

*James Crawford – “6 Keys To Lasting Happiness” Pt 1  
“How To Be a Happy Person” Series*

## **“6 Keys To Lasting Happiness”**

9-25-22

### **Introduction**

Do you enjoy your life? Statistics show that most of the world is becoming more miserable these days. People who are happy tend to live longer, have stronger immune systems, and have better overall physical health. The majority of people reading these notes and hearing this sermon are unhappy people and that disturbs me. I want to help!

In this new 3-part series I am going to teach people how to make a happy life for themselves the way that I have. I was born 53 years ago into a household of misery. I am now happy to say that “I AM HAPPY.”

Do you or someone you love need to learn the 7 keys to lasting happiness? Bring ‘em all! We can help!

### **Key # 1 Study Out God’s Plan To Make You Happy**

If you struggle with unhappiness you must learn that there is a happy God who wants you to be at peace on this earth. No

*James Crawford – “6 Keys To Lasting Happiness” Pt 1  
“How To Be a Happy Person” Series*

matter how bad you feel, I have good news! God wants to take unhappiness away from you.

### **Matthew 11:28**

If you are tired from carrying heavy burdens, come to Me and **I will** give you rest.

When we present the gospel of Jesus Christ to the world, we must learn to articulate it with a spirit of goodness and joy. If we are miserable this will be challenging.

Mark 16:15

“Go into **all the world** and preach **the Good News** to everyone.”

The good news is for who? **All the world!** What is the good news? **I will** give you **rest!**

Our world online church exists to take this good gospel of rest to all nations! And we are!

*James Crawford – “6 Keys To Lasting Happiness” Pt 1  
“How To Be a Happy Person” Series*

## **Key # 2 You Can Have This**

As I asked the Lord for wisdom and revelation about this topic He said, “The devil tells you that happiness is not for you. Yes it is!”

1 Therefore, since **the promise of entering his rest still stands**, let us **be careful** that **none of you** be found to have **fallen short of it**.

16 **Let us** then **approach God’s throne** of **grace** with **confidence**, so that **we may receive mercy** and **find grace** to **help us** in our **time of need**.

## **Key # 3 Bring Others To This Happy Online Church**

“The surest way to be happy is to seek happiness for others.”

Martin Luther King Jr.

One practical way to love others better is to imagine ourselves in their shoes. When we pause to think how we might like to be treated in a certain situation, we build empathy for those

*James Crawford – “6 Keys To Lasting Happiness” Pt 1  
“How To Be a Happy Person” Series*

actually living in that situation.

There are miserable people whom we love and whom we will meet. Put yourself in their miserable shoes and help them out of it. Then you will find, you will be happier. Make this your lifestyle and you will never sink back into despair, loneliness and sadness.

Luke 6:38

Give and you will receive...

### **Establish Your Online Church Lifestyle**

From The Barna Group

“...look at the percentage of churched adults who are interested in using digital discipleship for their faith formation.

Beyond simply listening or viewing online sermons, there are other ways that Christians can grow spiritually through digital means, such as **mentorship, small groups**, online courses and more.

*James Crawford – “6 Keys To Lasting Happiness” Pt 1  
“How To Be a Happy Person” Series*

In Barna’s Six Questions About the Future of the Hybrid Church Experience, only 18% disagreed that online discipleship should be continued, 19% were unsure, while 63 percent of churched adults express that, even after the pandemic, churches should use digital resources for purposes of spiritual formation and discipleship.

With well over half of churched adults believing in the benefit of online discipleship, digital discipleship seems to be a promising ministry program for the future.”

So, our Father Heart World Online Church has job security, and we are the majority for once! Here is our mission.

We’ll take those 18% who disagreed that online discipleship should be continued and lovingly convert them by showing them how happy, healthy & whole our online church members have become here!

Then we’ll gently wash the feet of those 19% who were unsure and compel them to come “taste & see” how the Lord is expressing His goodness here. They won’t stand a chance!

*James Crawford – “6 Keys To Lasting Happiness” Pt 1  
“How To Be a Happy Person” Series*

Then we'll take the 63 percent who know online church is awesome and sign them up like a Baptist would! Mission accomplished!

### **Key # 4 Accept This As a Commandment**

It is only natural to believe that we have the right to stay sad or depressed. Nothing could be further from the truth. We are commanded to “come” to Jesus and that is when the process of lasting happiness begins.

Matthew 11:28

If you are tired from carrying heavy burdens, **come to Me and I will give you rest.**

When we come to God, He gives us beauty for ashes. Peace for depression. Healing for sickness. This Divine exchange is costly, however. He has commanded us to love Him with all our hearts! When we give ourselves to Him in this way, He kisses us with joy, and informs us about what He requires us to become in order to sustain true happiness.

*James Crawford – “6 Keys To Lasting Happiness” Pt 1  
“How To Be a Happy Person” Series*

## **Key # 5 Learn To Run Your Race Valiantly**

The Lord spoke to me about people who have decided that it is better to accept that they are miserable, deceived & sad. The Lord says, “This is not better or easier. You say the truth is painful, but I say your current pain is worse. Get up and do something! Come out of this sadness! I am exposing this root of deception because I care for you. There is danger in being satisfied.”

Hebrews 12

**1...let us run with endurance the race that is set before us...5**

“My son, do not despise the chastening of the Lord, Nor be discouraged when you are rebuked by Him; 6 For whom the Lord loves He chastens...”

**11 Now no chastening seems to be joyful for the present, but painful; nevertheless, afterward it yields the peaceable fruit of righteousness to those who have been trained by it.**

*James Crawford – “6 Keys To Lasting Happiness” Pt 1  
“How To Be a Happy Person” Series*

## **Key # 6 Find The Balance Between Divine Joy & Natural Happiness**

### Divine Joy

Divine joy is deposited through intimacy with God. We were created to encounter God on a supernatural level. Some teach that this is all we need. Some people fixate all their passion on this aspect of happiness and that leads to a superficial Christian life.

We were created to walk in the realm of the supernatural and the natural. Without balance people do become so heavenly minded that they are no earthly good.

### Natural Happiness

Divine joy does not take the place of natural happiness. God created us in such a way that we need more than just Him. We need each other, healthy diets, exercise, enough money, a healthy church, character, nice home, vision for a calling, pets, wise financial practices and more.