

# The Recipe for Happiness

## INTRODUCTION

- A. Christmas is coming up and there are a lot of things that go to it, but the most important part of it for me is: the food. I have a recipe that will benefit all of us: The recipe for happiness. The world has its own recipe for happiness and here are the ingredients for the world's recipe:
  - 1. ½ Self
  - 2. ½ Stuff
  - 3. Leave God out of it.
- B. This is the world's recipe for happiness, but this is not the true recipe for happiness. The true recipe is found in the book of 1 John. I'm not talking about some artificial happiness; I'm talking about true happiness (1 John 2:25). In this lesson, we are going to learn about the recipe for Happiness. We are going to learn what ingredients to put in it and what ingredients to leave out.

## LOVE GOD. (1 JOHN 2:5)

- A. The first thing that we need to understand is that our love for God is founded on His love. We need to be appreciative of the love that He has shown us because we have nothing without God. 1 John 4:8-10.
  - 1. I believe that sometimes we don't realize the significance of Christ coming to earth to die for our sins.
  - 2. He had to leave Heaven to come here. We haven't been to Heaven yet so we can't fully understand what Christ left; but He left a perfect place to come here and suffer for us.
- B. When we understand how much God loves us, then it fills our hearts. What I mean by this is that it should make us want to change for the better. (1 John 3:1-3)
- C. When we make that change, our love for God fuels good choices in our lives.
  - 1. When we love God because we realize how much he loves us, then we are going to do the right thing. (1 John 2:4-5)
  - 2. The love of God will make us want to do things like:
    - a. Enter into a relationship with Christ.
    - b. Read our Bible.
    - a. Pray.
- B. Our love for God not only fuels good choices in our lives, but it also makes those choices unburdensome. (1 John 5:3)
- C. When we love God, we understand that God first loved us. That understanding fills our hearts and fuels good choices in our lives. We need to love God if we are going to complete this recipe for happiness.

## LOVE OUR BROTHER. (1 JOHN 2:10)

- A. Love of our brother is founded on God's love for us (1 John 4:11-12). If God loves us even when we do not deserve it, then we need to love our brother in the same way.
  - 1. This reminds me of the parable of the unforgiving slave. This slave was forgiven his debt, but was not willing to forgive others.
  - 2. We need to make sure that we love our brother, because God loves us even when we don't deserve it.
- B. When we love our brother it will fill our hearts. This, again, means that it should make us want to change for the better. The people that we love, have a huge impact on our lives.

- C. When we make this change, our brotherly love will fuel good choices in our lives.
  1. We will seek out how to help one another (**1 John 3:17-18**). Love is an action. In order to love one another, there are things that we have to do.
  2. We will help one another get to Heaven because we can't get to Heaven alone. We, at the least, need help from Jesus, but we also need help from other brothers and sisters in Christ (**1 John 2:10**). We keep each other from stumbling. King Solomon makes the same argument (**Ecclesiastes 4:9-12**). If we want to make it to heaven, then we need the help of our brothers in Christ.
- D. We need to love each because the world is not going. (**1 John 3:1; 13**). As Christians, we are against the world. So if we don't have love one another, then who will?
- E. We need to love one another because it will fill our hearts and fuel good choices in our lives.
- F. This is the recipe for happiness: ½ love God and ½ love your brother. If it sounds familiar it's because this recipe is straight from the master chef. Jesus gives us this recipe (**Matthew 22:36-40**). John adds something important that is Jesus didn't specifically mention as a part of this recipe

### **DO NOT LOVE THE WORLD. (1 JOHN 2:15)**

- A. John tells us which ingredients to put into the recipe and which ingredients to take out. He tells us to leave out the love of the world. This is because love of the world has the power to destroy our recipe. It needs to stay out.
- B. Not founded in God's love.
  1. Unlike our other two ingredients, the love of the world is not founded in God's love (**1 John 2:15**).
  2. As we saw earlier, the world is against God. (**1 John 5:19**)
- C. Not filling our hearts.
  1. At least not in the way that I'm talking about. Love of the world will make us change, but not for the better. If we love the world, we will eventually become like the world.
  2. (**1 Corinthians 15:33**) We need to make sure that we are not deceived. The love of the world will not fill our hearts.
- D. Not fueling good choices.
  1. Our other two ingredients fueled good choices, this ingredient will not. Love of God will cause us to enter into a relationship with God, read our Bibles, and pray. Love of the world will keep us away from those things.
  2. Love of our brother will help us work together to get to heaven. Love of the world will keep us away from our brother and the safety that comes with being an active part of a spiritual family.
- E. This is important; we need to make sure that we leave this ingredient out of our recipe.

### **CONCLUSION**

- A. The world will tell us that in order to be happy, we need self, stuff, and to leave God out of it. But this isn't the way. In order to be happy we need to:
  1. Love God.
  2. Love our brother.
- B. Notice with me that each of these ingredients came with a positive change of heart, but it didn't end there. It ended with making good choices or doing. If we are going to be happy, we need to make sure that we are doers when it comes down to these ingredients.