

# Are You Happy

Sermon Title: **Are You Happy**

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Nathaniel:

Bow your heads. Dear heavenly Father we thank You again for yet another day, another opportunity, another privilege and a pleasure to be in Your house. And dear Father today I pray that You grant me the ability to humble myself that only Your word can come through in this purest home. And dear Father I pray that You open the hearts, the spirits and the minds, the eyes and the ears of the people that they may surely receive the word that Thou has truly sent. And by Your son Jesus' name we pray. Amen.

And I'm going to ask for the men at the end of the service to come back and sing songs that we just got through singing. And you will understand why by the end of the sermon. And I don't coordinate with brother Ivan what he's going to sing so I had no idea what it was, but the minute that I heard it, it confirmed the message that God had told me to deliver unto you upon this day. If you listen to this message today and truly imbibe it in your spirit, it will change your life. First of all, God told me to ask you a question and the question is simply this. Are you happy? And turn to your neighbor sitting next to you and ask him that question, simply, "Are you happy?" It's a simple three-word question, yet within those three words it embodies some of the whole spirit of life that will determine the direction in which you go, it will determine whether you wake up in the morning with a smile or a frown just the answer to that simple question, "Are you happy?" That's what God told me to ask you upon this day. And when I heard the song coming before the message, "Oh Happy Day", I knew beyond a shadow of a doubt everything was in order and surely without question God wants to ask you that question this day: Are you happy?

Think about it for just a minute, just take your time and run it through your mind. Think of all the things that you thought about recently. Think about how you woke up this morning. Think about the things that you'd dwell upon that which you reflect upon at the day's end and ask yourself in all sincerity, don't answer out loud, this is a question God wants you to answer, your neighbor does not have to know the answer. Because true happiness is on the inside yet it bubbles up on the outside. And when no one is looking at you, you can look at yourself in the mirror, just look at this face and kind of tell the answer to that question because even though it's an inside thing, it comes up on the outside. "Are you happy?" And many if not all of you now have come to some conclusion in your

minds, the answer to that question: some the answer will be “yes” but for so many that answer is “no, pastor I’m not happy. I’m mad about this. I’m lacking this. You just don’t understand what I’m going through. How can I be happy in the midst of all this hell? You don’t understand pastor, I got bills and I can’t pay -- how in the world can I be happy in the midst of all. You don’t understand preacher, I’ve got pains in my body that the doctors cannot cure, how can I be --, you don’t understand preacher. You’ve got a loving wife and a loving family. You don’t understand my husband this and my wife this, you don’t understand preacher how can I be happy in the midst of all this hell?” So, for so many the answer to the question about simple phrase of “Are you happy?” for so many, that answer is “no”.

God wants to speak to you on this morning so that he can turn that answer around but you got to listen. Because you can hear, but not listen. You got to listen and if you are willing to listen, God wants to turn that answer around so that “no”, so that that negative, so that that derogatory turns around and it becomes the affirmative to positive. He wants to take that “no” and to make it a “yes” to that simple question, “Are you happy?” That was the first thing He told, ask you the question “Are you happy?” Second thing He told me to ask you was this, “why not?” God is speaking today to those whose answer to that question is “no”.

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He does not speak into the ones who have answered a “yes” because if you are happy, this message is not for you because you already know. But if you are not, said ask that simple question, “ why not?” And one of those reasons, but some of the reasons I have already elucidated to you, some of the reasons were on that list that I just talked about when I said, you’re saying to yourself, “Pastor you don’t understand, I got this and I got that, that’s why I’m not happy”. Some of those that’s all, but some of you got some other stuff. Some of you may even say, “Well I’m not happy because I can’t get a hold of my things.” I’m not happy because I can’t get my new car. I’m not happy because of the boss on my job, I don’t know what your reason is, but He told me to ask you, “why not?” And run those reasons down and make a mental list of those things that’s blocking you so you think from your real head.

The third thing He told me to do was this. (00:06:07) path to be happy. Are you happy? Why not? And then He told me to tell you how. This has -- if you would pass up give the ushers the -- if you have brochures of that -- would you pass everyone in the audience one of those. And it is a-- the minute God spoke this to me I was on the internet and on my home page of MSN there was an article simply entitled "How to Be Happy", right after that, and I knew as I read from this article that it was something that I need to share with the church because in this article, though it is not written particularly from a biblical perspective, it has eternal truth in it. And I wanted to even make a copy of the article and give it to you so that you can take it with you because some things that are truly life changing, those maybe simple you got to read it and you have to hear it over and over and over again because being happy people is a daily thing and it's something at least God told me that He said "never preach to the folks something you can't do"; that He told me because some things in the Bible to be honest about it, I have a hard time with myself to be perfectly honest.

There are some other things that show you the roughest verse in the Bible when Jesus said. Basically, what He said is, "If you love God, you're going to hate money". That's what He said in a nutshell, when you really paraphrase it and boil it down. You'll either love one and hate the other; cling to the one, despise the other: He's talking about God in him. "I am God in the (00:07:47) I hate money, yes. I'm not preaching to you all on that. So, I got to preach some things the things I can do what being happy. Anyone that knows me that's not my doing. Someone called me from my college years the other day, and they were telling me about all of the folks that they knew and the people that I know never said it here, they're not happy, he's not happy, she's not happy, they're not happy and they asked me, they said "Are you happy?" "Yeah, sure I am," and they said, "I knew you were going to say that".

They said, "I knew you will go and say that because that's the way you were way back then". So, you haven't changed one bit. I said, "I haven't changed in that respect, I was happy back then, and I'm happy now. I've been happy as long as I can remember, though I have gone through some bad times, like everyone has gone through, but for the most part I've been happy as long as I can remember and to be perfectly honest with you in all sincerity I would not trade places with a single person

on the face of this earth, and I mean that from the bottom of my heart" -- there's no one I can think of, no one that I even know or no one that I know from the distant that I would trade places with it, I would peg my pants and exchange it with that, and take my present and exchange it with that, but even take my future and if there's not a single person on the face of the earth that I would trade places. That's happy folks. And I mean it, that is no exaggeration. Some of you will say, "you wouldn't trade places because you can't", no, I'm serious. Even if God would have come to me right now and say, "Nathaniel Bronner, I will grant you to wish you've changing places with anybody on the face of the earth, who will it be?" I said, "no Lord, I will stay right where I am, who I am, I don't want to trade places with anybody." I'm happy. Because first of all, I don't know the insides to anybody, so you can't judge that stuff on outside. Somebody that's up, (00:09:45) I wish, I was Michael Jackson, so I can dance like in a moon. I was, "no I don't want to be Michael Jackson, you don't know what's going on in Mike. I don't want to be like Mike, you don't know what's going on in someone's world.

00:10:00

You see and you judge from the outside, but you don't know what's up -- you don't know what they're thinking about in the middle of the night. You don't know the name he loved (00:10:09) all kind of stuff taking over-the-counter depression medicine, you don't know what's going on in someone's life. I don't want to trade places with any entertainer. I don't want to trade places with any businessman. I don't even want to trade places with any preacher. Then ask from other ministers that have massive churches and great ministries, I never will forget it. I listened to Eddie Long and he told a story of how he said he wished he could preach like T.D. Jakes and God told him this, "So, yes you can preach like T.D. Jakes, but you got to go through what T.D. Jakes' went through." He says, "oh-oh." He's never had to go through that. That's why I have to say, "So, you just change half into a part, you don't have to take the whole part". So with the whole part, no I don't want to be like T.D. Jakes because T.D. Jakes., when you listen to what he talks about telling all of the tale of his stuff, I don't want to trade my path with anybody because I am happy right where I am, right who I am, and until you get to that point, people, you'll never have what you have. You'll never have your happiness if you

want to be someone that you are not. Because I've got news for you. You are you and you are going to stay you and you go die you and the only thing you will change is you. That's who you are and you need to get content and satisfied to at least remodel, remade mold and change you and not try to change into someone else because you can't.

"How to Be Happy" and just follow along with me as I read this article. It's not overly long, but yet still has great principles in it. Last night, I had dinner with a friend who had everything I want. A beautiful brown stone house filled with expensive furniture, a smart and funny husband and adorable baby girl and a published novel. She just told me that she is miserable. "I know it's terrible", she said, "I have nothing to complain about but I have always been miserable. I get it from my mother. She was a real grump". And by many of these I've placed scriptures, and on the back on the third page and on the back of the scriptures that go along with these verses and that scripture, it's really important with some things. Proverbs 22:6, "Train up a child in the way he should go and when he is old, he will not depart from it". That's true for good and bad stuff.

This woman had it all, so she had to see, say many of you would say, "if you just have what this woman had, had a beautiful brown stone as a house, filled with expensive furniture, had a good, a smart, funny, good-looking husband, a beautiful child and they had a published novel. She was successful and a bit all of that and she was still miserable because she said her mama was grumpy. It's because her mama was grumpy even with all of these, she was grumpy. Because people let me tell you something, I don't care what you got, you found something right and wrong with that. I don't care what you have, I sometimes I have to touch myself to remain thankful for all the things that I have.

Early this morning as I was combing my hair, I had to touch myself because I had to press it down, because my hair is so much on my head. My hair grows at a phenomenal rate. I can get a cut one week, and two weeks later it just -- and sometimes I was at back I said, "Not. Did I have to check myself? Sometimes people, you got to check yourself. I say, here I am about to fuss that I've got too much hair on my head, that is growing too fast. And sometimes even when I missed the blessing, you would curse your blessings. I said, why it

happened? All about the fuss and all this hair on my head and all the men guarding them and not to deal in propecia(ph) and everything is fine again with little (00:14:29) hair and I am getting ready to fuss because my hair is growing too fast. Even in the midst of all your blessings, you can find something wrong with it. The woman said she was miserable even though she had it all because that's the way she was trained. See, you are training your children by simply the way that you behave. She said, "my mama was grumpy", and you see, one of the reasons I am happy, you'll see this woman right here, you'll all see the joy that she (00:15:00) to my formative years, the one reason I'm happy because my mama was happy.

00:15:06

I found my mama going around the house everyday just to sing. She would be cleaning up, she would be cooking, just as this, Lord, hallelujah. She was the -- just singing all and everyone of my brother knows this true. She would go to the house just to sing it, I saw a happy mama. And my mother trained me in that. You see people sometimes we get our focus, we think the training of the child has to do with outside education. The more I live the more I understand the wisdom of my father. My daddy didn't give a hoot about the high level of education because he understood that really was not higher level. He saw too many educated fools. The man who lived next door to us was a doctor, was a PhD, he blew his brains out. Is that right? Committed suicide. He was a PhD. Some folks (00:16:04), but he was a PhD and he blew his brains out.

Now, first of all, I am an advocate of education because I am an educated man myself, but I understand without a shadow of a doubt education is not going to save you nor will it make you happy. Your happiness will often depend far more on what you've got at home, it will depend on whether mama was singing and happy around the house because if mama is grumpy, if mama is griping, if mama is cursing and fussing and complaining about everything all it is going to do, you can send your children to the best private schools in the land, all it is going to do is make it to where they can now adequately complain. That's all they will do. It is the same spirit of mommy and daddy will get over those children. You understand them and yes they can write it with so much grammatical preciseness, they can speak it with such eloquence "yes it's true,

it has been a day that has been very stressing on my spirit and my psychological madness would have (00:17:14) with it inside of me, and if I am discontent, malcontent, and consistent with the goals that I have set, either they can say all of that and some of the greatest and most grandiose verbosity, but it's going to boil down that they will be unhappy." All because it was what mama and daddy trained them to do. And understand that far more is caught than it's taught. Your children catch it when you all get it, they can see how you behave in whatever you do, they are going to catch it, and this woman with all of her stuff that everyone says, if they just had that, "I would be happy." Train up a child in the way that they should go and when they are old, they shall not depart from it. Someone you got training that you got to reverse, because your mama and your daddy was grumpy, and that's the reason you're grumpy because that is how you have seen it, that is how you have seen how to respond to life.

See, all of this stuff is nothing but training to hate. And if you see mama and daddy respond, the child is going to respond not only in the same way, but usually in a magnified way. We got to learn how to even reverse some of the training. I was surprised, I always thought she was happy, not that I had ever asked her; of course she was happy, I figured, she has all the toys. This deduction is a common mistake, says David Niven, Phd., author of "One Hundred Simple Secrets of Happy People". One thing that continually shocks people is that the event of a person's life have a lot to do with how happy he or she is, says Dr. Niven.

Now Dr. Niven says this: (00:19:11) and says this is a misconception that most of us have that I am either happy or sad, based on the event that are surrounding my life. That's not true, I always said that I've always believed and have always understood that it's not stuff that make you happy, it is not stuff that makes your sad, I've seen it's strings on both ears, folks had a whole lot just miserable as they can be and this folk who has (00:19:41) by the world's definition is just full of joy. "It is not the stuff, and even if it's a lie come across your lips to make you believe it is the stuff. Because even if you don't have the stuff and you believe it is the stuff once you get the stuff, you still are not happy. Never works. Folks do not understand it would have never worked, you got to get the real secrets, the real key to happiness, (second Philippians 4:11.)

And this is Paul that He speaks here. I am not saying this because I am in need, for I have learned to be content whatever the circumstances, say whatever the circumstance is. I know what it is to be in need and I know what it is to have plenty. I have learned the secret of being content in any and every situation, whether well fed or hungry, whether living in plenty or in want. I can do everything through Him who gives me strength. The King James says "I can do all the things through Christ Who strengthens me. Paul had said, "Hey look, I've been broke and I've been living large. I have learned how to be happy, broke or living large. See, we think that it's dependent upon the material stuff, it's not, because look, if you're not happy with a little money, you are not going to be happy with a lot of money. Matter of fact, you may be more miserable because with a lot of money, you don't have a (00:21:05). When you got a lot of money, you'd put it -- and not only that you not had a -- these folks don't sympathize me. You know if you can't pay your bills, you can't pay -- you can live (00:21:20)

Folks don't sympathize with you when you have a whole lot of money. You can, yes you can (00:21:28) so sometimes it's even worse because we think that just because we're living large that all of our problems will disappear. That is not the case at all. It does not work like that. And I never will -- forgive me -- went to T.D. Jakes and as T.D. Jakes was speaking. T.D. Jakes said, "I have come from when I was down low, when I used to preach for 20 dollars all night long, when I had to speak in the back of my station wagon, when I drove my family from town to town in a little car and now I say, "I've got all of this, I've got this big, huge humongous sanctuary with all these people," and he said, "Let me tell you something, people." He said "it was easier that way", and it is something that folks can't understand. So I wonder what T.D. Jakes mean by it was easier back then. What is he talking about, "it is tougher now?"

Now, he is a multimillionaire, now, he has got all the stuff, now he has got all the praise and adoration of a whole nation, now he is walking and talking with the President of the United States. What does he mean it was easier being and it is harder now? Sometimes people, all that stuff, just to be a heavy weight. That's why Jesus said, it is hard for a rich man to enter the kingdom of heaven and the camel for the eye of the needle. You

do not understand it until you walked (00:22:49) into the things, but it is not like what you think of it.

First of all people, there's just so much that you can buy. There is just so much that you can buy. And that is the point. It gets to the point to be honest, (00:23:04) I will buy two, three, four, five of the same thing". And that is why when you go sometimes, you see all the superstars and you go to the garage, they got twenty two cars in the garage. Sometimes, all I can do is just stop by and I can't drive away. Sometimes, all you do is just going back and don't you know that those twenty two cars, you don't have any real freedom and enjoyment when you buy the twenty third? There is just no real excitement to it. It is just gone! There comes a point, there is just so much stuff you can buy!

So I understood what T.D. Jakes was talking about, I understood the philosophy there comes a point money will give you a boost for a moment, but it does not last, it does not continually boost you in (00:23:54) rather as my friend suspected, genetics is about 50% responsible for our level of happiness, says this Mihaly -- I can't pronounced that name -- author of the groundbreaking book, "Flow: The Psychology of Optimal Experience." Fortunately, we have a significant amount of control over the other hand. "What", she says, this PhD said, she says, "your happiness is 50% genetically determined and you got control over the other 50%". You know that's even in a scriptural sense. And because you know we are mixtures, of dust and divinity, we are mixtures of this flesh and the Holy Spirit. And there are some things ever happened in your world that it is a part of genetics which is not just DNA genetics, but it means that Holy (00:24:54) thing that you come from. That does shape you, that does mold you, that does make a difference.

00:25:01

That is why I preached in sermon on last week, that is what God told me last week, tell them who they are, tell them so they will understand who their real parent is, because sometimes we have got to even learn how to break away from our earthly situations, our earthly background, the earthly DNA that we have been bound with. Some of us have come from situations where all we have faced is unhappy folk all around us. Some of you will go

back to our household right now, when you open the door, somebody who is unhappy is going to greet you. We have come from those environment, everybody did not have a mama singing all the time. We have come from some world where tears was the order of day. Then how do you break the grip on you? You have got to understand who your real parent is. You have got to make a connection with the real daddy. You have got to understand that it is sometimes the only way that we will break away and we will get free of those earthly genetics, the earthly beginning of the things, and I used this scripture for that. "He came to that which was His own, but His own did not receive Him, yet to all who received Him, to those who believed in His name he gave the right to become children of God, children born not of a natural descent, nor of human decision or a husband's will, but born apart". Jesus gave you the right to change parents. That is what it boils down to. He gave you the right to change parents. There are seven ways listed, and I am going to go through those very quickly for the sake of time on How to Be Happy. These are from a psychologist's perspective, but it is true and the Bible backs up all truth.

Number one is Appreciate the Moment. Many of a few happiness of a future state something we will achieve when we got a -- you can read it for yourself, but number one basically is, Appreciate the Moment. Appreciate what you have got. That is what I always tell people, if you could stand up and you take a deep breath and not have any pain (00:27:25) you know that's a blessing. If you just learn to appreciate. Most of us right now, we have a problem with overeating to get more food that we have, more than we need, that's a blessing. If you learn to just appreciate all and see that's one of the secrets of being happy is to see the beauty in what you have got; the key to being unhappy is to see what you are missing. Just half I know we can take a deep breath as I am a little chill Just after we could take a deep breath, but you know to add too much pressure down into conscience -- this (00:28:04) air getting all the smart getting all kind of balloon, the (00:28:02) and there's the ozone is hot, you know there's a hole in the ozone up there --. You know, when we are taking a deep breath you know you can view it negatively because to be honest about, it is some bad stuff for that. You could even be sitting in church and take a deep breath and someone could be sitting next to you not smelling good.

So even with a deep breath, there can be problems even with the deep breath and then the question is not whether or not you can take the deep breath, it is how are you going to view it, will you appreciate the moment and even if you take a deep breath and you smell something that does not even agree with your olfactory sense, is at least you are (00:28:50). Thank God my smell is working. Because you know when your nose is stuffed up and you have a cold, you can't smell anything and when you can't smell, you cannot enjoy your food. So even if you smell something, it does not agree with you, give thanks, that your sense of smell, appreciate the moment, and if we learned to do that, happy people appreciate where they are going or where they are; unhappy people try to look the way they are going, thinking they will be happy when they get over that and it never worked. Lord, you know if I could see the past, you'll understand. If I could just get this right, then I will be happy. You do not understand -- "if I can just get my degree"-- you shouldn't understand if I could just get real (00:29:37) I know how to do it. "If I could just get me a hug, I will be happy". No you won't. You've got to learn how to appreciate the moment of where you are, learn how to do that, that's in Matthew 6:25, I would not go through and read all of that (00:30:01) where Jesus simply said, "take no thought for tomorrow, for you got trouble enough sufficient on this day.

00:30:06

Don't worry about what you're going to wear. Don't worry about what you're going to eat. Jesus would simply say, appreciate the moment. Don't be worried about what's going to happen tomorrow. Though I am not saying don't plan for it, but the way you plan for tomorrow is handled today. If you handle today like you supposed to, you don't have to worry about planning for tomorrow. You handled today correct. He said, appreciate the moment, live in the now not in some more weeks. That's why doctors they say have such a high degree of suicide because of the factor effect, they think once they give all that grueling med school, all that grueling residency, once they go through all of that they get to adapt all the problems that don't disappear and they get there, they find it doesn't work. They find out this has been a problem even more pressure and I said I have lived all my life trying to get here, once I get here it is not what I thought it was. Lord, have mercy (00:30:58) what we don't understand. If you learn to appreciate the moment, what you see there a

whole lot of doctors isn't happy (00:31:09) just to feel because of the Lord thank you for giving me this opportunity to be helping people. Thank you that I am in good health. Thank you that I get, thank you that I can see a patient and do something, it's all different mentality and it's not circumstances.

That's why God wants you to see people, get your mind off your circumstances, it's not out there, it's in you. That's why real happiness is not out there, it's in Him. That's why when you ask all you have and then why not, it's your effort has to do what's out there, you've got to learn that your efforts and your solution to your happiness is not out there. It's not the other fellow, it's you. You get yourself straight, you get it straight on the inside and you'll be surprised how the world will change.

Second thing, give yourself a higher calling. She said that people are happy when they feel they are contributing to something greater than themselves, you've got to start doing some of God's work. There is something about being involved basically what it's saying is stop being so self-centered, stop being -- I mean get yourself involved in something that has a spiritual, that has higher calling to attach yourself to something great. What are the way to feeling great just attaching yourselves to something great? If you want to feel great is attaching yourself with God's work and you're doing -- you remember that movie The Blues Brothers? And everywhere they went, they still were on a mission from God. You need to be on and you know -- what happened they couldn't stop the blue brother? And that's the way life works as they -- I mean every police car was there no matter what happened, they couldn't stop the blues brother, even in the midst of all (00:32:53) and midst of all that stuff happened. They had a vision of a higher calling. And everywhere they went, we are on a mission for God. We are on a mission for God and doors just open, nothing could stop; attach yourself to a mission from God and watch your joy build.

Build small acts of kindness into your day. That's one of my commandment that God gave me. He said "Help someone every day." In my understanding, what it has in there to have more. Help someone every day. No matter how small or something -- I've got nothing to give to anybody. Yes, you do, and it is not necessarily money, just help someone, you give him a complement, tell somebody everyone you're looking you can see -

-that's another secret to my mother of why she is so full of joy. But you don't want to tell that I have been around here, she can find, she can find beauty in places, where I just came to be out of that, they can see that. That's why even when I was a single man, and my mother would tell me, she said "I got somebody I want you to meet, she's so beautiful" I can trust that (00:34:14) because my mother could see beauty where the physical eyes could not see and my mother would be able to point things out in people and she'd be able to see a glow and would be able to see beauty within them and would tell them and when she begins to tell them, their whole countenance changed. Help someone every day no matter how they look. See, one of the keys of being happy is not being so self-centered. Don't worry about it, just be my, my, my. Any time, they're going to put My fund. I don't want to get (00:34:51) or have my child, my family. Don't get the "my" out and help someone. And you'll be surprised what that will start doing for your joy.

00:35:02

Some of us don't have joy for we are trying to get it all for ourselves and it's something about that thing that closes doors.

The fourth thing is to find your flow. This is one that's a little bit more difficult to understand and I used in this verse because the scripture basically of the 7<sup>th</sup> Chapter of Matthew, and basically this dealt with the situation where Jesus talked about the talents. No, it's actually Matthew 25<sup>th</sup> chapter. "Take therefore the talent from him and give it unto him which hath ten talents. For unto everyone that hath shall be given, and he shall have abundance: but from him that hath not shall be taken away even that which he hath." Fundamentally, it means find where your talent is, where your gifting is, you see anytime you have constantly be in the place where you're really not destined to be for your talent. That's what it says "find your flow", and you got to know your flow. Don't let other folks try to tell you where your flow is. You've got to know where your own flow is and when you're out of really it was called your divine destiny. When you're in your divine destiny, doing what God has ordained for you to do. There's something about it that there is a fulfilling thing and sometimes we just in the wrong thing. Never was meant for us to do and we never can. She calls it, finding your flow in a time that eating your fruit. Whatever you want to call it, but we need to be in a place where, it's where our

talent and our giftings are -- and everyone has a talent and they have a gift. Even within the church, everyone has a talent. Some people are good at reading books. Some people are good at singing. Some people are good at behind the scenes. Some are good at the electronic.

So, whatever your flow is, get in your flow and find that flow in life and do it. So even in my career, I understand what my nature is and therefore, I do things that in -- the land it was my nature. Things that I know that I will be fulfilled with, when even if I had to do something, what is my nature? I find the way to be happy in everything. No matter what I had to do, I would find the way to be happy in the things because I remember when I was working in the warehouse. Now, working in the warehouse, wasn't particularly my nature. But I was the happiest man in the warehouse for I know folk couldn't understand why I was so happy. First of all, idea for work in anyone else haul it by hand truck. We had baskets to unload off the truck. I would always pick the baskets up and always haul it by hand. And they would ask, "Nathaniel, why don't you use the hand truck? Or the forklift? Why do you haul it by hand?" I said, I'm exercising. See, one of these boxes, I'm exercising. Same job, but they were lifting box. They were going through bridge. I don't have to go to European Health Squad to pay them 35 dollars a month and I can get mine and they are paying me to exercise. I would sit and I lean and I get up and hold the boxes and sometimes (00:38:39) I would just take the boxes (00:38:42). I would be doing more work than anybody, but my mentality was different and as a result, I was happy in a position than everybody else would ever believe.

Same thing happened when I went to college. I went to a predominantly white school, very few blacks in a predominantly white city. I was the first black to graduate in that school with a degree in Chemistry. And all of the other soul brothers around there were just miserable. This is first of all in a (00:39:14). I told myself, "Look, you don't need one woman, and I said even I may not be live, back before I was in the ministry. I said even though there isn't a whole lot around here, I said I'd be down going out in this big old campus and out of this big old city, I am going to find a woman somewhere." You see, that was my mentality I said it may not be enough run it for (00:39:44) in the whole city and then the whole campus and I found one. So, the key here is, it is not circumstance. It's the mentality of things.

00:40:00

And I was the happiest man on campus and they couldn't understand. But you got all that had (00:40:07) academic star, I said "so what now?" I said, "I say, this is the easiest you will ever get in life." All you have to do is go declare, you can get up the lady and go and declare. You get some meal kicking you. You can get that punch, go eat. I said, they going to eat, they couldn't understand that. You know, all they would talking about, I can wait, I would get out and get me a job and making me some money. The same men that this called me later on down in life. There is a need I shall understand what you're talking about. All my hands are corporate world just get it, so you had the grasp, you understand it. It's that how you do and there's some (00:40:50) beside me. I would get and I would just happy as I could be, because the thing is a mentality of understanding some things. And if you understand those things regardless of what your circumstances are, you'll be happy.

Examine your options. One crucial difference between happy people and unhappy people is that the former believe they have choices. Happy people never believed that they are ever fully stuck in a situation, they always see a different path. And I use -- as the scripture for that Proverbs 3:5 and it simply says, "Trust in the Lord with all thine heart; and lean not unto thine own understanding. In all thy ways acknowledge Him, and He shall direct thy paths." See, when you start putting your trust in God and listen, God will show you some other path even when you are at the same spot. You see sometimes (00:41:51) from your circumstance if they'll show your different way of looking at the thing. You will sometimes be on the job where you are the only say person there, God would show a different path, you show your purpose on why you are put there. And when you start seeing purpose for a thing, you start heading to a different view and appreciation of the things.

Myles Munroe always said that if you never understand the purpose of a thing, you'll always view the thing. You'll always talk down about the things you see, "I didn't even understand the purpose of even the tough things that I've had to go through". God has told me something and I am going to sing those with stuff. Number one, so you can relate to the people and number two, so it will develop your spirits, so even I was

going through rough stuff, I understood purpose of the thing. It makes a difference when you understand purpose that even if you have to lift a heavy weight, when you understand the thing is building your muscles and you understand purposes of the thing, you have a different appreciation of things. But if you don't know the purpose, all you'd say, "I've got all this weight that will choke me to death", because you don't understand the purpose.

But when you allowed God to come into your life, He'll direct your path, He'll open up revelation, He'll allow you to see some things even about where you are. Sixteen cause of a friends and activities that will increase your sense of options. Then you all can read on what she said, let me just put it down in a nutshell. Hang around, folks who are where you want to go, or who going when you want to go as simple as that. Simple as I can put it. If you're not happy, find somebody happy and hang around. You'll start living off. It is the same thing, the corollary to that is to also, if you find you somebody grumpy, and grouching, hanging around, don't get grumpy and grouchy yourself, because spirit rubs off. It is just pure and simple as that. So hang around someone who is going where you want to go or is already there, that's as plain I can put it. They will increase your options. There will be some things that they will be able to tell you just even casually, stuff, you'd never even thought of.

My wife right now has taken a contract in (00:44:13). You know how she got in a (00:44:15)? Because my mother took me out to an attorney's house and they wanted to have dinner with us and while we were there, his wife went to talking about what she did and she said she was a contractor. Contractor! A woman! And she went to tell me how she got in and how she got involved, and the thing got on me. Then I went back and told my wife, I said, "Puddin, do you ever thought about being a contractor?" She said, "a contractor!?" I said "let me tell you what this older lady is doing". And when I went to tell her this, she got excited, found a teacher, started a class and is in the middle of completing her contracting.

00:45:02

Did you see? It came from association. When you hang around folks, where you want to go, I'll go and raise the same, ideas will just be -- you catch ideas. The same thing what happen if you

hang, that's why parents always are particular about who they children play with. The same thing is true with you as an adult people. Meanwhile, let me tell you something. You want to keep your husband faithful? All you need to do is monitor who they hang around with. Make sure they hang around with other men in Facebook and that's one thing James and I noticed. All of the faithful men run with faithful men. All of the cheating men -- so wives, all you've got to do is monitor your husband who he is hanging with, and if you can change who he's hanging with, you will change his behavior, because it rubs off.

So, if you want to be happy, find new someone as happy, and start hanging around. And some things will just rub off on you when you start seeing some things in the spirit, will rub off on you. The final thing is nurture your relationships. So many of us will say that our happiness and our sadness are based on our path, path that you don't understand. "If my wife was just who she should be, I would be happy." Paths, you don't understand. "If my husband would just treat me right, I will be happy". "If the other person this, if the other person that"-- people, that just does not work. I know folks that-- and you all do, too -- you all know folks who got real good spouses, you know, they got real good spouses, I mean spouse, I mean from the outside and even when you know or you know even the answer to get they have real good spouses, still not happy. Best in a world, still you are not happy. It's not your spouse folks. It's not your husband, and it's not your wife. And what the lady said, it says "look, you focus on giving to the other person" because so many of us, our happiness and our sadness is dependent on other folks giving to us. You don't understand -- if she would just do for me -- no, you do for her. You do for her, forget about what she could do, you just do for her, and when you start doing that, when you start becoming a giver, when you start focusing, something changes within your spirit itself.

And you are no longer co-dependent on that person because people, you all not (00:48:04) if you have another person, the power of your happiness. Because if you give it to them, they take it because they may not be in a good mood. And it happens to all of us. You give another person the power of your happiness and what happens when they get in a bad mood? What happens to your happiness? It is gone. And on that direction in the hands of another person. If you go and give your happiness to somebody, you got to put in an unchanging hand.

Because if you put it in a human hand, it is going to change. It is gone. So you cannot give another person the power of your happiness and when you understand that you are independent of circumstances, you will understand how to be happy. Seven things that you did not even read at all, that is why I gave you the brochure for you to go and read them and even reference the scripture and to understand these things. Are you happy, people? God wants you happy. He told me to ask you, are you happy? Then ask you, "why not?" Then tell you how to be happy.

These are a psychologist's scenes, but they correspond to biblical steps. That's why I put the scripture that validate everything and if you understand these things and listen and heed, you'll need to get a copy of this tape. If you never got any copy of the tape, so get a copy of this and listen to this thing. As you listen to it, it will start. Because we got a lot of programming. We have to undo problems. A lot of stuff mom and dad had put in us, we got to undo a lot of programs. But if you already answered yes to that question you don't need this. My mother does not need a copy of this thing.

00:50:04

For those of you that are happy and they are bubbling over there, I don't give you the copy. I'm happy, that's all I understood. I'm happy being -- but I could be happier. I am going to sing and telling about I have just reached the absolute limit of whether -- there is no additional room for even more happy. I am not going (00:50:29) that. No, I have not reached the absolute -- I could be happier, but I am happy. So get a copy of this tape, keep this thing of how to be happy, listen to it over and over and over and let the seven things sink into your spirit and start practicing these things and watch your joy start turning around and watch even on next Sunday. For those that are truly taking it to heart, just watch to smile at our message. People's God is the joyous God. He wants us to have the food of the spirit. He wants us to have that joy. He wants us to have that peace. He wants us to be (00:51:18). He wants us to just have a laugh like C. Elijah, the way we can laugh when we are joyous, when we are happy, God wants you happy and that's why he had me asked you the question, are you happy? If not, why not? These are (00:51:44) Bow your heads.

Dear Heavenly Father, we thank you this day and we pray right now that from this day forward, with this knowledge as the people healed, they will open their hearts to joy (00:52:04). For some joy that they have never even experience, for some joy that they did not even think they could experience, for some that follow, you change ways of viewing things and you change feelings for something thinking that it was always supposed to be this way, the way of Jesus, your Father showed them the way you cheer and spirit be amazed. Let them know that you have a higher plan that you have a joyous faith for each of us. It's waiting and it's not crowded. They have plenty of rooms and there is a chair waiting for that day, let them imbibe the script, that they show from and they never thought all the issues in this life. They shall know that they are destined as a child of yours to be happy in thy son, Jesus' name, Amen. Amen. Amen.

00:53:25