

NO MORE SAD

Why So Sad?

- I. **There is no situation or circumstance in life where you have to yield to sorrow and be sad**
 - A. 1 Kings 21:1-Once you get born again you can no longer site your circumstances as the reason your sad or sorrowful
 1. Ahab blames his circumstances for his sadness
 2. You're not sad because of circumstances your sad because you chose to yield to sorrow rather than resist it
 - B. John 16:22-Jesus has no given us joy that he proclaimed no man takes from you
 1. Versions
 - a. MSG-It will be a joy that no one can rob from you
 - b. ERV-You will have a joy that no one can take from you
 2. Jesus is proclaiming that when has been risen we'll have a joy no man can take
 - a. No man-No one or nothing
 3. Your circumstances can't take your joy unless you allow them to
 - C. Isaiah 65:18-God created you to be joyful
 1. ERV-I will make a Jerusalem that is full of joy, and I will make her people happy
- II. **Proverbs 15:13-The first characteristic of the joyful is cheerful countenance**
 - A. Versions
 1. MSG-A cheerful heart brings a smile to your face
 2. CEB-A joyful heart brightens one's face
 3. ERV-If you're happy your face shows it
 4. ESV-A glad heart makes a cheerful face
 5. WYC-A joyful heart makes glad the face
 - B. If you frowning (not smiling) all the time you need to cultivate joy
 1. Hebrews 1:9-Jesus walked in extreme joy and was exceedingly glad
 2. Practice smiling, being bright-eyed
 - C. If your face is long, your heart is not merry and if your heart is not merry it's because your heart's Word level is low
 1. You get your heart full of the Word and you won't have to make yourself smile
- III. **The second characteristic of the joyful is they spend time in the Word of God**
 - A. Scriptures
 1. Psalm 119:162-I rejoice at your Word, as one that finds great spoil
 2. John 15:11-These things I've spoken unto you, that my joy might remain in you and that your joy

might be full

3. 1 John 1:4-And these things write we unto you, that your joy may be full
 4. Jeremiah 15:16-ERV-Your words came to me, and I ate them up. They made me very happy
- B. Sadness, sorrow, discouragement, depression is simply the result of a poor spiritual diet; the remedy for sadness is the word of God
1. The key to having Jesus' joy work actively in you and have your joy overflowing is the Word of God; If you don't hear what Jesus says you have avenue by which to cultivate joy
 2. If you don't spend time with what's been written in the Word your joy will be lacking
- C. Maybe the reason you're sad, heavy and sorrowful is because you don't spend time in the Word of God

IV. The third characteristic of the joyful is they are doers of the Word of God

A. Scriptures

1. Proverbs 29:18-He that keeps the law, happy is he
 - a. CEB-Whoever obeys instruction is happy
 - b. GW-Whoever follow God's teachings
 - c. NCV-But those who obey what they have been taught are happy
2. John 13:17-If you know these things, happy are you if you do them
 - a. CEB-You will be happy if you do them
 - b. PHIL-Once you have realized these things you will find your happiness in doing them

B. Sadness and sorrow is the result of not doing what the Word says

1. The key to joy and happiness is to find out what the Word says and do it

C. If you are sorrowful is maybe you haven't been doing what the Word says to do

1. Maybe it's because you are a hearer only and not a doer
2. Disobedience to the Word of God will cultivate sadness and sorrow in your life; on the other hand if you'll engage the Word of God and do what it says it will promote, nurture, and develop joy in your life
 - a. Every time you disobey the Word you're applying a principle that is feeding sorrow into your spirit

V. The fourth characteristic of the joyful is that they seek God-

A. Scriptures

1. Psalm 70:4-Let all those that seek you rejoice and be glad in you
2. Psalm 40:16-NCV-Let those who follow you be happy & glad; NIRV-Let all those who look to you be happy & glad
3. **Seek**-Require, desire
4. **Rejoice**-Display joy
5. **Glad**-Brighten up

- B. The less you require and desire God, the less joy you'll display and the darker you'll be; the more you require and desire God the more joy you'll display and the brighter you'll be
 - 1. Many people have no joy simply because they aren't seeking God
 - 2. To seek Him and stay depressed violates spiritual law
 - 3. If you're sad or sorrowful you couldn't be that way if you were seeking Him
- C. If you are sorrowful maybe it's because you aren't looking to God and following Him
 - 1. The more you seek God and require Him and allow Him to get involved in your life the more joy you'll have
 - 2. The more you ignore Him, put Him on the back burner, the more sorrowful you'll be

VI. The fifth characteristic of the joyful is that they receive correction from God

- A. Scriptures
 - 1. Job 5:17-Behold, Happy is the man who God corrects
 - 2. Psalm 94:12 (AMP)-Blessed (happy, fortunate, to be envied) is the man whom You discipline and instruct, O Lord, and teach out of Your law
- B. Your joy and happiness is attached to correction that you receive from the Lord
 - 1. If you reject the correction you miss out on the joy attached to it
 - 2. If you get offended or allow your feelings to get hurt and reject the correction, your life will be infected with sorrow
 - 3. When the Lord corrects you and tells you to change and you don't you'll just applied a principle that will work sorrow into your life
- C. If you are sorrowful maybe it's because you are unteachable. Maybe it's because when correction came you rejected it.

VII. The six characteristic of the joyful is that they have their hope in God

- A. Scriptures
 - 1. Psalm 146:5-Happy is he that has the God of Jacob for his help, whose hope is in the Lord His God
 - a. Hope-Expectation
 - 2. Isaiah 30:18-Blessed (happy, fortunate, to be envied) are all those who [earnestly] wait for Him, who expect *and* look *and* long for Him [for His victory, His favor, His love, His peace, His joy, and His matchless, unbroken companionship]!
- B. The lower your expectation of God's goodness in your life, the greater your sorrow
 - 1. Psalm 27:13-I had fainted unless I had believed to see the goodness of the Lord
 - 2. So often people are so filled with sadness and sorrow because they believe their situation is never going to change
 - 3. Expecting the goodness of God feeds your joy and keeps your strong to continue
 - a. Hebrews 12-People are thinking about the victory enough and it costs them the joy and strength

needed to persevere during the fight of faith

C. Maybe your sad and full of sorrow because your expectation is low

VIII. The seventh characteristic of the joyful is that they spend time with God

A. Scriptures

1. Psalm 16:8-11-I have set the Lord always before me: because he is at my right hand...therefore my heart is glad...In your presences is fullness of joy
2. NIRV-You always fill me with joy when I am with you
3. MSG-Day and night I'll stick with GOD; I've got a good thing going and I'm not letting go. ⁹⁻¹⁰ I'm happy from the inside out, and from the outside in, I'm firmly formed. You canceled my ticket to hell— that's not my destination! ¹¹ Now you've got my feet on the life path, all radiant from the shining of your face. Ever since you took my hand, I'm on the right way

B. If you're sorrowful you haven't been spending time with God

1. 11-Many people are sad, sorrowful, and Heavy because they've been spending time with wrong fellow
2. Maybe you're too busy like Martha to spend time with Him in His Word so now you're sorrowful like she was; notice Mary wasn't sorrowful and heavy-Luke 10:38
3. If you unhook from the power company there'll be no power and if you unhook from the source of joy, there'll be no joy

IX. The eighth characteristic of the joyful is that they walk in love

A. Scriptures

1. Psalm 5:11-Let them also that love your name be joyful in you
2. Proverbs 14:21-He that despises his neighbor sins; but he that has mercy on the poor, happy is he
3. Matthew 11:6 (AMP)-Happy is he who take no offense at me
4. John 15:10-11- If ye keep my commandments, ye shall abide in my love; even as I have kept my Father's commandments, and abide in his love. These things have I spoken unto you, that my joy might remain in you, and *that* your joy might be full.

B. The joy you experience in life is directly connected to your love walk

1. When you're critical of people, hard on people, and take offense you are applying principles that feed sadness and sorrow into your spirit
2. Where there is strife there is confusion and every evil work including sadness & sorrow

X. The ninth characteristic of the joyful is that they fear God

A. Scriptures

1. Psalm 112:1 (AMP)-Happy is the man who fears the Lord
2. Proverbs 28:14 (AMP)-Happy is the man who fears the Lord at all times

B. To fear God means that you:

1. Honor Him-Value Him and His things more than any other
2. Respect Him-You love what He loves you what he hates-Hebrews 1:9
3. When we fail to respect God and honor him the way we should it feeds sorrow into our lives

C. So often people are so sad, sorrowful and heavy simply because they don't fear God

XI. The tenth characteristic of the joyful is that they have the wisdom of God

A. Scriptures

1. Proverbs 3:13-Happy is the man that finds wisdom and gets understanding
2. Proverbs 15:23-A man has joy by the answer of his mouth

B. Joy comes from the Word of God that you know and understand

1. Spiritual ignorance and scriptural illiteracy will bring sorrow
2. If you're in a situation and you don't know what to do you will be sad
 - a. If you have no answer you have no joy
 - b. Unhappy is the man that doesn't have wisdom and gets no understanding

C. Maybe your sorrowful because when it comes to the Word you don't know anything

1. The dumber you are (where the Word is concerned) the sadder you'll be

XII. The eleventh characteristic of the joyful is they mediate (give mind to) the Word of God

A. Scriptures

1. Psalm 104:34-My mediation of him shall be sweet: I will be glad in the Lord
2. GW-May my thoughts be pleasing to Him. I will find joy in the Lord.

B. There is a connection between what you give your mind to and the joy you walk in

1. If you're sad, sorrowful, and heavy it's clear that you've been thinking on the wrong stuff and it's entirely your fault
 - a. Thinking on the wrong stuff will take your joy and drain your strength
2. Habak 3:17-To walk in overflowing joy you have to chose to think on the right stuff
 - a. MSG-Though the cherry trees don't blossom and the strawberries don't ripen, Though the apples are worm-eaten and the wheat fields stunted, Though the sheep pens are sheepless and the cattle barns empty, I'm singing joyful praise to God. I'm turning cartwheels of joy to my Savior God. Counting on God's Rule to prevail, I take heart and gain strength. I run like a deer. I feel like I'm king of the mountain
3. Hebrews 12:3-If you are going to walk in overflowing joy there are certain places you can't let your mind go
 - a. MSG-Keep your eyes on Jesus, who both began and finished this race we're in. Study how he did it. Because he never lost sight of where he was headed—that exhilarating finish in and with God—he could put up with anything along the way: Cross, shame, whatever
 - b. ERV-He suffered death on a cross. But he accepted the shame of the cross as if it were nothing

because of the joy he could see waiting for him

C. If you start mediating on the evil report and how bad it looks you're going to get sad

1. If you're sad it's clear the words you've been giving your mind to are bad
2. Proverbs 12:25-Heaviness in the heart makes it stoop: but a good word makes it glad

XIII. The twelfth characteristic of the joyful is that they acknowledge the great things God has done for them

A. Scriptures-Psalm 126:1-2

1. KJ-When the Lord turned again the captivity of Zion, we were like that that dream. Then was our mouth filled with laughter, and our tongue with singing: then said they among the heathen, The Lord has done great things for them. The Lord has done great things for us: whereof we are glad!
2. MSG-God was wonderful to us; we are one happy people

B. People who walk in joy are constantly acknowledging and thinking about how good God has been to them

1. People who are sad and sorrowful aren't thinking about how good God has been
 - a. EX: Brother Keith's dad going to Heaven
2. If God has done great things for you, then you are glad; When you walk around yielding to sadness and sorrow what you're saying with your sad attitude is that God has done nothing good for you
3. Let's think about how good he has been to you
 - a. Psalm 97:12-Rejoice in the LORD, ye righteous; and give thanks at the remembrance of his holiness.
 - b. Psalm 106:7-Our fathers understood not thy wonders in Egypt; they remembered not the multitude of thy mercies; but provoked *him* at the sea, *even* at the Red sea.
 - c. Numbers 14:1-And all the congregation lifted up their voice, and cried; and the people wept that night.

XIV. The thirteenth characteristic of the joyful is that they endure

A. Scriptures

1. James 1:12 (AMP)-Blessed (happy) is the man who is patient under trial *and* stands up under temptation,
2. James 5:11-Behold we count them happy which endure

B. Joy is found in persevering and enduring when it gets tough

1. When you pass up on the opportunity to preserve and continue you miss out on an opportunity to feed joy into your spirit
2. Persevering, continuing, and enduring feeds joy directly into your spirit
3. Joy is built into overcoming and victory and winning

C. Maybe your sad and sorrowful because when the going got tough you quit

1. When you cave in, give up and quit under pressure you're applying a principle that feeds sorrow into

your spirit

2. Quitting grows sorrow, enduring grows joy

XV. The fourteenth characteristic of the joyful is they trust God

A. Scriptures

1. Proverbs 16:20-Whoso trust in the Lord happy is he
2. Psalm 5:11-But let all those who put their trust in you rejoice
3. Psalm 33:21-For our heart shall rejoice in him because we have trust in His holy name
4. Psalm 13:5-I have trusted in your mercy; my heart shall rejoice in your salvation

B. Joy is an out flowing expression of your faith in God

1. Those who aren't trusting aren't rejoicing; Those who have no joy have no faith
2. Sadness is sorrow makes it evident that you are not believing God
3. The reality is without faith joy has nothing to flow out of

C. Uncertainty and insecurity is the breeding ground of sorrow

1. Trust means bold, secure, feel safe, careless; Those who feel safe/secure rejoice
2. Feeling safe and secure goes hand in hand with joy while feeling unsafe, insecure, and uncertain goes hand in hand with sadness and sorrow
 - a. When you feel secure, safe, and are sure you'll be bold, carefree and full of joy
 - b. When you feel insecure, unsafe, and unsure about how the situation is going to turn out you'll lack boldness, you'll be full of care, and you'll be sad, heavy, & sorrowful
3. Hannah was sad and heavy because she was unsure she'd ever have a baby, but the moment she was certain it was going to happen she was no more sad

D. Hebrews 10:34-36-Joy is going to flow out of your knower

1. 34-36-They took joyfully the spoiling of their goods because they know something; They know if they don't cast away their confidence and be consistent, constant and never changing regardless of the circumstances they'll receive the reward and get the promise
2. Joy doesn't come from what you see or how you feel it comes from what you know or the Word of God that you are certain about
 - a. My joy is not based on what I've seen, heard, or believe from the Word, but on what I KNOW from the Word
 - b. When attacks come and trial comes ask yourself, WHAT DO I KNOW?; Not what do I feel or what do I see, but WHAT DO I KNOW?
 - c. John 16:33-There will be affliction and persecution in the world, but this is what you know; I have overcome the world and deprived it of power to harm you
3. Certainty regarding the Word of God will be your source of joy in times of adversity; The more certain you get, the more joy will manifest

- a. Genesis 15:1-18-Abraham asked God how can I be certain that I'm going to get what you promised and in response God cut a blood covenant with Abraham
- b. Romans 4:19-21-He was fully persuaded in faith and that's why he still had his joy and that's why he was strong to fight and win
- 4. Romans 10:17, Jer 15:16-Certainty about the Word comes from time spent in the Word of God
- E. Maybe you're sorrowful and sad because you don't trust God and maybe you don't trust God because you don't spend time in His Word