

Pt. 1 - Live Happier

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C. Elijah Bronner: Don't waste a minute of life outside of joy.

Automated Voice: You are listening to BrothersofTheWord.com. This is Part 1 of the series titled, "Live Happier," by C. Elijah Bronner. This message is number 7901.

(Music Playing: 00:00:13 - 00:00:26)

Automated Voice: And now for Live Happier Part 1.

C. Elijah Bronner: Thank you for joining Brothers of The Word because brother you need the word.

We welcome all of you joining us by television and those of you joining us online at BrothersofTheWord.com or Facebook or social media, happy to have you. Thank you for tuning in and joining us today. Always a wonderful delight and joy to have you.

Would like to share just a little humor. An elderly man, he was concerned that his wife was starting to go deaf. And so, the old man goes to the doctor and he says, "My wife can't hear very well and I'm getting worried. What should I do to help her?" The doctor thinks for a minute and he says, "First, we need to understand how serious the problem is." He says, "Stand 25 feet away from her and ask her a question. If she doesn't respond, walk 5 feet closer and ask again. Repeat this until she can hear you and then let me know how far away you were standing." The man is so concerned for his wife that he agrees to do what the doctor suggested and when he gets home, he sees his wife cooking in the kitchen. He stands 25 feet from his wife and says, "What's for dinner?" The wife doesn't answer and he walks closer. "What's for dinner?" The man does this two more times until he's standing only five feet from his wife. The man is now very worried and he tries one last time, "What's for dinner?" The wife looks over and yells at him. "I have told you four times already, we are having lasagna!"

Appreciate the extra laugh, Julia.

Well, we are having fun and we are talking about living happier, live happier, live happier. We finished the series on Live Healthier and now we start on live happier, live happier. And once again, this was sort of an admonition I received at the

beginning of the year. I was coming into my home and I just felt the Holy Spirit say those four things to me to live healthier, live happier, live inspired and love more. So, we're on the second of those phrases, which is to live happier, live happier, live happier.

Let's look at some scriptures over in John Chapter 15. The Bible has quite a bit to say about living happier. Of course, the Bible calls it joy. And so, when I say happy, I'm really saying "joy" from the Bible term. The Bible term is joy. The common term is happiness, and I understand that there's a difference. I understand that Bible joy is different from common everyday happiness, but I'm just using the term synonymously just to make it simple and easy to understand.

Not everybody understands joy, but everybody understands being happy. So, I'm just using it synonymously, but I do understand that there's a difference and we're going to talk about some of that. But in John Chapter 15, Jesus talks about joy. John 15 Verse 11. It says, "These things have I spoken unto you that my joy might remain in you and that your joy might be full."

Now to me, he said, "I want you to live happier." I want you to live happier. Another translation says, "I have told you these things that my joy and delight may be in you and that your joy may be full and complete and overflowing."

Another translation says that, "Your joy would rise higher and higher and be fuller and fuller, overflowing joy."

And one last translation, I really like this and it says Jesus said, "I have told you this to make you as completely happy as I am." So, Jesus is happy. God is happy. There's rejoicing in heaven. The Bible talks about the way God rejoices over us. He sings. He rejoices over us with dancing, with singing, with joy.

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Jesus was full of joy. People have the idea the Jesus walked around very solemnly and very stoic. No, that's not the right picture. Jesus was full of joy! He just said it. He said, "I was saying this to you so my joy stays and your joy be full." He said,

“I want you all to be as happy as I am!” Jesus was excited. He was full of joy!

Think about it. In his presence is fullness of joy. Joy, heaven is full of joy. Heaven is full of music. You can't even come to God - the Bible says, “Come before his presence with singing!” The Bible said, “Don't come with your lip poked out and frowned up and angry.” No, don't come like that. He said, “You've got to come with joy.”

So, God's full of joy. Jesus is full of joy and man, we are excited to have his joy on the inside of us so we too can be as completely happy as he is. So, this is God's will for us. God desires for us to experience great joy. He wants us to be bubbling over with this joy. I'm not saying having a whole lot of fanfare but I am saying that it's something on the inside that bubbles up on the outside and so, it manifests in different ways, but there's something that makes us happy and God wants us happy. God wants us happy.

And so, we have this joy and we have it overflowing. Say, “I am super charged with joy.” You are, you are. We have his joy. We have his joy. This is not earthly joy. Man, this is supernatural joy. This is supernatural joy. You have a joy that's supernatural, it's out of this world and we are filled with his joy. Listen to this, you can get God's will, Psalms 30:11 says you turn my wailing into dancing. You remove my sack cloth and clothe me with joy.”

So, you can see God's whole purpose and intent for us, for his kids. He wants us happy. You've turned my mourning into dancing. You've clothed me with joy and so, got to take the rough parts of life, things that have had you sad and God will turn it into joy. God will turn your life into something that's full of joy! God wants you to live a joy-filled life. He wants you to live a happy life. He wants you to be happy.

Here's another one, Psalms 126 Verse 1 and 2 says, “When he turned our captivity, we were like them that dreamed. He filled our mouths with laughter and our tongues with singing!”

And so, this is God's intended design will for us to be filled with joy. You know, life is just too short to be unhappy. It's too short. Life is too short to be bent out of shape. Life is too short to be depressed. Life is just too short have grievances and to be angry

and have bitterness. Life's just too short. Don't waste a minute of life outside of joy. Life is precious and we should enjoy every minute of it. It's a gift. It's a grace to be received and enjoyed and so we live it with joy.

Now, here are three main reasons that God wants us full of joy. God wants us to live happier. Three main reasons. Number one, joy is our strength. Nehemiah 8:10: The joy of the Lord is my strength. So, joy makes you lighter, it makes you stronger, it makes you more resilient, it gives you strength, it gives you the power to bounce back when you face adversity in life. It gives you staying power. Joy is what gives you the ability to hold steady when circumstances are rough. Joy is what keeps you going. It's joy that keeps you from caving in and quitting and so, joy gives you the strength to fight. It gives you the strength to stand.

No wonder James said, "Count it all joy, when you fall into different tests, trials and temptations." Joy is your strength. You can't even fight without joy. You can't use your spiritual weapons without joy. Your victory is in your joy. Joy is your victory. Joy is your victory.

I remember hearing about an old man. He was really sick, very sick and somebody asked him and said, "Have you rebuked the devil?" The old man said, "I'm not in any shape to antagonize anybody." He didn't have strength to try to fight the devil. He said, "I don't want to make anybody mad." He said, "I'm not strong enough." Joy is our strength so it gives us the ability to be resilient and to withstand and to hold steady and to fight. So, joy is our strength so that's why God wants us to have joy. That's why he wants us to have joy. Joy is our strength. Joy is our strength. It's our victory. Joy is our strength.

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Number two, the second reason God wants us to have joy is for other people. I call it the spillover effect. He wants us to be for - - there's a reason Jesus said that my joy will remain in you and that your joy would be full, complete and overflowing. He wants us to have an abundance of joy, so not only we have the strength of that joy, it gives us strength, but also, it's enough joy that's flowing out of our lives to help other people who don't have any joy. So, our joy becomes contagious. We bring a little laughter

to the world. We bring a little light to the world. We make it brighter wherever we go. We begin to spread the joy around.

One study said that only about 20% of people are happy. So, it's a whole lot of unhappy people. It's a whole lot of unhappiness in the world. Mother Teresa, she said, "Let no one come to you without living better and happier." Well, that's that joy. That's that overflowing joy, the spillover effect where we're able to affect others and spread some joy around, where people can just sense something about you. Your joy is a testimony.

The Bible says happy are the people whose God is the Lord. You testify of God's goodness, you testify, you give honor to God, you bring honor and glory to God when you live a joy-filled life because it becomes a sign and a witness to others and that you can brighten and lift others. You can encourage others and you can spread a little joy wherever you go. So, that's the second reason God wants us to be filled with joy is for the spillover effect. Joy blesses your spouse. Joy blesses your kids. Joy blesses your friends and even your adversaries. Joy blesses everybody.

You know, when you're filled with joy, other people notice it. They can just notice something about you and we bring honor to God. We live in a world that can have a lot of heartache, a lot of sadness, a lot of turmoil, a lot of grievances, a lot of disappointments. And so, people need joy. They need to be uplifted and the world, they don't have the spiritual reserves that we have and so, we were able to share are the fountain, the wells of joy. We're able to draw from the wells of salvation and give others a drink who are thirsty of joy in this world.

So, God wants us full of joy for the spillover effect so that others can be blessed by our joy. So many people have just lost the joy of living. That's why suicide rates have gone up, people ending their lives because they've lost the joy of living. They've lost the joy of living. You'll be surprised how many people are just tired of life. They're tired of living. They've lost the joy of living. They've lost the joy of living and so, we have something to share with them. We have something to offer them and we have this irresistible joy that comes from God. So, that's the second reason.

So, the first reason God wants us full of joy is for our own strength. The second reason is for the spillover effect so that we can affect the lives of others and bring joy into the lives of others and then the third reason God wants us full of joy is because joy makes everything better. Joy makes everything better.

When you're happy, life is just better when you're happy. Life is just better. Everything is better when you are happy. You're more generous, you are friendlier, you are more energized, you're more alive, you're more attractive. Joy and happiness, it just makes everything better. Life is just better when you're happy. Life is better when you're happy. Life is so much better when you're happy.

I read about one hotel chain. They said that when they interview people, they only hire people who smile at least four times in the interview. They only hire people that smile at least four times in the interview and that's because they want to hire happy people because happy people affect the atmosphere. It affects the environment. You want happy energized people working on the team. You want happy people so that you can share happiness with your clients and customers and so you want happy people, people with a great attitude. And so, that's one of the criteria they use in the interview is you had to smile at least four times in that interview because they wanted people that resonated with joy.

Praise God! Proverbs Chapter 17 Verse 22 says that a happy heart is good medicine, happy heart is good medicine and a cheerful mind works healing. A happy heart is good medicine. Cheerful mind works healing. So, it really works right in conjunction with live healthier, live happier.

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When you live happier, you actually live healthier because a cheerful mind works healing. A happy heart is good medicine, a happy heart is good medicine. I read about some hospitals, some hospital science has caught on to the fact that a cheerful mind works healing and a happy heart is good medicine. Some hospitals have humor rooms where they just set up rooms so patients can go and have fun and play games and work puzzles and laugh with their family and friends. So, they set up humor rooms. Some hospitals have actually hired clowns just to come

in and make patients laugh just to entertain them and improve their mood. Some hospitals have humor carts that they just roll from room to room and have all type of props and games and funny comedies and DVDs and so forth, just to cheer and brighten and enlighten and make people happier, enlightened.

One hospital said that they take their patients to a park several hours a week just so that they can watch kids playing and hear them laugh. They found that it stimulated the body's natural healing processes. So, a cheerful mind works healing. A happy heart is good medicine. A happy heart is good medicine. That's another reason that God wants us full of joy is healing to the body, healing to the mind. It does you good like a medicine, does you good like a medicine.

Now, in John Chapter 15 where we started off, there are some things Jesus says. He says, "I've told you these things so that my joy will remain in you and so that your joy would be full." And I went back and looked at exactly what he told us. These are some of the things that he told us here, three primary things. Number one, we can live in him and he lives in us. So, Jesus said, "I've told you that so that my joy will remain in you and your joy will be full." He lets us know that joy is produced from our union with God. Joy is produced from our union with God. When you abide in him, joy is a natural byproduct. Joy naturally permeates your life when you abide in him.

I mean his spirit gets on you. His presence gets on you. So, it causes joy. When you hang out with God, joy gets on your life. Joy gets in his spirit and his presence comes on and he is joy. The Holy Spirit is joy. The Holy Spirit is joy. God is love. Jesus is the word. The Holy Spirit is joy. And so, you hang out with him and spend time in his presence, his spirit gets on you and that spirit is full of joy. It causes joy and so, joy is produced from our union with him.

And I want you to realize that all joy is ours in Christ Jesus. I'm going to say that again. All joy is ours in Christ Jesus. All joy. All joy is ours in Christ Jesus. Think about it. Joy without measure flows out of him. Joy without measure flows out of him and into our lives when we are connected to him and when we are in his presence. In his presence is fullness of joy, fullness of joy.

Two other things that Jesus said so that our joy would be full. He also let us know that he loves us. He loves us. He loves us. He loves us. So, he said we can live in him and he in us. Number two he says I love you, talks about his love for us. He's a mighty hero who saves us. He takes delight in us. He rejoices over us with singing. He rejoices over us with joy. He rejoices over us with dancing and singing. He quiets us in his love, calms all of our fears. He rests in his love for us. He rests in his love for us not mentioning our sins, but forgiving them. He's satisfied in this love for us not looking for another. He loves you. We rest in our love. We rest in our love for him.

So, he loves us. He loves us. So, that's the second thing Jesus said. He said, "I've said these things to you so that my joy would be in you." The first thing he said, "You can live in me." And the second thing he said, "How much I love you." And then the third thing he says, he says that he answers our prayers. He answers our prayers. He answers our prayers. Praise God. So, those are the three primary things Jesus said. He said, "I've said these things to you so that my joy would be in you and that your joy would be full, complete and overflowing, that you can live in me. You can live in me. And I love you so much and I answer your prayer." Praise God!

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That's enough to give you joy! That's enough to give you joy! We live in him. He loves us. He answers our prayer.

And then over in -- you don't have to turn but over in John Chapter -- in fact, Jesus actually teaches on this joy three times in the Book of John. He teaches on it in John 15. He also teaches on it in John 16, and he teaches on it in John 17. So, here in John 17, he's actually praying to the father and he says the same thing, "Father that my joy would be in them, their joy would be full." And he said, "I've said these things so my joy would be in them and their joy would be full."

And he says three things there. He says -- concerning us. He says number one, our joy can be full, number one, because he is praying for us. Jesus is praying for us. Number two, he talks about the special relationship we have with him. And number three, he keeps us. He's praying for us. We have special

relationship with them and he keeps us. So, we have his joy, it's full, complete and overflowing. Full, complete and overflowing.

And you know, the Bible and I'm going to some of this in the next session but the Bible tells us to rejoice. I want you to hear that slowly. Re-joy is really what it's saying. Rejoy, rejoy, which means you have to constantly be filling yourself back up with this joy by getting into his presence, by getting into his word, by spending time with him in prayer. We rejoy, rejoy. You'll find in the book of Acts that the disciples were constantly filled with the Holy Ghost and with joy. They were constantly being rejoy.

Life can just suck the joy out of you. There's a little bird named Chippy and the owner had Chippy in the cage and Chippy was singing morning, noon, and night. Chippy was a happy bird and Chippy was just sing all the time and one day, the owner decided to vacuum Chippy's cage to clean it and as he was vacuuming the cage cleaning the bottom of the cage, accidentally the vacuum cleaner sucked Chippy in.

Now, Chippy survived. She survived and was put back in the cage but Chippy didn't sing anymore. And life is like that to us. Sometimes life can be so brutal and so hard. It can suck the joy out of us. It can suck the song out of us. It sucks the life out of us and that's why are we are to rejoy, you get back in his presence. He'll fill you with his joy again. We rejoy. Paul said, "Rejoice in the Lord always!" And again, I say rejoice! Rejoy, he's emphasizing. You have to rejoy because your joy levels will begin to wane when you deal with the trials of life and you have to rejoy. You have to rejoy yourself. Rejoy yourself.

I love Ephesians 5:18, 19, 20. It says, "Be not drunk with wine wherein it's excess, but be filled or be being filled with the spirit speaking to yourselves in songs, hymns and spiritual songs, singing and making melody in your heart to the Lord." And so, that's that rejoy. You have to rejoy. You have to rejoy. Everybody say, "Rejoy!" Rejoy! Rejoy! Rejoice in the Lord always. And again, I say rejoice. Praise God!

I'm going to stop right here. We'll pick up, there's so much more I want to share on joy, living happier and enjoying life as God intended. God never intended for us to live this life unhappy and depressed and just beat down. He wants us full of joy. He wants us to enjoy life. He wants us to enjoy the fullness of life.

And so, I'll be sharing some things next time to help us to rejoy and to live happier and I'm really, really, really excited.

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