

THIS WAY TO HAPPINESS

Text: Matthew 6:24-34

INTRODUCTION: Model homes in Hurst--"THIS WAY TO HAPPINESS."

The implication that happiness is to be found in a brick, 3 bedroom, 2 bath, fully carpeted, two-car, central heat and air house. This sign states very well the current philosophy--freedom from worry and anxiety is to be found in goods and gadgets.

*But the truth is that the families here have more problems, etc - divorce rate higher*

Illustration: Country town with two industries- aspirin factory and fertilizer factory. Aspirin factory had twice the tonnage output as fertilizer. The "national headache" created greater demand than agriculture. Pills to sleep by, pills to wake up, pills in between--tranquillizers. Don't cure you, but you enjoy poor health.

*We are like the rich young ruler*

*Everything to live with - nothing to live for*

Generation filled with fear, torn by terror--have everything to live with, but nothing to live for. 16,000 suicides a year; 1 every 33 minutes; 3 men for every woman, but 3 times as many women try it.

*more prevalent among the rich - negro seldom commits suicide - greatest cause of death under 50 is suicide*

Which way to happiness--freedom from worry and anxiety--how to win over worry. Jesus has a suggestion. He found the secret of contentment. In the Sermon on the Mount Jesus lays down eternal Spiritual principles to live by.

*Twist - screw into ground! why not give them a chance Jesus' answer to anxiety*

II. LOOK UP YOURSELF. Vs. 27

I. VALUE YOURSELF. Verse 26

Jesus is striking a death blow at worry over the provisions of life. "Take no thought--Don't worry about it" He says. Three times Jesus says this: vs. 25, 31, 34. Christ is a great Teacher. The great art of teaching is the art of repetition--Jesus says this three times.

How is this possible? The secret: Value yourself. Take this life of yours. How have you got it? Where did it come from? It is a gift of God. If God has given me the gift of life, He will see to it that that life is kept going. God is concerned about us one by one. We would never have come into this world if God had not willed it. We must never regard our lives as accidental. Jesus says, "Look at yourself and realize what you are in the sight of God."

*man's value revealed in:*

1. The Crown of Creation. Man is the climax and the center of God's creation. God gave man dominion over God's creation. If God cares for the birds, etc., how much more for you?

2. Man is made in the image of God. God made you for fellowship. Man is the only part of God's creation able to commune with God. Sin, and a godless life is an insult to man. It robs him of his value and worth.

*man is <sup>not</sup> worthy of salvation, but is worth saving.*

3. He is the OBJECT of God's love. The greatest proof of your value is the death of Christ on the Cross. The value of one soul greater than all of God's creation.

III. Ill-early church made up mostly of slaves. They were taught that they were worth nothing, worthless. The Gospel says that they were so valuable to God that He gave His only Son to die for them.

Romans 8:32

*Do we place the same value on all men as God does?*

- 2. Seek pleasure first -- dissatisfied.
- Seek safety first -- cowardly
- Seek wealth first -- greedy and worry
- Seek self first -- envy and jealousy.

II. ACCEPT YOURSELF. Vs. 27

The uselessness of worry--trying to be something you are not.

III-Negro in graveyard. Tombstone: "I'm not dead, I'm just sleeping." You ain't foolin' nobody but yo'self.

Spend our lives wishing we were something else. Jesus said, Accept yourself.

*unhappiest person is the pretender, hypocrite  
need a self-examination  
As David - Prov. 28:13*

*+ true in every realm*

1. Physically: appearance--ability.

2. Financially some people will never be in a high income bracket--but can't accept it, they worry about, live above their means, become greedy, trouble in the home. *ask one question = how are your finances?*

3. Spiritually

(1) Wanted to be like other preachers, but had to accept self spiritually. My ordination: God did not call you to be another Billy Graham, etc.

*I didn't believe him then, but I do now.*

Analysis, that to be worried about just  
about, it is, in a sense, to be like the  
poor, to be dominated by their concerns  
is to be like the heathen.

Nov 28:13

(2) Cannot be a deacon: accept it, serve God in other ways.

(3) Can't be a teacher: accept it, serve God in other ways.

(4) Pretending we are something we are not--accept the fact that we are not what we ought to be, and make it right.

God made you like you are for a purpose. There will only be one person exactly like you. Never again will anyone just like you pass through this life--like a snowflake, or finger print-- There is a purpose.

III. CONSECRATE YOURSELF. Vs. 33

1. If we worry and are anxious about these things we are really like the heathen, who have no knowledge of God's love, etc, live and walk in darkness. A pagan view of life and future life is what we have. The most important thing is NOW. Many people are Christians about salvation, but are pagans about material things--have the heathen philosophy. That is not the way to happiness.

*what to seek first*

- 2. Seek pleasure first --dissatisfied.
- Seek safety first--cowardly
- Seek profits first--greedy and worry
- Seek self first--envy and jealousy.

3. If you are going to seek anything, be anxious about anything, worry about your relationship to God. Seek FIRST, living for it, above everything else, top priority in your life.

Ill- Psychologists distinguish between the focal and marginal in our attention. Man reading a book may still be marginally aware of the temperature of the room and the ticking of the clock, but the book meanwhile dims other impressions.

Our focal should be Christ and His Kingdom.

4. If we put this first, worry will go; that is the result. This great concern about your relationship to God will drive out every lesser concern about food and clothing.

5. Would to God we were as concerned about our spiritual needs as we are about our physical needs. "SEEK" is used in both verses. Seek His righteousness, holiness. Sin brings about anxiety and unhappiness. ILL of DAVID and His SIN.

6. Do not touch Christianity unless you are willing too seek the Kingdom of God first. I promise you a miserable time and existence if you seek it second. Many unhappy--just enough religion to make them miserable.

7. We are always worrying about Scriptures we cannot understand. We need to worry about the ones we do understand. We understand this one. Verse 33.

CONCLUSION:

- 11-12-62 - UVBC - Dallas, Tex - Renewal
- 3-18-63 - High School - Minco, Okla.
- 1965 - Munger Place Bapt - Dallas, Texas
- 10-12-66 - morning watch (MBC) - High School
- 11-18-66 - youth Retreat, Mt Lebanon, Texas for  
Oak Hill Bapt, Riley, Texas
- 8-3-67 Mt Lebanon youth Camp East, Cedar Hill  
Texas