“Happy From the Inside Out”, Don't Worry - Be Happy! Part 6 of 8 – Oct. 13, 2013 at SBC

 Matthew 5:8

Americans are increasingly, . . . concerned with purity. We want to drink, . . . pure water. We want to breathe,

. . pure air. We want to eat, pure foods. I read, that there is a company, that will, for fees ranging from $3,000 to $15,000 dollars, come and do an analysis, on why your house stinks, so you can have pure air, in your house. Another article says, last year, Americans spent, over half a billion dollars, . . on water purifiers.

As important as, clean air, pure water, and pure food, are, . . . there is a sense of purity, . . . Americans tend, to overlook. Matthew 5:8 – *"Happy are the pure in heart, for they will see God."* Happiness is, . . . a heart condition. It's not what goes inside you, . . . it's what comes out. Happiness is from, . . . the inside out.

What does, "pure in heart", mean? It means, . . . unmixed motives. You are a person, . . of integrity. You don't say one thing, . . . and, act another way. Your motives, are true. God is concerned, with **why, . . .** we do things, as much as He's concerned, . . . with **what,** we do. He's concerned, . . . with our motives.

Matthew 6:1 – *"Be careful, not to parade your good deeds, before others, to attract their notice, . . . or you will, lose all your reward, from your Father in heaven."* Is it possible, . . . to do good things, . . . with wrong motives? Sure. Is it possible, to be outwardly religious, . . . and, inwardly, . . . a mess? Sure.

Jesus is saying, happiness comes, . . . when you are the same, . . . on the inside, . . . as on the outside. You're a person, of integrity. You have, unmixed motives. Jesus said, this was so important, He spent, an entire chapter, on it. Matthew 6.

**\*\*\*** HOW TO DEVELOP A PURE HEART. **Three steps, to having, . . . a pure heart.**

**1. Remember, . . . that God, . . . sees everything.**

The key phrase, in Matthew 6, is *"your Father sees, . . . what is done, in secret."* Nothing is a secret, from God. Nothing is ever, a surprise, to Him. Does it bother you, in knowing, that you have no secrets, from God? It bothers us, sometimes. There's a lot of secrets, we would like to keep, from God. But, God says, . . . He knows everything, . . . about us. A lot of people think, . . . they're fooling God.

Have you ever, had the devil tell you, "Go ahead, nobody will ever, find out." Somebody, . . . already knows. Hebrews 4:13 – *"Nothing in all creation, is hidden, from God's sight. Everything is uncovered, before the eyes of Him, . . . to whom we must, give account."*

If God, already knows everything, I might as well, have a pure heart, than try to fake it. I may fool others, but I cannot, fake out God. The amazing thing is, God knows everything, that I'm going to do, but, He still loves me.

2. (Three steps, to have, a pure heart.) **2. Review, . . . my motives.**

We have an honest evaluation, . . . of why do I do, what I do. Proverbs 24:21 – *"God knows, and judges, your motives. He keeps watch, over you; He knows. He rewards you, . . . according to, what you do."*

Circle the words, . . . "motive", and "rewards".

God says, that our reward, is based on, not just what we do, . . . but, why we do it. In Matthew 6, Jesus gives, three examples: He uses prayer, giving, and fasting -- **three good things**, you can do, . . . but, you can also do them, . . . in the wrong way. Three Things:

**A) Giving.**

Matthew 6:2-4 – *"So, when you give to the needy, do not announce it with trumpets, as the hypocrites do, in the synagogue, and on the streets, to be honored by men. I tell you, the truth, . . . they have received their reward, in full."*

He says, when you give, you shouldn't give, . . . in order to be seen, . . by other people. You’ve seen how some churches, . . . have every pew, with someone’s name on it. Seats, hymnals. There's nothing wrong with memorials, but some of these people, . . . are still alive. Everything in the church, has a name on it.

*"But, when you give to the needy, do not let your left hand, know what your right hand, is doing, so that your giving, may be in secret, then your Father, who sees what is done in secret, . . . rewards you."* Don't let your left hand, know what your right hand, is doing. Don't even talk to yourself, . . . when you give!

**B) Praying.**

Matthew 6:5 – *"When you pray, don't be like, the hypocrites. They love to pray, standing in the synagogues, and, on the street corners, . . . to be seen by men. I tell you, they've received, their full reward."*

Have you ever heard anybody, pray to the galleries, . . . pray to other people? They pray, a real flowery prayer, and, when they're finished, you want to say, "Wow!", . . . and, you feel like clapping. God says, they have, their reward. They don't have, . . . a pure heart.

Have you ever heard anybody pray, reminding God, of something, He already knows, . . to tell the other people, who are listening? Pastors, sometime do that, "Lord help us to remember, that Thursday night, . . . is a committee meeting, at 7:00, at Mary's house."

Or, have you ever given yourself, . . . a pat on the back, . . . when you're praying? "Lord, thank You, for the 15 people, I witnessed to, this week. Or, that I read, through the Bible, . . . this month." Jesus says, . . . you have, your reward. When you pray, you don't do it, . . . to impress, . . . other people.

**C) Fasting.**

When you fast, you don't go around, looking as the hypocrite, with a sad face, . . . so, someone will ask if you are fasting. Matthew 6:16 – *"Wash your face, put oil on your head, [so it won't be obvious to men, that you're fasting]"*

What is the point, of all these things? Jesus is saying, the point of pure in heart, . . . is you keep it a secret, when you do good. If you can't, . . . maybe, your motives, are mixed. Maybe, you want, . . the praise of men, more, than you want, . . . the praise of God.

The test of pure in heart, . . . is can I keep it, a secret? Or, do I have to blab, every time? If you spent a night in prayer, . . . could you keep that, a secret? Don't be a hypocrite, . . . he says, three times.

Opposite, of pure in heart, . . . is being a hypocrite. Jesus said, the Pharisees love, the praise of men, more than, the praise of God. That's what, they get. 1 Thessalonians 2:4 – *"We do not aim, to please others, but, to please God, who knows us, through and through."* Who do you, want to please, . . most? That's the condition, of your heart. If you want, the praise of other people, . . that's what you'll get. But, that's all, you're going to get.

So, I remember, that God sees, everything we do, . . . that, I can't fake it. So, what you see, . . . is what you get. Some people say, "As a pastor, of a church, . . . many people see you, all the time, I'll bet it's hard to be yourself, in public." I say, no, I'm myself, all the time. Phoniness, is unhappiness. Happiness is people, who just say, "Here it is, folks!" This doesn't mean, you're perfect; but, it does mean, you're transparent.

**3. Realign, my priorities, . . . if I want to be, . . . pure in heart.**

Exodus 20:3 – *"You shall have no other gods, before Me."* That is the first commandment. God says, "I want top place, . . . I'm not going to play second fiddle, to anybody else, . . . I'm not going, to have any rivals. Whether it's your career, your husband, your wife, anything. I want, first place." What is a god? A god, is anything, . . . that is first place, in your life. (Had a dog, . . . nick-named, second-fiddle.)

**\*\*\*\*\* How do I know what, . . . my priorities are? Three tests:**

**1) Look at, . . . my activities.**

Where do I invest, my time, and my money? Matthew 6:19 – *"Don't pile up, treasures on earth, . . . but, keep your treasures, in heaven. For where your treasure is, . . . your heart will be there, too!"* Circle "your heart". Wherever you put your investment, . . . that's where, you put your heart.

If we ask, "What is first, in your life?", . . . you will answer, "The Lord, has first place!" But, if we look at your check stubs, and your schedule, . . . you can see, . . . what really has first place, . . . in your life.

Regardless, of what we say is first place, where we spend our time and money, . . determines, what is first place. That's why, the purpose of tithing, is to teach us, to put God, first place in our lives. When we give, the first 10% of our money, back to God, . . . we remember, that it all came from Him, . . . in the first place. The first part of the day, the first part of my money, the first of every week, . . goes to God. God is first.

**2) Look at, . . . my anxieties.**

What do I worry about, . . . the most? You can tell a lot about a person, . . . by what they, . . . worry about. Matthew 6:25 – *"Therefore I tell you, don't worry, about your life."*

If you'll go through, all of Matthew 6, the five most common worries, are in this passage. v. 24 -- finances; v. 25 -- food; v. 27 -- fitness; v. 28 -- fashion; v. 34 -- future. If you're worrying about, any of these things, it means God, . . . is not number one, in your life. You have, . . . a misplaced priority.

You need to, check out your activities, and check out your anxieties. Worry indicates, there is a wrong priority. Worry says, "God, I think I'm in charge here." Do you worry, about your finances, . . instead of trusting God? Do you worry, about fashion? The Bible says, don't worry, about clothes. God says, "Check out these things, . . . to see, if your motives, . . . are right."

**3) Look at, . . . my ambitions.**

My goals, reveal, . . . the direction, of my heart. Whatever, is the number one goal, in my life, ambition of my life, what's important to me, . . . that, is what is my god.

Matthew 6:31-33 – *". . . Don't worry about (these things), . . . This is what pagans are always looking for; your Heavenly Father knows, you need them. (Instead), Set your heart first, on His kingdom, and His goodness, and all these things, will come to you, as a matter of course."*

The little phrase, "always, looking for" -- that's ambition. Don't be, "always looking for", what everybody else, is looking for. The problem, with a lot of Christians, . . . many believers, have the exact same ambitions, . . . as unbelievers. No difference. They've bought into, . . . the culture, . . . into, the system.

So as a result, they have the same tension. Same stress. Same headaches. Same problems. God says, set your heart first, . . . on doing what God wants you to do, . . . and, all these other things, will be brought in, as a matter of choice.

Jesus says, *"Happy are the pure in heart, for they will see God."*  (Song: I caught a glimpse of His splendor.)

*\*\*\** **Pure in heart, . . . means:**

**1) I'm continually, . . . conscious, . . . of God's presence.**

A pure in heart person, is conscious, of the presence of God, . . . all the time. That is the mark, . . . of maturity. The more mature you are, the more you're conscious, that God is with you, all the time, . . . and, the less conscious you are, of other people around you, . . . when, you're doing good.

An immature person, when he prays, is more worried about the people around him, . . . than, he is about God. An immature person says, "I wonder, if they're going to like, this prayer." A mature person, . . . just, focuses, . . . on pleasing God.

The desire of every Christian's heart, is to be a pleasure, . . . to Him. That's what it means, to be pure, in heart. Happiness, boils down to simply, . . . Who do you want to please, in life? God says, You want to please, other people? Fine. Try it. You can't please, everybody.

As soon as, you get one crowd pleased, . . . another crowd, gets angry with you. You can't please, everybody. But, you can please, . . . God. You say, "God, I want to do, what you want me to do."

Doesn't that, simplify life? Reduce, the stress? I can't please everybody, in this world, . . . but, if I can please God, . . . then, I know, that it's the right thing. And, that simplifies life, . . . so much. The tension, stress, and pressure, all go down. Say, God make me more conscious, . . . that, You're with me, all the time.

**2) A pure in heart person, . . . is content, . . . with God's praise.**

He says, I want the reward of God, . . . not, the reward of man. The people, who are the biggest givers, are not the most show offey. It's the people, . . . who hardly ever give. In Matthew 6:2 -- the people, who are showing off, with their religious deeds, they have their reward. If you do it, in secret (you don't worry about, what other people think), . . . God will reward you.

The word "reward", in those two verses, are different words. The word "reward", for when you're showing off, means, a temporary reward. The word "reward", for when God rewards you, . . means, a permanent investment. You won't get the reward immediately, . . but, it's coming. You don't sell out the future, for the present.

**3) A pure in heart person, . . . is controlled, . . . by God's priorities.**

He or she, has his heart, . . . set on what God says, . . . is important. (What’s most important, . . . in you life?)

**\*\*\*\* What is, the result?** If we start trying to be an honest, transparent person of integrity, with unmixed motives, . . . what is, the result?

**1. Happiness, . . . is a result.**

*"Happy, are the pure in heart."* Why? You're not, faking it. You're not, trying to be a phoney, or pretend. But, the opposite, is also true: unhappy, are the divided hearts – trying, to please everybody. Some of you, are trying to please a bunch of people, . . . and, you're divided, . . . and, you're unhappy. Happiness is, when you don't have any fear, . . . of being found out.

***2. ". . . they will see God."***

The result, of having an unmixed motive, of living for God, . . no matter what, . . . is you get to see God, in your life, . . . your circumstances, . . and, in Heaven. Just as, you don't see too well, . . with dirty glasses, you don't see God too well, . . . with a dirty heart. You've got to, . . . clean it up.

**\* So, how do I get, a clean heart?** How can I clean up my heart, so I can be happy? The answer is, you can't. You cannot, clean up your heart, . . . on your own. Otherwise, Jesus wouldn't have needed, . . to come, to earth.

I would like to recommend to you, . . . a heart specialist. His name, . . . is Dr. Jesus. He makes, . . . house calls.

 He doesn't cost, a thing. He has never, lost a patient. He is a pro, in heart transplants. He wants to give you, . . . a new life.

Do what David did, in Psalm 51. He had, the most earth shattering experience, of his life. He had committed adultery, with another man's wife, and then had him killed. He was a murderer, . . . and, an adulterer. He felt bad. *"Create in me a new, clean heart, O God, filled with clean thoughts, and right desires."*

To get a clean heart, . . . you just, ask God. Circle the word, "new". God wants to give you, a brand new heart. He wants you, to put your trust, in Him. It's simple, you ask Him, . . . for a clean heart, . . . and, He'll give you, . . . a new heart, . . . a new outlook, . . . a new life, . . . a new start.

Spiritual, . . . heart checkup. What's the condition, . . . of your heart? Some of you, have a broken heart. And, it's hurting. Some of you, have a hard heart. You've had so much bitterness, and resentment in your life, for so long, . . . you've let it pile up, and you have a stony, hard heart, . . and nothing, can break through.

Your husband, can't get close to you, . . . or, your wife, can't get close to you. Nobody, . . . can get close to you. You've allowed, your heart, to be hardened. Some of you have, . . . a divided heart. You're trying to serve God, one way on Sunday, . . . and, the devil, on Monday.

You're trying to please, . . . too many, different people. You act one way, with one group of people, . . . other ways, with other groups of people. It's divided, and no wonder, . . . you're not happy.

Let God, give you, a new heart. Isn't it time, . . . you stopped, pretending? Isn't it time, you stopped pretending, that, you're really happy, and you're not? Isn't it time, you stopped pretending, . . . that, you're following Christ, when you're only doing it, half heartedly, if at all? Would you come to God, and say, "OK, God, I need, a new heart." Happiness, is from the inside, out. Happiness, . . . is a heart condition.

“Happy From the Inside Out”, Don't Worry - Be Happy! Part 6 of 8

Matthew 5:8 – “Happy are the pure in heart, for they will see God.”

 Matthew 6:1 – “Be careful not to parade your good deeds before others to attract their notice . . . (or) you will lose all reward from your Father in Heaven.”

HOW TO DEVELOP A PURE HEART (Matthew Chapter 6)

1. Remember \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

 Matthew 6:4, 6, 18 – “Your Father sees what is done in secret.”

 Hebrews 4:13 – “Nothing in all creation is hidden from God's sight. Everything is uncovered and laid bare before the eyes of Him to whom we must give account."

2. Review \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

 Proverbs 24:21 – “. . . God knows and judges your motives. He keeps watch over you; He knows. And He will reward you according to what you do!”

A) Giving (vs. 2-4)

B) Praying (vs 5:15)

C) Fasting (vs. 16-18)

Opposite of "Pure in Heart" (John 12:43)

1 Thessalonians 2:4 – “We do not aim to please others, but to please God who knows us through and through.”

3. Realign \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

 Exodus 20:3 – “You shall have no other gods before Me.”

**\*\* How do I know what, . . . my priorities are?** Three Tests:

1. Look at my \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

 Matthew 6:19 – “Don't pile up treasures on earth . . . but keep your treasures in heaven. For where your treasure is, your heart will be there too!”

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 Matthew 6:25 – “Therefore I tell you, don't worry about your life . . .”

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 Matthew 6:31-33 – “. . . Don't worry about (these things) ... This is what pagans are always looking for: your Heavenly Father knows you need them. (Instead) Set your heart first on His kingdom and His goodness and all these things will come to you as a matter of course.”

 Psalm 51:10 – “Create in me a new, clean heart, O God, filled with clean thoughts and right desires.”

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1) I'm continually, . . . conscious, . . . of God's presence.

2) A pure in heart person, . . . is content, . . . with God's praise.

3) A pure in heart person, . . . is controlled, . . . by God's priorities.

Next Week’s Sermon: “Finding Your Missing Peace”, Matthew 5:9