

The Habits of Happiness

Psalm 103:1-22

Introduction: We move toward authentic happiness in life as we employ sound principles of spiritual self-leadership to remind ourselves of who we are in God's family.

1. FOUNDATION – Happiness begins with spiritual self-leadership during times of distress and doubt. *Psalm 103:1-2a; 22a*

- A. What is spiritual self-leadership? *It is the act of turning your heart toward God.*
 - 1. David's addresses his inner life about the truth. 103:1a, 2a, 22b
 - 2. Spiritual self-leadership is common in the Bible. 1 Sam. 30:6; 2 Cor. 10:4-5; Phi. 4:4-6, 8
 - 3. Spiritual self-leadership is *harnessing all of your thoughts* in line with the truth.
- B. How does spiritual self-leadership work in practice?
 - 1. We become aware of dissonance in our soul...could be doubt, depression, despair.
 - 2. The Spirit speaks to us about the truth. He might speak through His word or conviction.
 - 3. We respond by addressing ourselves with truth; our goal = inner harmony.
- C. How important was this discipline to David? *It brings an abundance mindset.* 103:[21] 20-22
 - 1. The discipline brings happiness because it is connected with praise.
 - 2. He addresses angels (20-21), God's works in all places (22a), & finally himself (22b).

2. 1ST PILLAR – Remember all God has done for you in the past. *Psalm 103:2-5*

- A. David identifies 5 areas: Healing, rescuing, enrichment, satisfaction, energy. 103:3-5
 - 1. David recounts some dire circumstances: shame, sickness, disaster, fatigue.
 - 2. David remembers God's supernatural intervention.
- B. Let's take one as an example – "Who heals diseases and redeems your life from the pit."
 - 1. What is it like to have your life in a pit?
 - 2. What does it mean to be healed and redeemed?
- C. So how do we remember God's past benefits today? *Ex: The discipline of "tweet" journaling.*

3. 2ND PILLAR – Remember your forgiveness in the present. *Ps. 103:6-13*

- A. The problem – Redeemed believers sometimes obsess over where they stand with God (103:8-9).
- B. David comforts himself by meditating on an event in history: *Exodus/Cross*. 103:6-7
 - 1. Israel experienced redemption at the Exodus. They stand in a redeemed state.
 - 2. We experience redemption in Christ. We stand in a redeemed state.
- C. David comforts himself by meditating on the present results of that event. 103:10-12
 - 1. God does not deal with us according to our sins. 103:10
 - 2. The reason (for) is that he has totally (2x) removed our sins from us. 103:11-12
- D. David comforts himself by meditating on God's character as father. 103:13
 - 1. God feels and acts toward us like a father.
 - 2. Our call is to reverence God who tenderly cares for us, not fear his displeasure.

4. 3RD PILLAR – Remember the source of your significance in the future. *Psalm 103:14-19*

- A. The problem – In many ways we are insignificant...like dust (14) and grass (15-16). 103:14-16
- B. First, we remember that God showers us with significance that endures beyond this life. 103:17-18

C. Second, we remember that God is sovereign over all. We can rest in his sovereign rule. 103:19