



August 25, 2024 Sermon Notes

Sermon:

“The Recipe For Happiness”

(Psalm 34:1-3 ESV)

Sermon By: Pastor G. Chris Brown

Sermon Text:

Psalm 34:1-3 ESV

I will bless the LORD at all times; his praise shall continually be in my mouth. [2] My soul makes its boast in the LORD; let the humble hear and be glad. [3] Oh, magnify the LORD with me, and let us exalt his name together!

Background:

- Here is this Psalm that is written by David, and in writing this Psalm is written by David and the background comes from 1 Samuel 21. David is on the run from Saul, his father-in-law, and in being on the run from Saul he finds himself hiding in a cave, but also he changes his behavior and goes crazy or at least presents himself as crazy while encountering King Abimelech.
- Here is David who has been a man after God’s own heart, is the one that’s on the run but he knew how to get himself through it! It is important when looking at life, that we all indeed face our times of trials and tribulations, but it is also important to make sure that we do realize we can be in cave situations and still have cave Church!
- There are still those moments and times, that we can indeed go through our trials and our dark moments, and enemies but we can still have Church! We can always have Church when we know that even though I’m in an unfavorable circumstance, I’m still alive, I’m still strong, and I’m still here! As long as I’m still here my life is secure, my faith is alive, and my praise is uncontained because I love the Lord that much!

“Praise Lives Always”

- When you know what God has done it ought to produce praise, you can praise through the pain, you can praise through the ups and downs, you can praise through the lows, you can praise through the miracles, and you can praise through the different seasons of life! No matter what season of life you are in, there’s still something that makes me feel good that I know that the Lord is real, the Lord is alive, the Lord knows what I need, the Lord is still with me, and the Lord is the reason why I am still alive!
- When we praise the Lord and worship the Lord, it is in worshiping the Lord and praising that I know that God is there, I know that when I put the focus on God worship is a good reminder that the Lord is real, the Lord has my back, the Lord is my hope, and the Lord is my Lord! It reminds me that I know I can’t always predict what I go through, I can’t always map out my life, and I can’t always understand what I’m facing but what I will do is still praise the Lord no matter what happens because He never leaves my spirit!!
- It’s the “I will” that makes this text so powerful! It’s something that anybody can view and see, but it’s what comes with this “I will.” It’s something that you can’t just say it, if you don’t make it a reality! When I’m saying what I will do, I’m saying that you can count on me, I’m saying you can depend on me, and I’m saying that this is what I’m going to do because I’m not just saying it, just because it sounds good but I’m doing it because I know that I can get it done!
- Everyday I can praise the Lord, everyday I can lift up the name of the Lord, everyday I can make some noise to the Lord, and everyday I can always praise the Lord because I can praise Him through the sunshine, but I can also praise Him through the rain and I’ve learned how much the Lord means to me, and I know that it is because of the presence of God that keeps me here and keeps me going!
- Worship is real, worship is encouraging, worship is my inner peace, worship puts a smile on my face, worship makes me have confidence in the Lord, worship is my reminder that nothing will keep me down permanently, nothing will stop me from smiling, nothing will stop me from hanging in there, nothing will stop me from holding on, and nothing will stop me from always praising Him!
- Can you really praise the Lord at all times? I know we can boast about the Lord, and I know we can talk about blessing the Lord but can you really praise the Lord at all times? Is it as easy as good to say it, or is it as easy to shout on it but not so easy to live it out? Can we really praise the Lord, because I know God is good, I know God is wonderful, and I know God is awesome but that doesn’t mean I don’t have my struggles, doesn’t mean I don’t have my upset moments, and doesn’t mean I don’t have my setbacks but can I praise God and talk about the Lord still?
- My relationship to God is what makes me strong, and I’ve learned how not to put more focus on my situations than the Lord because sometimes when we put too

much attention on our issue or situations, it's then that can make me feel low, it can make me feel depressed, it can make me feel anxious, it can make me feel sad, it can make me feel despondent, and it can make me empty and that's why I choose to keep my mind on what is positive instead of negative!

“God Makes Me Happy”

- We all have been saved because of Jesus, and because of Jesus we all have something to do and that is praise the Lord! You know that when we know that Jesus is real it will make us worship Him, we all have seen the Lord do something great, and it should always make us praise Him because of who the Lord is and who the Lord means to us! Look at your life and see how the Lord came through, look at your life and our lives and see how the Lord has made a way, how the Lord has brought us through, how the Lord has given us miracles, and how the Lord meets every need there should always be something for us to rejoice about because of what God is doing!
- Something happens when we do the same thing when we worship together, because when we worship the Lord together and when we praise the Lord together there's just some stuff that we do together! No matter what it is and no matter what happens, it's just something to be done and to be happy about when we can praise the Lord together. Praising the Lord will keep us going, praising the Lord will make us have a positive outlook on life, and you know that when we praise the Lord and sing to the Lord we don't give the devil any ammunition to hurl and throw in our direction!
- Psychologist Dr. Nicole Celestine says this in her study about happiness, which is titled: “The Science of Happiness in Positive Psychology 101” she makes these discoveries by saying this:
- Happiness is linked to lower heart rate and blood pressure, as well as healthier heart rate variability. Happiness boosts our immune system, which can help us fight and fend off the common cold.
- Those who are happiest tend to live significantly longer than those who are not. Most of our happiness is not determined by our genetics, but by our experiences and our day-to-day lives.
- There is a linear relationship between religious involvement and happiness. Higher worship service attendance is correlated with more commitment to faith, and commitment to faith is related to greater compassion. Those more compassionate individuals are more likely to provide emotional support to others, and those who provide emotional support to others are more likely to be happy.
- God is with me, that's why I'm still here no matter what happens in my life the Lord is still there! The Lord is why I am here, and since the Lord is here and since the Lord hasn't left me there's so many reasons to rejoice, and there's so many reasons

to be thankful and there's many reasons to never forget that the Lord is real, the Lord is alive, and the Lord has let me overcome! I'm able to overcome, and I'm able to be happy because I have made it a reality and I have made it my focus to always trust and make God first!

- My focus is the Lord, and I have seen how to be positive but also how to keep myself encouraged by looking up to the Lord, and I've learned how to bounce back because I am always making sure I keep on making the Lord first in my life!
- As long as the Lord is first, and as long as I continue to praise the Lord I've learned how to keep my mind off stuff I can't control, but I know how to control my environment! My environment is the space I create, and the space I create is that I will praise the Lord and I'm going to always worship and I'm going to always be in the right spirit because I'm looking up to the Lord! The Lord means that good to me, the Lord is special to me, the Lord is awesome to me, and the Lord is the greatest person for me and I'm thankful that I always have in my life!

This Week's Goals:

- Read Psalm 84-85 this week!

Broadway MBC - Winchester, Kentucky

Pastor G. Chris Brown

121 W. Broadway St, Winchester, Kentucky 40391

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