DON’T HIDE YOUR HAPPINESS

Build Your Life on the Rock – Part 1

Pastor Morris Barnett

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**Matthew 7:24-25 (NIV)**   
Therefore everyone who hears these words of mine and puts them into practice is like a wise man who built his house on the rock. The rain came down, the streams rose, and the winds blew and beat against that house; yet it did not fall, because it had its foundation on the rock.

Matthew 5:1-16

We're beginning a series on the Sermon on the Mount; for the next several weeks will be studying Matthew 5-7. This is an important series, because the Sermon on the Mount represents the heart of Jesus' teaching. The things he said in Matthew 5-7 he undoubtedly said on many different occasions, to many different audiences. Jesus begins the Sermon on the Mount by telling us that we can live a life of victory...a life of fulfillment...a life of significance. That's the kind of existence God has designed for you. It is not his will that his children live defeated, miserable lives. When many of us came to him we were living miserable, defeated lives--but we don't have to stay that way. We can live victorious, joyful lives.

THREE TRUTHS ABOUT ABUNDANT LIVING

1. **God Promises You True Happiness ( And Then Some)**

We mispronounce the English work “blessed”. We say bless-ed. The correct pronunciation is “blest”. The word translated “blessed” is the Greek word “Makarios”. There isn’t an English word that is equivalent to it. “Blessed” probably comes closer to any other word. It is also translated “happy” in other versions of the Bible. In the Greek language, *makarios* communicates the idea of contentment, fulfillment, satisfaction, completion.

1. **True Happiness Comes In Unexpected Ways**

Our culture teaches the Beatitudes this way:

Blessed are the self-made men, for they are the master of their destinies.

Blessed are those who never mourn, for their life will be a bed of roses.

Blessed are those who make up their own rules, for they'll answer to no one but themselves.

Blessed are the aggressive, for they'll get whatever they want.

Blessed are those who show no mercy, for their enemies will fear them.

Blessed are those who compromise their convictions, for they'll never offend anyone.

Blessed are those with hearts of stone, for they'll never be hurt.

Blessed are those who win the battle, for their enemies will become their slaves.

Blessed are those who are recognized for their greatness and elevated to the status of celebrity, for they will be worshipped by many

What is Jesus’ prescription for “happiness”? (5:3-11)

1. **True Happiness Is Contagious** (5:13-16)

Your life can be happy, fulfilling, meaningful, **and then some**. God has promised to shower you with blessings. As you consider this list of "bless-eds," you can see that **happiness comes through surrendering yourself to God, giving him control of your life, and serving others with a heart of compassion.**

This is how to become happy *and then some*; it's a happiness we cannot hide from the world.