

“Pleasure vs Happiness”
What Makes You Happy?, Part 5
5/3 & 5/6/18

It is tragic to watch people **UNDERMINE** their own happiness
John 16:33 (NIV) “[Jesus said] “...In this world you will have trouble. But take heart! I have overcome the world.”

The reason we undermine our own happiness is confusion around two ideas: **PLEASURE** & **HAPPINESS** If you love **YOU**, you should follow **JESUS**

Jesus Was & Is For You

John 10:10 (NIV) “[Jesus said] The thief comes only to steal and kill and destroy;...:

YOU have more potential to steal from you, kill a relationship or destroy your life than anybody else

True: At times you are your own **WORST ENEMY**

John 10:10 (GN) “[Jesus said]... I have come in order that you might have life—life in all its fullness.”

John 10:10 (NAS) “The thief comes only to steal and kill and destroy; I came that they may have life, & have it abundantly.”

John 10:11 (NIV) “[Jesus said] I am the good shepherd. The good shepherd lays down His life for the sheep.”

If someone is willing to lay down their life for you, they are **FOR YOU**. **JESUS** is for you!

You have a decision to make: Who are you going to follow? The **THIEF** who may be someone in your life or often is you – or **JESUS** who really is the good shepherd who is for me?

You May Be Your Own Worst Enemy, But You Aren’t Your Only Enemy

Sin always **SEPARATES** – it separates you from yourself, others and God

If we are not careful, we will undermine **OUR OWN** happiness

God created you with the capacity to **EXPERIENCE BOTH** pleasure and happiness

God is not **AGAINST** pleasure any more than God is **AGAINST** happiness

The problem isn’t either/or – the problem is **PRIORITY**

When we prioritize pleasure over happiness, there’s a **PROBLEM**

When you prioritize pleasure over happiness, ultimately you get **NEITHER**

One **LEADS** to the other (happiness leads to pleasure), but the other (choosing pleasure over happiness) ultimately **UNDERMINES** the other

Eventually pleasure **LOSES** its pleasure and becomes a **PRISON** because of the law of diminishing returns

A past time → pathway → habit → addiction → prison

Romans 6:16 (NLT) “Don’t you realize that you become the slave of whatever you choose to obey?...”

If you choose the same thing over & over & over, you’re no longer choosing, you’re being drawn in – you’re **GIVING UP** control – you’re **BEHAVING** like a slave – you’re behaving as you **HAVE TO**, not

simply that you **WANT TO**

Sin leads to **DEATH**; sin always **KILLS** stuff

Romans 6:16 (NLT) “Don’t you realize that you become the slave of whatever you choose to obey? You can be a slave to sin, which leads to death, or you can choose to obey God, which leads to righteous living.”

When you say “yes” to God (you obey Him), you have peace with God, and it paves the way to have peace with ourselves and equips you to make peace with others – this is the path to **HAPPINESS**

Every happy person you meet has **PEACE** with themselves, with others, and with God

Jesus would say, “If you sow better, you’ll reap better, and then you’ll **FEEL** better”

We get in trouble when we’re unhappy & feeling unhappy, we **IMMEDIATELY** want to do something that makes us **FEEL BETTER**

There is no **QUICK FIX** to happiness, you sow and you reap your way there

Following Jesus will make your life **BETTER**, & ultimately following Jesus will make you better **AT LIFE**

Applying This To Me, My Life

Tough Question: Is there a pleasure that’s **UNDERMINING** your happiness?

If you continue to say “yes” to that pleasure, you’re a **THIEF**, and you are in **OPPOSITION** to Jesus’ invitation to follow Him as the Good Shepherd

Tough Question: Is there a pleasure that’s slowly taken you **PRISONER**?

Our internal response of “Yeah, I need to do **BETTER**” if most often our way of doing **NOTHING**

If you prioritize your happiness over your pleasure, you’ll get the **BEST OF BOTH**, but if you continue to prioritize your pleasure over your happiness, ultimately you get **NEITHER**

My Next Step Today Is:

- Today I am trading my pleasure for the Good Shepherd who offers me life more abundantly
- Today I will begin prioritizing my happiness over my pleasure

Next week: Join us for Part 6 of “What Makes You Happy” – “You’re Not Enough.” Invite a friend!

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If you love _____, you should follow _____

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Sin always _____ – it separates you from yourself, others and God

If we are not careful, we will undermine _____ happiness

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God is not _____ pleasure any more than God is _____ happiness

The problem isn't either/or – the problem is _____

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Sin leads to _____; sin always _____ stuff

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Every happy person you meet has _____ with themselves, with others, and with God

Jesus would say, “If you sow better, you’ll reap better, and then you’ll _____ better”

We get in trouble when we’re unhappy & feeling unhappy, we _____ want to do something that makes us _____

There is no _____ to happiness, you sow and you reap your way there

Following Jesus will make your life _____, & ultimately following Jesus will make you better _____

Applying This To Me, My Life

Tough Question: Is there a pleasure that’s _____ your happiness?

If you continue to say “yes” to that pleasure, you’re a _____, and you are in _____ to Jesus’ invitation to follow Him as the Good Shepherd

Tough Question: Is there a pleasure that’s slowly taken you _____?

Our internal response of “Yeah, I need to do _____” if most often our way of doing _____

If you prioritize your happiness over your pleasure, you’ll get the _____, but if you continue to prioritize your pleasure over your happiness, ultimately you get _____

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