

The Holy Spirit, our Help for Happiness (Part 3)

The Truth about Happiness

THE TEXT

Psalm 34:8 (HCSB) 8 Taste and see that the LORD is good. How happy is the man who takes refuge in Him!

REVIEW

The Holy Spirit leads us into all truth, this includes the Biblical truth about happiness; what true happiness is, and how to have it.

1. Job 5:17 – Divine **correction** and **discipline** lead to enduring happiness.
2. Job 36:11 – **Obedience** to God leads to enduring happiness. (Also see Psalm 1:1-2, 106:3, 119:1-2; 128:1-2).
3. Psalm 40:4 – **Trusting** God leads to enduring happiness. (Also see Psalm 84:12, and Prov. 16:20).
4. Prov. 28:14 – **Reverence** for God leads to enduring happiness. Also see Psalm 112:1.
5. Psalm 41:1 – **Helping** the poor and **serving** others leads to enduring happiness. (Also see Prov. 14:2, John 13:13-17).

THE LESSON

Biblical truth about happiness; what true happiness is, and how to have it.

6. Romans 14:22 – Maintaining a **clear conscience** leads to enduring happiness.

Romans 14:22–23 (KJV)

22 Hast thou faith? have it to thyself before God. **Happy is he that condemneth not himself in that thing which he alloweth.**

23 And he that doubteth is damned if he eat, because he eateth not of faith: **for whatsoever is not of faith is sin.**

Psalms 32:3–5 (NASB95)

3 When I kept silent about my sin, my body wasted away Through my groaning all day long.

4 For day and night Your hand was heavy upon me; My vitality was drained away as with the fever heat of summer. Selah.

5 I acknowledged my sin to You, And my iniquity I did not hide; I said, “I will confess my transgressions to the Lord”; And You forgave the guilt of my sin. Selah.

Hebrews 9:13–14 (NASB95)

13 For if the blood of goats and bulls and the ashes of a heifer sprinkling those who have been defiled sanctify for the cleansing of the flesh,

14 how much more will the blood of Christ, who through the eternal Spirit offered Himself without blemish to God, cleanse your conscience from dead works to serve the living God?

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

Hebrews 10:22 (NASB95) 22 let us draw near with a sincere heart in full assurance of faith, having our hearts sprinkled clean from an evil conscience and our bodies washed with pure water.

1 John 3:21–22 (KJV)

21 Beloved, if our heart condemn us not, then have we confidence toward God.

22 And whatsoever we ask, we receive of him, because we keep his commandments, and do those things that are pleasing in his sight.

7. Psalm 84:4-5 – Faithfulness in attendance and participation in public worship leads to enduring happiness. Also see Psalm 89:15.

Psalm 84:4–5 (HCSB) 4How happy are those who reside in Your house, who praise You continually. Selah **5**Happy are the people whose strength is in You, whose hearts are set on pilgrimage.

- Happy are those who reside in God’s house.
- Happy are those who praise continually in God’s house.
- Happy are those who find their strength in God, and consequently desire to be in worship.

Psalm 84:7 (HCSB) They go from strength to strength; each appears before God in Zion.

Nehemiah 8:10 (NASB95) 10 Then he said to them, “Go, eat of the fat, drink of the sweet, and send portions to him who has nothing prepared; for this day is holy to our Lord. Do not be grieved, for the joy of the Lord is your strength.”

Happy are those who know the joyful shout.

Psalm 89:15 (HCSB) ¹⁵**Happy** are the people **who know the joyful shout**; Yahweh, **they walk in the light of Your presence**.

🕯 The people who know the joyful shout are those who experience worship firsthand, by their presence and participation. The joyful shout refers to the sound of the trumpet calling Israel to worship. They recognize it and respond to the call to worship.

🕯 The joyful sound also describes the sound of the congregation in worship. The sound of silence and shouting should be heard in the house of God.

Psalm 66:1 (ESV) **1 Shout for joy to God**, all the earth;

Psalm 47:1 (KJV) **1** O clap your hands, all ye people; **shout unto God** with the voice of triumph.

Psalm 27:6 (NASB95) And now my head will be lifted up above my enemies around me, And **I will offer in His tent sacrifices with shouts of joy**; I will sing, yes, I will sing praises to the Lord.

Psalm 98:4–6 (NASB95)

4 Shout joyfully to the Lord, all the earth; Break forth and sing for joy and sing praises.

5 Sing praises to the Lord with the lyre, With the lyre and the sound of melody.

6 With trumpets and the sound of the horn **Shout joyfully before the King, the Lord**.

Happy are those who walk in the light of God's presence.

Psalm 89:15 (HCSB) ¹⁵**Happy** are the people **who know the joyful shout**; Yahweh, **they walk in the light of Your presence**.

🕯 To make the most of our time in worship, and reap the full happiness benefit, we must be consciously aware of His presence.

Psalm 16:11 (ESV) You make known to me the path of life; **in your presence there is fullness of joy**; at your right hand are pleasures forevermore.

Psalm 21:6 (NASB95) For You make him most blessed forever; **You make him joyful with gladness in Your presence**.

8. Psalm 89:15-16 – Faithfulness in **attendance** and **participation** in **private worship** leads to enduring happiness.

Psalm 89:15–16 (HCSB)

15 Happy are the people who know the joyful shout; Yahweh, they walk in the light of Your presence.

16 They rejoice in Your name all day long, and they are exalted by Your righteousness.

🔔 Obviously, they were not in the house of the Lord all day, every day. So, there must have been a carryover from their time in public worship to their time in private worship. So, it is for the happy believer today.

Acts 2:46–47 (NASB95)

46 Day by day continuing with one mind in the temple, and breaking bread from house to house, they were taking their meals together with gladness and sincerity of heart,

47 praising God and having favor with all the people. And the Lord was adding to their number day by day those who were being saved.

Philippians 4:4 (HCSB) **4** Rejoice in the Lord always. I will say it again: Rejoice!

1 Thessalonians 5:16 (HCSB) Rejoice always!