

8. **Be Happy** Some have mistakenly thought that a frugal lifestyle of self-deprivation and isolation from human society is indicative of piety. Depriving oneself of the normal joys and pleasures of life is counter-productive to godliness because (a) it is unnatural, and (b) one develops a reclusive mindset that negates the ability to help others and/or win them to Christ. In short, it is selfish! (Ps 144:15) “Happy is _____, whose God is _____.” (Prov 14:21) “He that hath _____ on the _____, happy is he.” In the beatitudes (Mt 5:3-11) Jesus used a phrase with the word “blessed” in it 9X. This word literally means *happy*.
9. **Happiness Amidst Adversity?** The OT Jews (ie: the Southern Kingdom) were carried away into the 70 years of Babylonian Captivity because they rejected God. They (Ps 137:1) “by the _____ of Babylon, there we _____, yea, we _____, when we _____ Zion.” They were sad and (V2) “hanged our _____ upon the _____.” Their captors (V3) said, “_____ us one of the _____ of Zion.” Their response: (V4) “How shall we sing the _____ in a _____ land?” Their conclusion: “How can we be happy amidst adversity?”
10. **What Jesus Said** (Mt 5:11) “_____ are ye, when men shall _____ you, and _____ you, and shall say _____ of _____ against you _____, for my sake.” Be happy if your burdens and troubles in living a Christian life are because of “false” accusations and persecution. Why? (1 Pet 1:7) “That the _____ of _____, being much more precious than of _____ that perisheth --- might be found unto _____ and _____ and _____.” Don’t you take pleasure in knowing that something good awaits you once an unpleasant situation is over?
11. **Our Duty** D-U-T-Y is a four-letter-Bible-word. It is a good word! (Eccl 12:13) “_____ God, and _____ his commandments: for this is the whole _____ of man.” Jesus said for us to do our best then say (Lk 17:10), “We are unprofitable _____: we have done that which was our _____ to do.” Our what? _____ Take satisfaction in a job well done. God did: (Gen 1:31) “And God saw every thing _____ he _____, and, behold, it was _____.”
12. **Adversity & Sorrow Is To Be Expected** The Psalmist speaks of living a life of full years and states that (90:10) “yet is their strength _____ and _____.” The Apostle said (2 Cor 5:4), “We that are in this tabernacle _____, being _____.” Paul knew that heaven would surely be worth it all. (Rom 8:18) “For I reckon that the _____ of this _____ are not worthy to be compared with the _____ which shall be revealed in us.”
13. **Have The Proper Attitude Of Faith** (Rev 2:10) “Fear _____ of those _____ which thou shalt _____.” Dreading something makes it harder to deal with. (Jas 1:12) “_____ is the man that _____ temptation.” Remember, (Gal 6:9), “in due season we shall _____, if we _____.” (Rev 2:10) “Be thou faithful unto death, and I will give thee a crown of life?”
14. **The Flesh Is Weak – The Spirit Eternal** “Until death” sounds like a long, long time but not when compared to eternity. (2 Cor 4:16) “For which cause we _____.” In other words, don’t give in, or give up. He continues, “but though our _____ perish, yet the _____ is renewed day by day.” The flesh will die but man’s immortal spirit is (1 Pet 3:18) “_____ by the Spirit” meaning (Ps 119:50) obedience to “thy _____ hath quickened me.”
15. **Troubles Here Are Momentary Compared To Eternity** Paul continues, “For our _____, which is but for a _____, worketh for us a far more _____ and _____ weight of glory.” Compared to the reward of heaven, all of our erstwhile troubles are but “light” afflictions. Jesus said: (Mt 11:30) “For my yoke is _____, and my burden is _____.” We must understand (Prov 13:15) that “the way of _____ is _____” and that nothing is “easy” unless we consider it to be a rewarding and worthwhile undertaking.
16. **Don’t Forget To Pray** Among other noble qualities (Rom 12:12), “_____ instant in _____” is a must. God has promised (Heb 13:5), “I will never _____ thee, nor _____ thee.” You will never have a burden that you are incapable of bearing. Proof text: (1 Cor 10:13)