Happiness Robbers
1 Thess 5:16

Introduction:

A. Many, even among Christians, seem to never find happiness - contentment - peace.
   1. Some plan to be unhappy: "People are about as happy as they make up their minds to be".
   2. Some have physical problems - need medical treatment.
   3. Some making it primary purpose in life - really result of other pursuits.
   4. Some have no real reason to be happy.

B. Christians should be the happiest of all people, yet many are not.
   1. They have every reason to rejoice (Rom. 12:12) - because some things, in spite of others.
      b. When they serve and sacrifice. (Heb. 10:34).
      c. When they are mistreated. (Mt. 5:11,12; Act 5:41).
   2. They are basically happy, yet without being on a perpetual hyped up high.
      a. Sad at times. (cf. John 11:35; Rom. 9:2; 12:15).
      b. Anxious at times. (2 Cor. 2:13; 11:28).
      c. Fearful at times. (2 Cor. 7:4-6).
      d. Such was exception, not rule.
      e. Characterized by inner quite peace of mind from God. (cf. Phil. 4:4-9).
      f. Happy in spite of outward circumstance. 

C. Many allow happiness robbers to rob them of the happiness they should have in Christ.

Discussion:

II. Guilt.
   A. The guilty should not be happy while guilty.
      1. David's sin ever before him (Psa. 51:3,4)
      3. If happy, then will not repent. (2 Cor. 7:8-10).
   B. The guilty can only be happy by:
      1. Searing his conscience.
      2. Accepting forgiveness.

III. Envy — Jealousy — Resentment.
   A. Envy is rottenness of bones. (Prov. 14:30).
   B. Envy made Joseph's brothers unhappy. (Gen. 37:4-13,19-20).

IV. Covetousness.
   A. Brings sorrow. (1 Tim. 6:6-10).
   B. Covetousness is never satisfied.
   C. Covetousness a form of idolatry. (Col. 3:5).

V. Hatred.
   A. A form of murder. (1 John 3:15)
   B. Must be put away. (Eph. 4:31,32).

VI. Evil Suspicions.
   A. Must be avoided. (1 Tim. 6:4,5).
   B. Opposite of love. (1 Cor. 13:5).
   C. Psychology calls it "paranoia".

VII. Brooding.
   A. Need to mediate on good things. (Phil. 4:8).
   B. Help what can help, but do not brood over what can't help.
   a. Did all could save them.
   b. Was still concerned (cf. Rom. 9:2), but not paralyze him.
2. Do duty then feel free from blood. (Acts 20:26,27).
C. Remember some things at out of our hands.

VIII. **Inordinate Anxiety — Fear.**
A. A lack of faith. (Matt. 6:30; 8:26).
B. A lack of truth in power and providence of God.

**Conclusion:**
A. No such thing as absolute happiness in this world.
B. But, can enjoy predominately happy if always do will of God (cf. Gal. 5:22; Rom 14:17)