

## Enjoy Yourself 550

TEXT: Eccl 3:12 (NRSV) I know that there is nothing better for them than to be happy and enjoy themselves as long as they live;  
Eccl 3:12 (TEV) So I realized that all we can do is be happy and do the best we can while we are still alive.

- A. President Elliot of Harvard was 88. Asked how he accounted for his good health and vigorous mind he said. "A calm temperament expectant of good."
- B. Winston Churchill said, "Rational, industrious, useful human beings are divided into two classes, first, those whose work is work and whose pleasure is pleasure; and secondly, those whose work and pleasure are one. Fortune's favored children belong to the second class. Their life is natural harmony."
- C. Some things make life pleasant, other things make life miserable.
- D. The following suggestions are not always easy to follow, but they help me, and I know they will help you.
- E. We need to enjoy ourselves and our lives as Christians. Here are but a few simple suggestions as to how to do just that.

### Body:

- I. First of all, Make up your mind to be happy. That may sound like a statement of a person who is out of touch with reality but it isn't.
  - A. Making up your mind is easier when you understand the make-up of your mind.
    - 1. What really is in your mind?
    - 2. What is your general mental attitude in life?
  - B. Everyone has the power to make up his or her mind about something.
    - 1. That is why God demands repentance in the process of salvation.
    - 2. That is why there is such emphasis in God's word on the mind.
      - a.) Proverbs 23:7, "As a man thinketh in his heart, so is he."
      - b.) Matt. 22:37, "Heart, soul, and mind."
  - C. Remember, the BRAIN AND THE MIND are two different things.

D. Dr. William Glasser, is perhaps a famous contemporary Psychiatrist, He has a track record of curing people with psychological problems that previously were "incurable" ... He has developed a concept in psychiatry called, REALITY THERAPY.

1. In psychiatry there must be a concern with the two basic needs of mankind
2. They are:
  - a.) the need to love and be loved
  - b.) the need to feel that we are worthwhile to ourselves and to others.
3. Dr. Glasser has changed peoples lives dramatically, by getting them able to fulfill those needs...how?, well, simply stated: by getting them to change their minds.
4. They simply make a mental decision that they are going to fulfill those needs... that they are going to get better

II. Secondly, in this matter of enjoying yourself as Christian, we all need to understand we can't please everyone.

A. Don't let your critics run, and consequently ruin, your life.

1. Read with me Nehemiah 6:1-9 .
2. He wouldn't give in to his critics, because he knew what he was doing, was being done for God.

B. Realize that the more you accomplish the more resistance you will meet.

1. The more Nehemiah built, the more resistance he got.
2. The more Paul preached, the more resistance he got.
3. The more the N.T. church of the first century grew, the more resistance.
4. Why is that? The more you achieve, the more people you come into contact with, the more people hear about your success.
5. And the plain fact of the matter is, you can't please all the people all the time.
6. You and I must simply determine if God will be pleased with what we do, and then we do it...regardless of the resistance we may face in the doing. (and we will face resistance!).

C. Maybe James 1:2-4 will help. My brethren, count it all joy when you fall into various trials, knowing that the testing of your faith produces patience. But let patience have its perfect work, that you may be perfect and complete, lacking nothing. "

1. His point is that we need to keep our focus on the "bigger picture"
2. Sure the trial may not be fun, but the end result will be!
3. And so will the growth I receive in my faith by going through it!
4. Men and Women of great faith are usually people who have gone through very deep valleys of suffering and loss before they ever got to the mountain top.
5. AND... they are also people who fully realize that the mountain top they stand on today, could just as easily be a valley tomorrow, and so they don't put their hopes and trust in themselves... they put them into One who is greater than they are... and certainly greater than any valley they may have to go through. "Yeah, though I go through the valley of death..."

III. Third, if you want to be happy, don't borrow trouble. (And let me assure you, the Devil himself runs the bank of worry, he'll make you all the loans you want, and he will charge interest... your soul!)

A. Imaginary problems are usually heavier than the real problems: Think about David's campaigns.

1. "Saul hath slain his thousands, and David his ten thousands"
2. Read with me Saul's reasoning in I Sam. 18:8 Then Saul was very angry, and the saying displeased him; and he said, "They have ascribed to David ten thousands, and to me they have ascribed only thousands. Now what more can he have but the kingdom?"
3. But if you will read on, David respected Saul as the king of Israel! Saul's worrying was simply unfounded. And worse, it was dead wrong!

B. Somebody once said, that (90%) of what we worry about never comes to pass anyway. (It's probably closer to 99%)

C. That is not to say that we should not try to evaluate possible future events based upon what we do in the present.

1. There is a difference between wisdom and worry.

2. Wisdom takes past experience, present events and prepares for the future with them,
  3. Worry takes present events, the unknown future, and with them chokes with fear over the future.
- D. Jesus said, Matt. 6:34 "Be not therefore anxious for the morrow, for the morrow will be anxious for itself. Sufficient for the day is the evil thereof."
- E. Live every day as if it is your last day.
- IV. Don't hold postmortems: brooding over sorrows and mistakes of the past.
- A. Think about King David:
1. He committed adultery with a woman by the name of Bathsheba.
  2. Nathan came and flat-footedly accused him of the act, and then let him know what was going to happen because of it.
  3. If you want to know how David felt about it all, Psal 51:1 (NKJV)
  4. A very interesting scripture is found in II Sam. 12:18- 23 (read it)
  5. You see, David accepted what happened, and then stood up and moved on.
- B. If you brood with sorrow over your mistakes, you will destroy yourself.
1. You will become a slave to the past.
  2. In other words, if anything happens that reminds you of something that has happened in the past, you will be fearful and frozen
- C. There are two things to do with the past, learn from it, and then put it behind you.
- V. Fifthly, and finally, keep busy in a constructive way. Gal 6:10 (NKJV) Therefore, as we have opportunity, let us do good to all, especially to those who are of the household of faith.
- A. There are those who are busy being busy, and then there are those who are busy being constructive.
- B. In the body of Christ, there is no reason that any baptized believer can't be busy instead of bored.

C. The old saying "Idle hands are the Devils workshop" may be old, but my friend it is accurate.

1. When a person fails to keep busy, they will find themselves stuck in the mud of boredom.

2. And so often, boredom leads to frenzy a sort of frantic search for relief:

a.) some people eat

b.) some people turn the dial on the T.V. in an endless search for distraction.

c.) some people just sit, and wonder why they feel so bad

D. How different it would be if when bored, we would think of our brethren.

E. Or better yet, rather than even getting bored, we would busy ourselves with something that will be edifying to either ourselves or someone else.

Conclusion:

A. Let's review: if you want to enjoy yourself.

1. Make up your mind to be happy.

2. Understand that you can't please everyone.

3. Don't borrow imaginary problems

4. Don't brood over sorrows and mistakes

5. Keep busy in a constructive way.

B. In all of this effort to be happy, there is one over-riding matter that is of the chief importance.

C. Your relationship to God in a personal way.

D. You see, you can do all of those things we have talked about, and leave God out- --and you can be happy to a point.

E. But if you really want happiness, and if you really want to enjoy your life, make God a part of it.

F. Or is he a part of the information that you have about life? There is a difference.

G. Make God your life, and God will make your life indescribably beautiful!