who has complaints? Who has needless bruises? Who has bloodshot eyes?

Prov 23:30 Those who linger over wine, who go to sample bowls of mixed wine.

Prov 23:31 Do not gaze at wine when it is red, when it sparkles in the cup, when it goes down smoothly!

Prov 23:32 In the end it bites like a snake and poisons like a viper.

Prov 23:33 Your eyes will see strange sights and your mind imagine confusing things.

Prov 23:34 You will be like one sleeping on the high seas, lying on top of the rigging.

Prov 23:35 "They hit me," you will say, "but I'm not hurt! They beat me, but I don't feel it! When will I wake up so I can find another drink?"

The first thing you need to do if you are depressed is quit drinking alcohol, quit taking illicit drugs and quit smoking.

You might say "smoking?" What does that have to do with anything? Well, nicotine is a drug too, albeit a mild one. It picks you up and then lets you down, until you light up another one. I know. I smoked four packs a day for many years. I couldn't afford it now though. Not only that, we (our bodies) are God's temple, and we need to treat it as such.

1 Cor 3:16 Do you not know that you are the temple of God and that the Spirit of God dwells in you?

1 Cor 6:19 Or do you not know that your body is the temple of the Holy Spirit who is in you, whom you have from God, and you are not your own?

It goes without saying that alcohol and drugs definitely cause mood swings. That in fact is their only purpose. A person trying to get their life straightened out does not need mood swings. They need a steady, stable lifestyle.

Like the old Baptist said: "Smoking may not send you to hell, but if you plan on going to heaven, why do you want to smell like you have been to hell when you get to the pearly gates?"

This (quitting booze, illegal drugs and smoking) will help clear your head so you can do the rest of what you need to do. It is difficult to make any kind of progress in anything without being clear minded. It will also give you more money which is a cheerful thought already.

God has given us a conscience to make us feel bad when we sin. If we sin continually, we continually feel bad. Why has God done this? Does he want us to feel bad all of the time? No, of course not. He wants us to change our behaviour so we feel good. When we hit our finger with a hammer, it hurts. It hurts so we can learn, be careful with that hammer next time or we could really damage our finger. So, pain can be a good thing when it teaches us to do things sensibly so as to avoid worse pain or dismemberment in the future.

2Cor. 7:10 Godly sorrow brings repentance that leads to salvation and leaves no regret, but worldly sorrow brings death.

Godly sorrow leads to repentance which leads to salvation. We don't want to stifle that with drugs or alcohol. That could lead to a worse condition.

Who wants to go through a horrible life on earth, only to be faced with a worse fate afterwards, hell? It's bad enough if you have a good life on earth and then are faced with hell at the end of it, who in the world wants to go through hell twice? Once on earth and then for all eternity afterwards. Doesn't that seem like a stupid thing to do? Suffer all through this life only to face something even worse after death. I don't know about you but that would certainly be enough to make me depressed, pills or no pills.

Luke 16:19 "There was a rich man who was dressed in purple and fine linen and lived in luxury every day.

Luke 16:20 At his gate was laid a beggar named Lazarus, covered with sores

Luke 16:21 and longing to eat what fell from the rich man's table. Even the dogs came and licked his sores.

Luke 16:22 "The time came when the beggar died and the angels carried him to Abraham's side. The rich man also died and was buried.

Luke 16:23 In hell, where he was in torment, he looked up and saw Abraham far away, with Lazarus by his side.

Luke 16:24 So he called to him, 'Father Abraham, have pity on me and send Lazarus to dip the tip of his finger in water and cool my tongue, because I am in agony in this fire.'

Luke 16:25 "But Abraham replied, 'Son, remember that in your lifetime you received your good things, while Lazarus received bad things, but now he is comforted here and you are in agony.

Luke 16:26 And besides all this, between us and you a great chasm has been fixed, so that those who want to go from here to you cannot, nor can anyone cross over from there to us.'

The rich man at least had some good times to remember as he spends eternity apart from God. But what about Lazarus? What if he had went to hell after death? What would he have to remember that was good? Nothing. How sad that would have been. No one should go through hell in this life, and then have it even worse in the next life, and no one has to. The choice is theirs. There is a healthy kind of fear that one should have and that is the fear of God. But, when we achieve perfect love we have no need of fear.

Luke 12:4 "And I say to you, My friends, do not be afraid of those who kill the body, and after that have no more that they can do.

Luke 12:5 "But I will show you whom you should fear: Fear Him who, after

He has killed, has power to cast into hell; yes, I say to you, fear Him!

1 John 4:18 There is no fear in love; but perfect love casts out fear, because fear involves torment. But he who fears has not been made perfect in love.

That is the first point for those who are depressed or sad. At least make sure that better days are coming. Even if you go through life like the beggar in the parable above, at the very least make sure you are saved. At least, if nothing else, you can look forward with joy to the long term future. Why suffer twice, in this life and in the life to come? If you have not settled your eternal destiny yet then go right to the very end of this lesson right now and take care of that first. Then come back to this point and continue reading.

Prov. 15:24 The way of life is above to the wise, that he may depart from hell beneath.

Be one of the wise and depart (don't just depart, don't go there at all) from hell in the future.

Psa. 9:17 The wicked shall be turned into hell, and all the nations that forget God.

Some may say, "well, I'm not committing adultery, I'm not stealing, I have no reason to be so sad." Well, look a little closer. You may not be committing grievous sin continually, but are you following God's plan for your life? Are you living up to your full potential? Perhaps you are sad because you have God given gifts and talents and are not using them.

1 Cor 3:11 For no one can lay any foundation other than the one already laid, which is Jesus Christ.

1 Cor 3:12 If any man builds on this foundation using gold, silver, costly stones, wood, hay or straw,

1 Cor 3:13 his work will be shown for what it is, because the Day will bring it to light. It will be revealed with fire, and the fire will test the quality of each man's work.

1 Cor 3:14 If what he has built survives, he will receive his reward.

1 Cor 3:15 If it is burned up, he will suffer loss; he himself will be saved, but only as one escaping through the flames.

There are sins of omission as well as sins of commission. What that means is that on the one hand some sins are things that we do that we shouldn't do. On the other hand there are things that we should be doing but are not doing. Either case can cause depression. Why? Because God wants us to achieve our full potential. He wants us to receive maximum rewards in his kingdom. He wants your mansion in heaven to be a great one. Therefore, if we are not living up to our full potential he chastens us to prod us along to greater heights. If we fight against his persuasion we cause ourselves problems and sadness. We are not going to worry too much about the sins of omission in this study, that is for those very strong in the faith. We will concentrate on the sins of commission. We need to deal with those first.

Rev. 3:19 As many as I love, I rebuke and chasten: be zealous therefore, and repent.

Heb. 12:7 Endure hardship as discipline; God is treating you as sons. For what son is not disciplined by his father?

Heb. 12:11 No discipline seems pleasant at the time, but painful. Later on, however, it produces a harvest of righteousness and peace for those who have been trained by it.

Job 5:17 "Blessed is the man whom God corrects; so do not despise the discipline of the Almighty.

Prov. 3:11 My son, despise not the chastening of the LORD; neither be weary of his correction:

Prov. 3:12 For whom the LORD loveth he correcteth; even as a father the son in whom he delighteth.

Prov. 3:13 Blessed is the man who finds wisdom, the man who gains understanding,

Prov. 3:14 for she is more profitable than silver and yields better returns

than gold.

OK, now what do we do? We see what the Lord's word says so we have to test ourselves and see where we fit into the program. When we know that then we can move forward and begin to correct some of our problems and get rid of sadness sorrow and depression. Even if we don't fully overcome it in this life, at least we will be on the road to it, and that road leads to heaven for all eternity. That's something to be happy about even if we are sad.

So, the first thing we need to check for in our lives is sins of commission, things that we are doing that are against God's will. These may be causing us heartache. We also need to check for things we may have done in the past that we feel guilty for, these could be causing us problems. Perhaps someone has had an abortion years ago and now feels bad about it. Perhaps many bad things were done in ones youth. Perhaps we stole from people or hurt a lot of peoples feelings out of just plain meanness.

Most people are willing to forgive our past sins if we are truly sorry for them, and God certainly is. That is the whole purpose of Jesus Christ's first coming, to save us from our sins.

**Matt. 1:21 And she shall bring forth a son, and thou shalt call his name JESUS: for he shall save his people from their sins.**

**Rom. 10:9 That if you confess with your mouth, "Jesus is Lord," and believe in your heart that God raised him from the dead, you will be saved.**

The very first step is to make sure that the promises of God apply to you. If you are not saved, the rest of this lesson will be a total waste of your time. You have to get the sin and salvation issue settled first, then everything else can come into play. If you need more information on how to be saved go to the very end of this lesson. You will find out how to make sure you are saved there.

Now, continue on only if you are sure that your sins are all forgiven, past, present and future. That should be a big burden off of you right there and make you happier already. If you just came to Christ for the first time then you have passed from death unto life and all things have become new. You will see the change in your thoughts from this day forward. Nothing will ever

be the same.

John 5:24 “I tell you the truth, whoever hears my word and believes him who sent me has eternal life and will not be condemned; he has crossed over from death to life.

2Cor. 5:17 Therefore if any man be in Christ, he is a new creature: old things are passed away; behold, all things are become new.

So, now we need to examine the sin issue more closely to see if it is sin that is causing you problems. We will begin with the fifth commandment and go through the tenth because they pertain to our dealings with our fellow man. A lot of our problems occur here. After that we will deal with the first four that pertain more to our relationship with God. Then with the two that Jesus gave.

### **The Ten Commandments**

5. Deut. 5:16 “Honor your father and your mother, as the LORD your God has commanded you, so that you may live long and that it may go well with you in the land the LORD your God is giving you.

God commands children to obey their parents, and promises a longer life for doing so. It was just in the news this week where four high school students died in a car accident while rushing to get home with the car because they were late for an 11 PM curfew. If they had been careful to allow enough time to get home safely with out going 90 in a 25 mph zone they would not have lost their lives. This was a tragedy that could have been prevented so easily. While not all disobedience to parents leads to death, it does lead to strife in the home. Most parents only want the best for their children.

Parents are not perfect, they make mistakes. But, even with the mistakes that parents make the children will be better off in the long run by obeying them than in going their own way. A parent may make a few mistakes, but a child will make almost everything they do a mistake. A totally inexperienced person will have many failures before they get the hang of doing something. You don't have an inexperienced diamond cutter practice with large precious stones. They practice with things of little value first, until a high level of skill is achieved.

No matter how dumb you think your parents are, they are smarter than you are. Even if they were not, which is true in Jesus' case, you still need to obey them until you are an adult supporting yourself because this is God's law. When you can move out and support yourself with no help from them, then you can do what you want as long as you are following God's will of course, but if you live in your parents house you are required by God to obey them.

Luke 2:51 Then he went down to Nazareth with them and was obedient to them. But his mother treasured all these things in her heart.

Luke 2:52 And Jesus grew in wisdom and stature, and in favor with God and men.

Jesus was smarter at one year old than any person in the world. He did not need to obey his parents because they were smarter than himself, but he obeyed them to fulfill all righteousness. In the same way he was baptized by John the Baptist, not because he needed it to be saved, he was perfect, but because he wanted to set a perfect example for us on how important it is to live according to the Word of God.

Matt. 3:13 Then Jesus came from Galilee to the Jordan to be baptized by John.

Matt. 3:14 But John tried to deter him, saying, "I need to be baptized by you, and do you come to me?"

Matt. 3:15 Jesus replied, "Let it be so now; it is proper for us to do this to fulfill all righteousness." Then John consented.

If you are a child and haven't been obeying your parents then you need to fix that. If you are an adult and have a bad relationship with your parents due to your past sins, then you need to fix that. Get your relationship with your parents restored and healed if they are still alive and that is still possible. Even if you are 50 years old you need to do this if you can. It will take a lot of stress off of your life to get that issue satisfactorily settled before your parents pass on.

6. Deut. 5:17 "You shall not murder.

This is pretty simple. I surely hope you are not killing people, or planning on it. If you are reading this in prison, you may have already committed this crime. There is forgiveness available. King David was a murderer and God forgave him, he will forgive you also if you truly repent.

But, not only is the actual act of murdering someone a sin, Jesus expanded the definition to include the desire to do so and more.

Matt. 5:21 “You have heard that it was said to the people long ago, ‘Do not murder, and anyone who murders will be subject to judgment.’

Matt. 5:22 But I tell you that anyone who is angry with his brother will be subject to judgment. Again, anyone who says to his brother, ‘Raca,’ is answerable to the Sanhedrin. But anyone who says, ‘You fool!’ will be in danger of the fire of hell.

Matt. 5:23 “Therefore, if you are offering your gift at the altar and there remember that your brother has something against you,

Matt. 5:24 leave your gift there in front of the altar. First go and be reconciled to your brother; then come and offer your gift.

We have to be careful not to hold a grudge against not only our physical brothers and sisters, but against anyone. Hate is a terrible stress maker. If we hate someone we are hurting ourselves worse than we are them. We are causing ourselves stress. You might say, well this person deserves to be hated, they are a completely stupid idiot and they should be shot and then hung with an old rope. Well, all of that may be true. But Jesus said that we should pray for our enemies. No matter how bad they are do you really want them to spend eternity in hell? If they are as bad as you say, that’s where they are going. How much better if they repent and live a productive and useful life.

1John 3:15 Anyone who hates his brother is a murderer, and you know that no murderer has eternal life in him.

1John 4:20 If anyone says, “I love God,” yet hates his brother, he is a liar. For anyone who does not love his brother, whom he has seen, cannot love God, whom he has not seen.

So, to keep the sixth commandment the way Jesus explains it, we are not to hate anyone, but to pray for their salvation no matter how evil they are. Even Hitler should have been prayed for until he committed suicide and went to hell. Until then there was hope that he could be saved and have ended world war two earlier and saved many lives.

Very often, it is other sin that causes murder. In today's newspaper the story is related that a 19 year old girl murdered an 18 year old girl over an ongoing feud over a mutual boyfriend.

From "The St. Petersburg Times" "Countless times this past year police say, the victim and suspect in the case have been at odds over their on again, off again boyfriend, a 19 year old who dated both of them and fathered a child with a third woman, It wasn't a love triangle according to the police captain, it was a love hexagon."

The lessons are apparent here. Sin and immorality, caused jealousy, which resulted in murder. Now, one person is dead and probably in hell, one is going to jail and will probably be depressed, a third, the one with the child will probably wind up on welfare, and that's enough to make anyone depressed. The young man doesn't seem to be too responsible and will probably wind up in more trouble down the road.

**Rom. 13:13 Let us behave decently, as in the daytime, not in orgies and drunkenness, not in sexual immorality and debauchery, not in dissension and jealousy.**

Jealousy leads to murder. In the case above it sounds like the young man who was the cause of the trouble wasn't worth it. All the girls should have dumped him.

**Mark 7:21 For from within, out of men's hearts, come evil thoughts, sexual immorality, theft, murder, adultery,**

One sin leads to another, as the scripture above indicates. Immorality also leads to unwanted pregnancy which leads to abortion which is also murder. Most abortion would be unnecessary (not that any actually is) if it was not for sin. If there was no unwed pregnancy, there would be no unwed abortion. If there was no adultery there would be no need to destroy a child who was fathered in an adulterous relationship to prevent that relationship

from being discovered. If there was no rape there would be no abortion necessary for that situation. Even in the case of rape the mother could choose to have the child and give it up for adoption if she did not want to keep it. The rapist under old testament law would be executed. No more problems from him forever. The only way out for a rapist in the old testament was for the girl to agree to marry him with the stipulation that he could never divorce her and he would support her and the child in good fashion for the rest of her life.

While on this subject I want to touch on one more thing. Many are the pleas for money to help starving children in Africa or some other place. Mothers are shown with small starving disfigured children surrounded by flies. Now mind you, I'm not blaming the children here, it's not their fault, but where are the fathers? According to the bible if a man does not provide for his own family, he is worse than an unbeliever.

**1Tim. 5:8 If anyone does not provide for his relatives, and especially for his immediate family, he has denied the faith and is worse than an unbeliever.**

No one should ever father or mother a child if they are not prepared to feed and clothe that child. Unless every starving child pictured was conceived by rape then the mothers are equally at fault. They are enabling the men to become absentee fathers to starving children.

No man should father a child and no woman should allow herself to become pregnant if they are not both prepared to feed and clothe the child. A man who has no job and no prospects of getting one should not get married until he does, unless he is independently wealthy. A woman should not permit a man to take liberties with her until he has married her and is ready to support both her and possible children. This would virtually end pictures of starving children and pleas for money, again, except in the case of rape. This is not an endorsement of birth control, this is a case for abstinence, as the bible requires.

**7. Deut. 5:18 "You shall not commit adultery.**

This command covers all immorality, not just adultery. The new testament explains it clearly. I can't do a better job than what God did through Paul, so I'll just let you read it for yourself. This will be a long and important subject. The following verses are not ten percent of what is in the bible

about it. It must be important if God saw fit to give us so much information about it.

I will give you one little clue though before we start. In the bible physical unfaithfulness also represents spiritual adultery, worshipping idols. This topic is the way God shows how He feels when we turn our backs on him in a way human beings can understand. When we reject God he feels like a man or woman whose spouse has been unfaithful.

1Cor. 6:9 Do you not know that the wicked will not inherit the kingdom of God? Do not be deceived: Neither the sexually immoral nor idolaters nor adulterers nor male prostitutes nor homosexual offenders

1Cor. 6:10 nor thieves nor the greedy nor drunkards nor slanderers nor swindlers will inherit the kingdom of God.

1Cor. 6:11 And that is what some of you were. But you were washed, you were sanctified, you were justified in the name of the Lord Jesus Christ and by the Spirit of our God.

1Cor. 6:13 “Food for the stomach and the stomach for food”—but God will destroy them both. The body is not meant for sexual immorality, but for the Lord, and the Lord for the body.

1Cor. 6:15 Do you not know that your bodies are members of Christ himself? Shall I then take the members of Christ and unite them with a prostitute? Never!

1Cor. 6:16 Do you not know that he who unites himself with a prostitute is one with her in body? For it is said, “The two will become one flesh.”

1Cor. 6:17 But he who unites himself with the Lord is one with him in spirit.

1Cor. 6:18 Flee from sexual immorality. All other sins a man commits are outside his body, but he who sins sexually sins against his own body.

1Cor. 6:19 Do you not know that your body is a temple of the Holy Spirit, who is in you, whom you have received from God? You are not your own;

1Cor. 6:20 you were bought at a price. Therefore honor God with your

body.

Lev. 20:10 “If a man commits adultery with another man’s wife—with the wife of his neighbor—both the adulterer and the adulteress must be put to death.

Matt. 5:27 “You have heard that it was said, ‘Do not commit adultery.’

Matt. 5:28 But I tell you that anyone who looks at a woman lustfully has already committed adultery with her in his heart.

Adultery and immorality is all described in the bible by the use of the Greek word Pornea, from which we get the word porn or pornography. All sexual sin is included in the eighth commandment. The Greek word "pornea" is normally translated in the King James Version of the Bible as "fornication."

I once showed a Catholic friend the definition of sexual sin from the old testament in the bible. His reply was after reading it, “This can’t be the bible, this is the devils bible or some fake bible, God wouldn’t put such things as this in the bible.” He thought it was too explicit to be in the bible. But, God wanted us to explicitly know what sin was, not to have to guess. I’m going to present it here for your perusal. But, remember, the new testament standard is even higher, Jesus said that if one even thinks about doing such things with the intent to do so if the opportunity presents itself, that is the same or as bad as breaking the law. Of course, fleeting thoughts and temptations may pass through anyones mind at any time, but we have the power to decide what thoughts we dwell on and what thoughts we push out of our mind. The Holy Spirit gives us that power.

1Cor. 4:20 For the kingdom of God is not a matter of talk but of power.

2Tim. 1:7 For God hath not given us the spirit of fear; but of power, and of love, and of a sound mind.

We have the power to avoid doing the things listed below, and need to do so to receive God’s blessing and rid ourselves of stress and feelings of guilt sorrow and depression. Sexual sin may very well be a great contributor to the mental health issues of today. Our television shows make sin seem normal, but sin leads to death, not just physical death but spiritual death also, this is to die unsaved and spend eternity in hell.

Lev. 18:1 The LORD said to Moses,

Lev. 18:2 “Speak to the Israelites and say to them: ‘I am the LORD your God.

Lev. 18:3 You must not do as they do in Egypt, where you used to live, and you must not do as they do in the land of Canaan, where I am bringing you. Do not follow their practices.

Lev. 18:4 You must obey my laws and be careful to follow my decrees. I am the LORD your God.

Lev. 18:5 Keep my decrees and laws, for the man who obeys them will live by them. I am the LORD.

Lev. 18:6 “ ‘No one is to approach any close relative to have sexual relations. I am the LORD.

Lev. 18:7 “ ‘Do not dishonor your father by having sexual relations with your mother. She is your mother; do not have relations with her.

Lev. 18:8 “ ‘Do not have sexual relations with your father’s wife; that would dishonor your father.

Lev. 18:9 “ ‘Do not have sexual relations with your sister, either your father’s daughter or your mother’s daughter, whether she was born in the same home or elsewhere.

Lev. 18:10 “ ‘Do not have sexual relations with your son’s daughter or your daughter’s daughter; that would dishonor you.

Lev. 18:11 “ ‘Do not have sexual relations with the daughter of your father’s wife, born to your father; she is your sister.

Lev. 18:12 “ ‘Do not have sexual relations with your father’s sister; she is your father’s close relative.

Lev. 18:13 “ ‘Do not have sexual relations with your mother’s sister, because she is your mother’s close relative.

Lev. 18:14 “ ‘Do not dishonor your father’s brother by approaching his wife to have sexual relations; she is your aunt.

Lev. 18:15 “ ‘Do not have sexual relations with your daughter-in-law. She is your son’s wife; do not have relations with her.

Lev. 18:16 “ ‘Do not have sexual relations with your brother’s wife; that would dishonor your brother.

Lev. 18:17 “ ‘Do not have sexual relations with both a woman and her daughter. Do not have sexual relations with either her son’s daughter or her daughter’s daughter; they are her close relatives. That is wickedness.

Lev. 18:18 “ ‘Do not take your wife’s sister as a rival wife and have sexual relations with her while your wife is living.

Lev. 18:19 “ ‘Do not approach a woman to have sexual relations during the uncleanness of her monthly period.

Lev. 18:20 “ ‘Do not have sexual relations with your neighbor’s wife and defile yourself with her.

Lev. 18:22 “ ‘Do not lie with a man as one lies with a woman; that is detestable.

Lev. 18:23 “ ‘Do not have sexual relations with an animal and defile yourself with it. A woman must not present herself to an animal to have sexual relations with it; that is a perversion.

Lev. 18:24 “ ‘Do not defile yourselves in any of these ways, because this is how the nations that I am going to drive out before you became defiled.

Lev. 18:25 Even the land was defiled; so I punished it for its sin, and the land vomited out its inhabitants.

Lev. 18:26 But you must keep my decrees and my laws.

Lev. 18:30 Keep my requirements and do not follow any of the detestable customs that were practiced before you came and do not defile yourselves

with them. I am the LORD your God.’”

The verses above are pretty much self explanatory. If you have a reasonable command of the English language you should be able to understand it. Basically, every kind of sexual contact is forbidden except within the confines of marriage between a man and a woman. It's pretty simple, really.

### **More Scriptures Concerning Adultery**

Prov. 6:32 But whoso committeth adultery with a woman lacketh understanding: he that doeth it destroyeth his own soul.

Jer. 23:14 I have seen also in the prophets of Jerusalem an horrible thing: they commit adultery, and walk in lies: they strengthen also the hands of evildoers, that none doth return from his wickedness: they are all of them unto me as Sodom, and the inhabitants thereof as Gomorrah.

Even the priests were committing adultery in old testament times, just like many of our ministers and church leaders are doing today.

Hos. 4:14 I will not punish your daughters when they commit whoredom, nor your spouses when they commit adultery: for themselves are separated with whores, and they sacrifice with harlots: therefore the people that doth not understand shall fall.

It is the men's responsibility to provide the leadership and the example for his wife and children. The men set such a bad example for the women that God practically absolved the women from punishment for their sins, at least in this life. Do you see something similar occurring today. Look no farther than the Church or Washington D.C. for a lot of bad examples.

Gal. 5:19 Now the works of the flesh are manifest, which are these; Adultery, fornication, uncleanness, lasciviousness,

2Pet. 2:14 Having eyes full of adultery, and that cannot cease from sin; beguiling unstable souls: an heart they have exercised with covetous practices; cursed children:

The real point is that any sexual sin will cause trouble. If you commit

adultery and get caught you will have stress and maybe divorce, which causes more stress. Even if you violate God's laws and don't get caught by mankind, God knows it and your conscience knows it. You may have been doing some of the things listed above and not even knew it was considered wrong by the Lord. No problem, just quit. God forgives what we have done in ignorance.

Some young men may argue and say, I'm OK in this department. I only have sex with single girls who are not listed in Leviticus as being unavailable. Well, that shows you are thinking anyway, your mind is clearing up fast. But, that argument does not hold water, at least not with God. In the mind of God, in his foreknowledge, everyone belongs to someone already. They belong to whoever they will eventually marry in the future. Single people are committing adultery in advance when they have sex with each other unless they eventually marry each other. You may say, that's crazy. What about people who never get married. Men and women who never marry belong to the Lord. They should remain perpetual virgins. I'm not going to go into it all here, but that is what the bible teaches. Read it from cover to cover and see for yourself.

Then read the book of Tobit in the Catholic bible. Then you will get the picture. Note: even if Tobit is not a biblical book, the teaching on marriage in it is in agreement with the protestant bible and it teaches it in a very beautiful way. In a nutshell a particular young woman was intended for a certain young man. Seven other men tried to marry her but all died before the marriage could be consummated so she could marry her one true love.

We have spent a lot of time on sexual sin because it is rampant today. Our nation has become so degenerate that even people with a Christian upbringing do not believe it is possible to live without constant sin. Recently during our presidential campaign one of the vice presidential (no pun intended) candidates daughters revealed that she was pregnant and she was unwed. The boyfriend broke up with her immediately after the election was over and joined the talk show circuit revealing the most intimate details of their relationship. The young lady was quoted as saying. "abstinence is not an option today." The sad part is that young people today do not even believe it is possible to have control over ones own will, as Paul says we do. When I was growing up and in Sunday School one of our creeds stated that it was our duty to "live a chaste and decent life." Now, very few even know what that means, let alone believe that it is possible to do if they did

understand what it meant.

1 Cor 7:36 If anyone thinks he is acting improperly toward the virgin he is engaged to, and if she is getting along in years and he feels he ought to marry, he should do as he wants. He is not sinning. They should get married.

1 Cor 7:37 But the man who has settled the matter in his own mind, who is under no compulsion but has control over his own will, and who has made up his mind not to marry the virgin--this man also does the right thing.

1 Cor 7:38 So then, he who marries the virgin does right, but he who does not marry her does even better.

You cannot hardly watch TV or drive down the road without being exposed to it. The young lady was right about one thing. You would almost have to go out in the woods and live alone to escape from being tempted with evil in the United States today. We have become like Sodom and Gommorah and do not even realize it because our consciences are like flesh that was seared with a hot iron.

1 Tim 4:2 Such teachings come through hypocritical liars, whose consciences have been seared as with a hot iron.

Acts 17:30 And the times of this ignorance God winked at; but now commandeth all men every where to repent:

This is not to say that God will not forgive us if we sin after we are saved, but very often he will not bail us out of our problems we cause ourselves as easily as he did the first time. A person who has a drinking problem and gets saved and God delivers them from it instantly, if they go back to it intentionally after that, that have a very hard road to hoe to quit again. If you are involved in sin, quit, and don't ever go back to it. That will give you a much more stress free and depression free life. Many people cause their own problems after they get saved by disobedience, and then blame God for it. Don't be one of them. Proverbs has some good advice for young men.

Prov. 5:3 For the lips of a strange woman drop as an honeycomb, and her mouth is smoother than oil:

Prov. 5:4 But her end is bitter as wormwood, sharp as a twoedged sword.

Prov. 5:5 Her feet go down to death; her steps take hold on hell.

Prov. 7:1 My son, keep my words, and lay up my commandments with thee.

Prov. 7:5 That they may keep thee from the strange woman, from the stranger which flattereth with her words.

Prov. 7:6 For at the window of my house I looked through my casement,

Prov. 7:7 And beheld among the simple ones, I discerned among the youths, a young man void of understanding,

Prov. 7:8 Passing through the street near her corner; and he went the way to her house,

Prov. 7:9 In the twilight, in the evening, in the black and dark night:

Prov. 7:10 And, behold, there met him a woman with the attire of an harlot, and subtil of heart.

Prov. 7:11 (She is loud and stubborn; her feet abide not in her house:

Prov. 7:12 Now is she without, now in the streets, and lieth in wait at every corner.)

Prov. 7:13 So she caught him, and kissed him, and with an impudent face said unto him,

Prov. 7:14 I have peace offerings with me; this day have I payed my vows.

Prov. 7:15 Therefore came I forth to meet thee, diligently to seek thy face, and I have found thee.

Prov. 7:16 I have decked my bed with coverings of tapestry, with carved works, with fine linen of Egypt.

Prov. 7:17 I have perfumed my bed with myrrh, aloes, and cinnamon.

Prov. 7:18 Come, let us take our fill of love until the morning: let us solace ourselves with loves.

Prov. 7:19 For the goodman is not at home, he is gone a long journey:

Prov. 7:20 He hath taken a bag of money with him, and will come home at the day appointed.

Prov. 7:21 With her much fair speech she caused him to yield, with the flattering of her lips she forced him.

Prov. 7:22 He goeth after her straightway, as an ox goeth to the slaughter, or as a fool to the correction of the stocks;

Prov. 7:23 Till a dart strike through his liver; as a bird hasteth to the snare, and knoweth not that it is for his life.

Prov. 7:24 Hearken unto me now therefore, O ye children, and attend to the words of my mouth.

Prov. 7:25 Let not thine heart decline to her ways, go not astray in her paths.

Prov. 7:26 For she hath cast down many wounded: yea, many strong men have been slain by her.

Prov. 7:27 Her house is the way to hell, going down to the chambers of death.

Prov. 9:17 Stolen waters are sweet, and bread eaten in secret is pleasant.

Prov. 9:18 But he knoweth not that the dead are there; and that her guests are in the depths of hell.

Prov. 13:15 Good understanding giveth favour: but the way of transgressors is hard.

The way of the transgressor is hard. No wonder they are depressed. Avoid all sins of the flesh and avoid much grief. If you are involved in such things it is no wonder you are depressed. You should be until you repent.

## 8. Deut. 5:19 “You shall not steal.

Just more sensible civil law. I remember the days when you didn't have to lock the doors to your house or your car. No one would steal your stuff. Try that now. How nice it would be if people were honest. That's how God intended it to be.

Eph. 4:28 Let him that stole steal no more: but rather let him labour, working with his hands the thing which is good, that he may have to give to him that needeth.

1Tim. 6:8 But if we have food and clothing, we will be content with that.

Heb. 13:5 Keep your lives free from the love of money and be content with what you have, because God has said, “Never will I leave you; never will I forsake you.”

There is a lot more to stealing than just smash and grab theft. Adultery is actually stealing another mans wife. Coveting usually comes before stealing and is the tenth commandment. If you never covet, but are happy with whatever God has given you, you will never even want to steal. Don't covet and then you won't steal. Very simple. If you don't steal and don't get in trouble with the law over it, you won't have to be depressed sitting in jail or even depressed sitting at home wondering and stressed out over whether or not you are going to get caught.

## 9. Deut. 5:20 “You shall not give false testimony against your neighbor.

Prov. 19:22 ...better to be poor than a liar.

John 8:44 You belong to your father, the devil, and you want to carry out your father's desire. He was a murderer from the beginning, not holding to the truth, for there is no truth in him. When he lies, he speaks his native language, for he is a liar and the father of lies.

This concerns perjury and lying. When you tell a lie you have to tell more to cover it up later. Better just to tell the truth right away and get it over with. Lying causes stress because sooner or later the lies will be found out, even if not in this life then in the next. Lying is of the devil and he is the father of

it. Satan deceived Eve in the garden with the first lie ever told to humankind. We have been paying for it ever since.

Num. 32:23 “But if you fail to do this, you will be sinning against the LORD; and you may be sure that your sin will find you out.

When you sin, you can be sure that someday your sin will find you out. This causes stress and stress causes depression. Do you want less stress? Then quit lying.

10. Deut. 5:21 “You shall not covet your neighbor’s wife. You shall not set your desire on your neighbor’s house or land, his manservant or maidservant, his ox or donkey, or anything that belongs to your neighbor.”

This is for our thoughts. We should not even desire to steal or somehow cheat our neighbor out of any of his goods that God has blessed him with. Now if our neighbor has a beautiful new car, there is nothing wrong with going out and buying a similar car, if we can afford it. We just can’t steal his.

Coveting is more than that. Coveting is also figuring out how to defraud old people (or anyone) out of their retirement savings or goods, and stealing the homes and inheritance of widows and orphans. I live in Florida. It is standard procedure to cheat everyone out of everything you can. It is almost the law that you have to do it. We live in a twisted and evil society. Everyone wants everyone else’s stuff.

### **The First Four Commandments**

The first four commandments concern our duties and relationship to God.

1. Deut. 5:7 “You shall have no other gods before me.

This is fairly simple, just like the answer Jesus gave to Satan. “You shall worship the Lord your God and Him only shalt thou serve.” It’s not rocket science.

Luke 4:5 The devil led him up to a high place and showed him in an instant all the kingdoms of the world.

Luke 4:6 And he said to him, “I will give you all their authority and splendor, for it has been given to me, and I can give it to anyone I want to.

Luke 4:7 So if you worship me, it will all be yours.”

Luke 4:8 Jesus answered, “It is written: ‘Worship the Lord your God and serve him only.’”

Worshipping false God’s only leads down the road of sadness. They are deaf, dumb and blind idols. Satan and his angels are living beings and are false gods to some, but their eventual fate is the Lake of Fire. They cannot even save themselves, so what could they possibly do for you?

Matt. 25:41 “Then he will say to those on his left, ‘Depart from me, you who are cursed, into the eternal fire prepared for the devil and his angels.

We are not to even learn about the ways of the heathen or their gods. It will only serve to lead us astray.

Jer. 10:2 Thus saith the LORD, Learn not the way of the heathen,

We should not even learn about Allah, Buddha, the Hindu's or any other false religion. Foreigners visiting here should of course have freedom to worship as they please, but our culture and our holidays and our school calendars should not change to please unbelievers.

2. Deut. 5:8 & 9 “You shall not make for yourself an idol in the form of anything in heaven above or on the earth beneath or in the waters below. You shall not bow down to them or worship them;

Going right along with the first commandment, almost as a continuation of it, we are not to worship idols of gold, silver, wood stone or any other material. This is simple; we are to worship only the invisible God, Yahweh.

3. Deut. 5:11 “You shall not misuse the name of the LORD your God, for the LORD will not hold anyone guiltless who misuses his name.

Another easy one. We are not to swear falsely using God’s name, (as in court) or use his name loosely in casual talk. We are to reverence the name of the Lord. This includes the name of both the Father and the Son.

Some unbelievers say the name “Jesus Christ” more than most Christians, but in a cursing derogatory way.

4. Deut. 5:12-14 “Observe the Sabbath day by keeping it holy, as the LORD your God has commanded you. Six days you shall labor and do all your work, but the seventh day is a Sabbath to the LORD your God. On it you shall not do any work, neither you, nor your son or daughter, nor your manservant or maidservant, nor your ox, your donkey or any of your animals, nor the alien within your gates, so that your manservant and maidservant may rest, as you do.

This was practiced to a large degree years ago, although everything was shut down on Sunday instead of on the Sabbath. However, God still blessed us, perhaps for at least trying, even if we weren’t doing it exactly right. The Sabbath day is actually from sundown Friday to sundown Saturday.

Businesses used to be closed on Sunday, giving everyone a day of rest. Everyone had a mental health day. Families could get together and spend quality time. Even the television was off of the air from Saturday at midnight until Monday morning. Only the test pattern was on the screen. There was no Sunday afternoon football or sports. Most people went to church on Sunday; it was the only place open.

According to God’s law even the king’s servants were to have the day off to rest and worship. The Sabbath day of rest was a blessing from God, not a hardship. It is only greed that ended it. The desire for profit seven days a week. Now almost everything is open on Sundays. How can people go to church when they are working? How can people get away from stress when they work seven days a week? This is a part of Satan’s plan, to make people so stressed out they go crazy and commit horrible acts of violence, murdering their families, and by keeping them away from church on Sunday they fail to learn the word of God. This is a cause of depression, not having proper rest and relaxation and time for fellowship with God and family. Even God rested after all of his work of creation. Not that he needed it, but as an example for us. If God rested, so should we. One day of rest would go a long way toward helping us all with our problems. We all need a "mental health day" once a week.

Gen 2:1 Thus the heavens and the earth, and all the host of them, were

finished.

Gen 2:2 And on the seventh day God ended His work which He had done, and He rested on the seventh day from all His work which He had done.

Gen 2:3 Then God blessed the seventh day and sanctified it, because in it He rested from all His work which God had created and made.

Restoring one day when business is shut down, except for hospitals and emergency services, (Jesus verified that was OK) would go a long way toward making our country more God fearing and sane. Satan has us running around chasing our tails seven days a week until we are driven mad. It's time to get back to doing things God's way. It would save billions in medical costs if people could just get some rest. And while we are doing it we may as well do it right, shut it all down on the real Sabbath day, from Friday evening to Saturday evening. Shut it all down. Rest. Go to Church. Spend time with your family. Is that such a bad thing to do one day a week?

Even if you can't practice having the real Sabbath day off right now because of your job or other commitments, try to spend at least one day a week, whatever day you have off, just resting around the house, maybe do a little yard work, a little gardening, something you enjoy. Nothing strenuous. Relax, read the Word for at least a half hour that day. Just sit on the boat and float, don't even fish hard. Don't go shopping and running around doing errands all day. You will be surprised at how much better you feel. I know it is difficult in today's fast paced go, go, go, all the time society, but it is a whole lot less costly than doctor bills and in a lot of cases works much better. Learn to relax and enjoy one slow paced day every week. It will pay you great dividends in the long run. God implemented it, it is absolutely the right thing to do. No doubt about it.

Now, are all of these laws really necessary some Christians may ask? Well, Jesus in a sense said no, these are not necessary if you follow the two.

Matt. 22:36 "Teacher, which is the greatest commandment in the Law?"

Matt. 22:37 Jesus replied: " 'Love the Lord your God with all your heart and with all your soul and with all your mind.'

Matt. 22:38 This is the first and greatest commandment.

Matt. 22:39 And the second is like it: 'Love your neighbor as yourself.'

Matt. 22:40 All the Law and the Prophets hang on these two commandments."

If we could follow the two commandments, we would automatically be following the ten. We would follow the first four commandments because we loved the Lord with all of our hearts and would do what he says, and we would follow the rest because of our love for our fellow man. That is not just a new testament command by the way.

Deu 6:5 "You shall love the LORD your God with all your heart, with all your soul, and with all your strength.

Lev 19:18 ... but you shall love your neighbor as yourself: I am the LORD.

Think about it. If we loved our neighbor as our self, we would not kill him, rob him, steal from him, lie about him, commit adultery with his wife, or figure out a way to get his goods. If you can follow the two commandments, you don't need the ten. But, our society needs the ten because we have never reached the point of spiritual maturity where we can follow God's law in our hearts and minds without specific written instructions.

Deut. 5:22 These are the commandments the LORD proclaimed in a loud voice to your whole assembly there on the mountain from out of the fire, the cloud and the deep darkness; and he added nothing more. Then he wrote them on two stone tablets and gave them to me.

Along with these commandments we have to add a couple more from the new testament. These are not really new commands but more like explanations of the others.

### **Fellowship**

Heb. 10:25 Let us not give up meeting together, as some are in the habit of doing, but let us encourage one another—and all the more as you see the Day approaching.

If you want to get out of depression and be a strong Christian you need fellowship with strong Christians. You will become like those you hang out with. If you hang out with the wise you will become wise. If you hang with drunkards you will probably become one. If your best friends are rich people, you will learn how to make money. If you want to be happy, hang out with happy people. Choose friends who always look on the bright side of things. Don't hang out with someone who is always negative. You don't need that. You need a good example of a happy, joyous and free Christian. Find someone like that you really admire and learn as much from them as you can. Find someone you want to be like and fellowship with them. Find a whole group of them if you can.

1 Cor 15:33 Do not be misled: "Bad company corrupts good character."

Prov 13:20 He who walks with wise men will be wise, But the companion of fools will be destroyed.

My grandfather always said, if you want to be rich, take advice from a rich man not a poor one. If the poor one really knew how to be rich he would be. If you want to be happy don't hang out with unhappy people. Avoid them like the plague, at least until you can be a good example to them, and even then be careful. Don't let them bring you back down. If you hang out with losers, you will most likely be a loser yourself.

## Tithing

Ouch! Now we are getting to a difficult subject, money. You don't have to tithe if you can follow Jesus command to love the Lord with all of your heart, soul and mind. At least you won't have to keep track of it. You will automatically give a lot more than ten percent. If you know you are giving more than ten percent without even thinking about it then just skip this section.

Matt. 23:23 Woe unto you, scribes and Pharisees, hypocrites! for ye pay tithe of mint and anise and cummin, and have omitted the weightier matters of the law, judgment, mercy, and faith: these ought ye to have done, and not to leave the other undone.

Luke 11:42 "Woe to you Pharisees, because you give God a tenth of your mint, rue and all other kinds of garden herbs, but you neglect justice and

the love of God. You should have practiced the latter without leaving the former undone.

Tithing, like the ten commandments is only for people who are unable to follow God's will without a set of written instructions. If you can't do God's will without a detailed job description, then practice the ten commandments, fellowship rules, and tithing until you can be led by the Holy Spirit to do them all automatically. Jesus verified that the Pharisees were doing right by tithing. He said they should continue to tithe, but should also practice the two which they were not doing, justice and love. This is the equivalent of loving the Lord with all their hearts and their neighbor as themselves.

Mat 6:19 "Do not lay up for yourselves treasures on earth, where moth and rust destroy and where thieves break in and steal;

Mat 6:20 "but lay up for yourselves treasures in heaven, where neither moth nor rust destroys and where thieves do not break in and steal.

Mat 6:21 "For where your treasure is, there your heart will be also.

You might say, "what in the world does tithing and laying up treasure in heaven have to do with depression and mental health?" Good question, and Jesus answered it. Wherever your treasure is, there your heart and mind will be also. If your mind is on heavenly things you won't be so concerned and depressed about earthly things. If you know you have a bright and glorious and happy future you won't dwell so much on the sadness of today. You may say "why that's just a trick, just mental gymnastics to keep one from thinking about their problems." In a sense, yes it is. You are correct. But, it is a true exercise in mental gymnastics, because God's word really is true, and you really do have a great future ahead of you, if you are in Christ. We have the power, if we are in Christ and filled with the Holy Spirit to control what we think about. Thinking about good things will make our life happier. The bible commands us to think about good things.

Phil 4:8 Finally, brethren, whatsoever things are true, whatsoever things are honest, whatsoever things are just, whatsoever things are pure, whatsoever things are lovely, whatsoever things are of good report; if there be any virtue, and if there be any praise, think on these things.

1 Cor 2:9 However, as it is written: "No eye has seen, no ear has heard, no mind has conceived what God has prepared for those who love him"--

John 14:2 "In My Father's house are many mansions; if it were not so, I would have told you. I go to prepare a place for you.

John 14:3 "And if I go and prepare a place for you, I will come again and receive you to Myself; that where I am, there you may be also.

We have great things to think about, our future home in heaven with Jesus Christ and all the good things that he has prepared for us.

So, if you are certain that you are doing all of these things and are still depressed then there may be a few more areas to clean up. Have you righted all wrongs from the past as far as is possible?

Rom. 12:18 If it is possible, as far as it depends on you, live at peace with everyone.

Have you patched things up with everyone you have been at odds with and are not on good terms with? Have you paid back everyone you stole from? Have you gotten every bit of sin out of your life as much as is humanly possible? Lets look at the reaction of a newly converted man named Zacchaeus. He was a greedy crooked tax collector who after his conversion repented and corrected his past wrongs. Jesus commended him for it. He is an example to us of what we should do after conversion. Following his (Zacchaeus) example will relieve us of a lot of stress.

Luke 19:2 A man was there by the name of Zacchaeus; he was a chief tax collector and was wealthy.

Luke 19:3 He wanted to see who Jesus was, but being a short man he could not, because of the crowd.

Luke 19:4 So he ran ahead and climbed a sycamore-fig tree to see him, since Jesus was coming that way.

Luke 19:5 When Jesus reached the spot, he looked up and said to him, "Zacchaeus, come down immediately. I must stay at your house today."

Luke 19:6 So he came down at once and welcomed him gladly.

Luke 19:7 All the people saw this and began to mutter, "He has gone to be the guest of a 'sinner.'"

Luke 19:8 But Zacchaeus stood up and said to the Lord, "Look, Lord! Here and now I give half of my possessions to the poor, and if I have cheated anybody out of anything, I will pay back four times the amount."

Luke 19:9 Jesus said to him, "Today salvation has come to this house, because this man, too, is a son of Abraham."

Luke 19:10 For the Son of Man came to seek and to save what was lost."

If you have not restored all stolen property you possess to its rightful owner you need to do so as soon as possible. Get that cursed stuff off of your house and porn along with it. Throw every ungodly item you have out of the house. You need to make restitution and make sure that at the very least you are not the one at fault from being at peace with every person in the world. They may hate you, but you cannot hate them.

Matt. 5:44 But I tell you: Love your enemies and pray for those who persecute you,

Luke 6:27 "But I tell you who hear me: Love your enemies, do good to those who hate you,

Luke 6:35 But love your enemies, do good to them, and lend to them without expecting to get anything back. Then your reward will be great, and you will be sons of the Most High, because he is kind to the ungrateful and wicked.

If after all of this you are still depressed you may need medical attention. This study is not intended to discourage you from seeking or continuing medical help for your condition. What it seeks to do is find the cause of the condition if it is a spiritual lack of something. The doctor may treat the symptoms with medicines, but to really fix the problem the root cause must be uncovered. You may need to pray that God will give the doctor wisdom in treating your condition. Get some elders from the church to pray with you

about it. Make sure they are happy elders, not some old grouchy ones.

If you have met every condition outlined so far from God's word and do not have any relief there is one more thing it could be. Perhaps the Lord is allowing Satan to test you to the very limit of your faith, in order for you to lay up much treasure in heaven.

James 1:12 Blessed is the man who perseveres under trial, because when he has stood the test, he will receive the crown of life that God has promised to those who love him.

1Cor. 10:13 No temptation has seized you except what is common to man. And God is faithful; he will not let you be tempted beyond what you can bear. But when you are tempted, he will also provide a way out so that you can stand up under it.

If so you need to read the entire book of Job and see how he held up under extreme conditions. Following the test he was blessed with twice as much as he had before. This would only be the case if you have lost everything, money, children, health and all of your friends and family have turned against you. If this is the case no one can blame you for being depressed. Even Job wished he had never been born when his trial occurred.

Job 3:1 After this, Job opened his mouth and cursed the day of his birth.

Job 3:2 He said:

Job 3:3 "May the day of my birth perish, and the night it was said, 'A boy is born!'

Job 3:8 May those who curse days curse that day,

Job 3:10 Because it shut not up the doors of my mother's womb, nor hid sorrow from mine eyes.

Even Job's wife turned on him. She told him to "curse God and die." What she meant was, curse God and commit suicide. Job responded to her with wisdom.

Job 2:9 His wife said to him, "Are you still holding on to your integrity?"

Curse God and die!"

Job 2:10 He replied, "You are talking like a foolish woman. Shall we accept good from God, and not trouble?" In all this, Job did not sin in what he said.

She had no faith Job could ever be a worthwhile person again, but God had other ideas. God can restore anyone to health, wealth and happiness or get them to that position for the first time in their life. Yes, even you, and me!

Job 42:12 The LORD blessed the latter part of Job's life more than the first. He had fourteen thousand sheep, six thousand camels, a thousand yoke of oxen and a thousand donkeys.

Job 42:13 And he also had seven sons and three daughters.

Job 42:15 Nowhere in all the land were there found women as beautiful as Job's daughters, and their father granted them an inheritance along with their brothers.

Job 42:16 After this, Job lived a hundred and forty years; he saw his children and their children to the fourth generation.

Job 42:17 And so he died, old and full of years.

The worst case scenario is that we would be allowed to suffer like Job, but even he was restored to health, given a new family, and received double the wealth that he had previously attained. Not only that but now we do not live as long as Job. Seventy or eighty years is the norm. So, we don't have as long to suffer even if we, like the beggar, don't get relief in this life.

(Psa 90:10 NIV) The length of our days is seventy years-- or eighty, if we have the strength; yet their span is but trouble and sorrow, for they quickly pass, and we fly away.

It will all be over soon enough and then there will be joy and gladness for all eternity. If nothing else can cheer you up, think on that. Eternity, forever, with the Lord in joy and happiness. It is coming soon!

Is. 51:11 Therefore the redeemed of the LORD shall return, and come with singing unto Zion; and everlasting joy shall be upon their head: they shall

obtain gladness and joy; and sorrow and mourning shall flee away.

Jer. 31:13 Then shall the virgin rejoice in the dance, both young men and old together: for I will turn their mourning into joy, and will comfort them, and make them rejoice from their sorrow.

Rev. 21:4 And God shall wipe away all tears from their eyes; and there shall be no more death, neither sorrow, nor crying, neither shall there be any more pain: for the former things are passed away.