

November 7<sup>th</sup>, 2021AM – Kevin Olivier  
**Proverbs 15:13-17, vv29-30** “Seek Joy from God”

A. What brings you joy?

B. What is your ultimate source of true happiness?

—The Lord gives a lasting joy while the things of this world are so often fleeting or temporary.

C. Most may think of the Proverbs as a book of wisdom to train-up the young in the way that they would go. That is true, yet it also has rich counsel about the pursuit of true joy or happiness.

1. I will also assume that Scripture’s use of the words “happiness” or “joy” mean the same thing.
2. Keep in mind that both the Hebrew & Greek words for “blessed” can be translated as “happy.”

You are to seek your ultimate joy from God	I. GOD’S WISDOM BRINGS JOY II. BLESSINGS OF TRUE JOY
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I. HIS WISDOM BRINGS JOY – Turn to **Prov 3:13-18**.

A. Materialism does not bring happiness, but seeking God’s wisdom brings ultimate, lasting joy.

1. Verse **16** says God’s path of wisdom often includes long life & riches (material blessings).
  - a. Knowing God helps you to enjoy the things of this world in a right way to His honor & glory.
  - b. **Prov 10:22** “**It is the blessing of the Lord that makes rich, & He adds no sorrow to it.**”
    - 1) Those estranged from God can get wealth yet it is often accompanied with discord, dissatisfaction, & grief. They are never content. **Prov 27:20** “**Sheol & Abaddon (hell & destruction) are never satisfied, nor are the eyes of man ever satisfied.**”
    - 2) On the other hand, God enables His children to be satisfied with what they have because their ultimate happiness is not in things but in Him.
      - a) When you lack something you desire, God enables His children to realize that His sovereign hand has kept it back from you for a good reason.
      - b) When He gives you a fine blessing, a Christian can be satisfied yet not proud, realizing that “**every good thing given & every perfect gift is from above, coming down from the Father of lights**” (**James 1:17**).

2. True blessedness (happiness/joy) comes from God’s wisdom given in general & special revelation.
  - a. General revelation is God’s truth found in nature including use of the scientific method.
  - b. Special revelation is given by His prophets, apostles, & especially through His Son Jesus.
  - c. Scripture teaches us to seek both sources to obtain wisdom & understanding, yet God’s Word is the lens you must use to interpret anything you read in a science book.
3. Wisdom in Proverbs always begins with God. “**The fear of the Lord is the beginning of wisdom**” (**Prov 9:10a**).

B. Understanding, believing, & especially trusting God’s Word leads to happiness. **Prov 16:20** “**He who gives attention to the Word will find good, & blessed (happy) is he who trusts in the Lord.** Verse **21a** goes on to say that such “**Understanding is a fountain of life to one who has it, ...**”

1. Those who reject His Holy Word, God will reject in this life & in the life to come.
2. This passage encourages more than giving attention to the Word; God wants you to trust the promises found in His Holy Bible.
  - a. Trust even when you do not understand why certain trials & difficulties come upon you.
  - b. If you cannot trust God the Father who delivered up His Son to suffer & die for you sins, who can you trust?

## II. BLESSINGS OF TRUE JOY -

### A. Prov 15:13 “A joyful heart makes a cheerful face, but when the heart is sad, the spirit is broken.”

1. Some folks can put on a smile even though they feel like crying.
2. True joy from God allows you to have a sincerely cheerful face rather than a put-on façade.
3. This verse teaches that a broken spirit is the source of a sad heart.
  - a. Pray for God to heal— to mend— your broken spirit.
  - c. In 10:9-10 “I am the door; if anyone enters through Me, he will be saved, & will go in & out & find pasture. <sup>10</sup>The thief comes only to steal & kill & destroy; I came that they may have life, & have *it* abundantly.”

### B. True joy is a fruit of the Holy Spirit. Prov 15:15 describes it as an ongoing delight: “All the days of the afflicted are bad, but a cheerful heart *has* a continual feast.”

1. Some people can be joyful during brief periods of time.
2. God has given some a joyful heart that characterizes their personality from day to day.  
—Such people come to mind when read about “a cheerful heart [that] *has* a continual feast.”
3. The true, everlasting, continual feast starts with the wedding feast of the Lamb— that day when we can join Jesus at “*the table with Abraham, Isaac & Jacob in the kingdom of heaven*”<sup>1</sup>

### C. Joy from God is good for your health.

1. Prov 15:30 “Bright eyes gladden the heart; good news puts fat on the bones.”
2. Prov 17:22 “A joyful heart is good medicine, but a broken spirit dries up the bones.”
3. In both verses, health bones represent an overall healthy body.
  - a. Article from Harvard Medical School: “Plenty of research suggests optimistic people have a reduced risk of heart disease, stroke, and declines in lung capacity and function. Optimism is also associated with a lower risk of early death from cancer and infection. And now a new study links optimism to living a longer life.”<sup>2</sup>
  - b. Some people are optimistic without just cause. If you are a true Christian, you have much greater cause to be optimistic about your future because you can say, “**To live is Christ & to die is gain**” (Phil 1:21). That is a good reason to have “**cheerful heart [as] a continual feast.**”

### D. Ultimately, you need to pursue the blessing of everlasting joy offered through the gospel of Jesus Christ.

1. → Turn to Zephaniah 3:14-17
2. The joy God offers to you is so steadfast because true salvation in Christ— this living hope— can withstand life’s worse trials & tribulations. → Turn to 1 Pet 1:3-9
  - a. Those who are “**born again**” have “**a living hope through the resurrection of Jesus Christ.**” — Just as God raised up Christ from the dead, He will raise you up.
  - b. You are “**protected by the power of God through faith ... the proof of your faith, being more precious than gold which is perishable, even though tested by fire...**”  
— Men rejoice if they find gold nuggets yet rejoice all the more with a finished product.

Review, further application, & conclusion:

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<sup>1</sup> Mat 8:11

<sup>2</sup> <https://www.health.harvard.edu/blog/if-you-are-happy-and-you-know-it-you-may-live-longer-2019101618020>