“The Secret of Satisfaction”, Don't Worry - Be Happy! Part 4 of 8 – September 29, 2013 at SBC

 Matthew 5:6

We're in a series, of Jesus' Eight Secrets, of Happy Living. Today, we're going to look briefly, . . . at The Secret of Satisfaction. Matthew 5:6 – *"Happy are those, who are hungry and thirsty, for true goodness, for they will be* ***fully*** *satisfied."* Circle the words, . . . "hungry", and "thirsty".

In America, most of us don't know much, about hunger and thirst. Being hungry, is a Big Mac attack. Mother Teresa says, that in India, they're starving, physically, . . . but, in America, they're starving, emotionally.

We all have, a spiritual hunger, . . . inside of us, . . . but, we just don't, call it that. Instead, we use phrases like, "My life is empty", . . . "I'm bored", . . . "I'm restless", . . . "Something seems, to be missing, in my life", . . . "There must be more, to life, than this". Even when things are going good, . . . when there seems, to be success in life, . . . there is this gnawing feeling, . . . on the inside -- something's missing!

The Rolling Stones gave us, the theme song, for the Baby Boomer generation, . . . "I Can't Get No Satisfaction". Why is it, that so many people, . . . are so unsatisfied? The Bible says, it's because, they're looking, . . . in the wrong place. **I. Why are so many unsatisfied?**

**1. You don't find lasting satisfaction, . . . in pleasure.**

If I could just, take a cruise, . . . retire in luxury, . . . travel the world, . . . then, I'd be happy. The Bible says, in Ecclesiastes 1:8 – *"No matter how much we see, we are never satisfied; no matter how much we hear, . . . we are never content."*

Most ads, on television, . . appeal to this hunger, . . . for happiness. "The taste, . . . that satisfies." If that were true, . . . you'd only have to have, one cup, . . . you'd never need, another cigarette, etc.

How many of you, have had a late night, . . . refrigerator raid? You get up, you go to the refrigerator. You don't know what you want, . . . but, you're hungry. You open the door, you nibble on this, you nibble on that, nothing satisfies, nothing tastes good. You close the door, go back, get in bed, and you're still hungry.

Many people, are that way, in life. To the point, that they'll try, anything. They'll break, the rules. They'll go, get drunk. They'll try, anything, that anybody else is trying. The Bible says, in Hebrews 11:25 – *"The pleasures of sin, last a short time."* They just, . . . don't last.

**2. You don't find lasting satisfaction, . . . in performance.**

Workaholics eventually, . . . learn this. Ecclesiastes 2:23 & 21 – *"What does a man get, for all his hard work? Days full of sorrow, and grief, and restless nights." . . . "You work for something, with all your skill, and then, you have to leave it all, to someone who hasn't had to work for it."*

There is a myth, that says, "Success, produces satisfaction." But, that's, just, not true. Many successful people, are very unsatisfied, . . . on the inside. After the thrill of winning, winning a whole lot, . . . there comes that emptiness, that, . . . something's, not there. The Bible says, in Ecclesiastes 4:8 – *"Man is always working, . . . never satisfied."*

**3. You don't find lasting satisfaction, . . . in possessions.**

Today, there are more products, available, than ever before, . . . and, they all say, . . . "Satisfaction Guaranteed". Twice as many products, as there were, ten years ago. Grocery stores, bigger. Are people, . . . twice as happy? No. A lady once said, . . . "Even, when I get what I want, . . . it's not, what I want. I'm dissatisfied."

Ecclesiastes 5:10 – *"He who loves money, will never have enough. The foolishness of thinking wealth, brings happiness."*  The poor people say, "When I get enough money, then all of my problems, will be solved." The rich know, that's not true. At least, the poor, have hope. The rich people, know that the happiness, is not there.

**\*\*\* What is, then, . . . the secret, of satisfaction?**

Psalm 37:4 – *"Seek your happiness, in the Lord, . . . and, He will give you, your heart's desire."* Don't seek happiness, . . . seek God. Happiness is a by-product, of seeking God. If you make happiness, your goal in life, you're going to miss it. You don't find it, just looking for it. Usually this is the last place, . . . we look. We look, to everything else, and then, finally say, "Well, I'll try God. Maybe, I'll find happiness, there."

**II. How to experience, . . . real satisfaction, . . . in life:**

**1. Recognize, . . . my real hunger**

What is it, . . . that's missing, in my life? What is it, that's, not there? A lot of people, really don't know, what they want, in life. The Bible says, we are spiritual beings, and God made us, to love Him, . . . and, to know Him, . . . and, be loved by Him. Nothing, will take, the place of that. There is, . . . no substitute.

You need to recognize, what your real hunger is. Your hunger, is your spiritual being, and you hunger, for God. The sooner, you recognize that, . . . the better.

How does God give us, a hunger for Himself? Deuteronomy 8:3 – *"God humbled you, by letting you go hungry, and, then feeding you, with manna, . . . He did this, to help you realize, that real life comes, by obeying every command of God."*

The children of Israel, Charlton Heston led them, across the Red Sea (!), over into the desert, they're wandering around, for forty years. (There are no Taco Bells, in Sinai.) They got hungry, and God provided manna.

 Notice, it says, *"God let them, get hungry."* He let them get hungry, . . . so, they would recognize, their need for Him, . . . and, depend on Him. God lets you, . . . get hungry.

God allows problems, in your life, . . . to get your attention, . . . to see that, you really, . . . need Him. He uses a variety, of circumstances. The Bible says, *"Happy are the hungry, those are the people, God is trying to get their attention."*

God uses problems, . . to get your attention, to say, "Look! What you want, . . . is not pleasure, not possessions, not performance. It's Me! I made you, with a God shaped vacuum, . . . and, I want to meet, that need." Happy, . . . are the hungry! God's getting ready, . . . to do something, . . . in your life.

Notice it says, *"God humbled you."*  Hungry people, and humble people. A hungry man on the street, doesn't care, for linens and napkins. He just says, "Give me food!" Hunger is painful, . . . but, it motivates. If you've got a problem, congratulations! God wants you, to recognize, your real hunger, is **to know Him**.

**2. Stop eating, . . . junk food.**

Stop eating, . . spiritual junk food. Quit looking for things in life, . . that, don't satisfy, that don't meet the need. Isaiah 55:2 – *"Why spend your money, on what is not bread, and your labor, on what does not satisfy?"*

He's saying, “Quit wasting your time, and your money, . . . on things of the world, . . that, really doesn't satisfy. What you are, really looking for, . . . is God. Stop eating, . . . junk food!

Speaking of junk food: In a gold fish eating contest, in Oakland, California, Leonard McMann swallowed 501 gold fish, in about four hours, to smash the Guiness Word Record, of about 300, of John Parker in 1984. For this feat, . . . he won, a 240 gallon aquarium.

There is a plant, . . that, grows in Australia. The spores of this clover fern, can be made into bread, and portage. It contains no protein, carbohydrates or vitamins, . . . the essentials, for sustaining life. Those who depend upon it for food, will have their stomachs filled, . . . but, they eventually die.

There is a lot of spiritual, junk food. Do you know the difference, between being filled, . . and, being satisfied? The USA is the artificial, amusement capital, of the world. There are more things, . . . to fill up your time, and your money, . . . and we move from pleasure to pleasure, thrill to thrill thinking, "This is going to be the answer, . . . in my life! This is what, is going to make me satisfied!" And, it doesn't last! It's a, temporary high.

It's interesting, that our appetites, . . . are influenced, by our associations. You get around hungry people, you get hungry. Whoever you hang out with, is what you're hungry for. If you hang out with people, who like the world's junk food, . . . that's what, you're going to be into.

If you want to have an appetite, for godly things, . . . get around people, . . . who have, . . . a godly appetite. It's contagious. Spiritual hunger, . . . is contagious. Do you want to be more hungry, for the things of God? Then get around people, . . . who are hungry, for the things of God.

If you get around people, who eat junk food, you're going to eat junk food. And, if you get around people, who are always seeing the latest movies, and reading the latest books, . . . that's what, you're going to be in to.

And, that does not, satisfy. It's just, stuffing. It fills, . . . but, it does not satisfy. Spiritual hunger, is contagious, so get around people, who have a hunger for the Lord, . . . and, you'll find, spiritual hunger.

**3. Start looking to Christ, . . . for satisfaction.**

John 8:35 – *"Jesus said, "I am the Bread of Life. Whoever comes to Me, will never go hungry, and whoever believes in Me, will never be thirsty, . . . If anyone eats, of this bread, he will live, forever!"*

Wonder Bread! Bread is the basic, essential of life. You can live on, bread and water. This is the basic, essential food, of life. In a famine, they fly stuff in. The first thing they unload, is flour, to make bread.

Jesus is saying "I'm the bread of life! I'm IT! What you really need, to live, . . . is ME! I can meet, your needs. You're looking, for everything else, . . . but, I'm the bread of life, **I'm the essential**. I'm what, you need. You need Me, . . . and, you can't do, without Me."

There is a New Age movement, these days. One of the things they say, is . . . "Find satisfaction, . . in yourself." "Find happiness, . . . within." That is, so stupid! When you are physically hungry, . . . do you tell your stomach, "Feed yourself!" Does that work? No, you have to go to an outside source, to get some food, . . . to feed yourself.

When there is a spiritual vacuum, . . . in your life, you don't say to yourself, . . "Be your own god!" That leaves you, . . just as empty, as before. You have to go to, an outside source, **to God**, who made you, and created you, with that vacuum, so you would know Him, and love Him, and be loved by Him. He is, . . . the Bread of Life.

Jesus said, in John 4:13-14 – *"Whoever drinks water, will get thirsty again; but whoever drinks the water I give, will never, . . . be thirsty again. It will become in him, a spring of living water."*

Water, is even more essential, than food. You can go several weeks, without food, . . . but, you can't go, more than about three days, . . . without water. About 70%, of your body, is water. Every cell in your body, needs water, . . . to survive. You can't survive, without water.

Jesus is saying "It's more, than you want Me -- you need Me. You need Me, to survive. I am, the Living Water. I am your bread, I am your water. I made you, . . . and, you can't make it, . . . without Me."

When you are thirsty, . . . cost, is immaterial. It doesn't matter, what it costs, you've got to have it! This is what it means, to hunger, and thirst for God. There are really, three stages, . . in your life: I want God, in my life; I need God, in my life; I've got to have God, in my life, . . . because, I can't make it, without Him.

He made me, . . and, there's an emptiness, in my life. I want to know the answers, to the basic questions, of life: Who am I? Why am I here? What's the purpose of life? Who's God? What's going to happen? Those are gut level things, . . . that are not satisfied, by going to a movie, or getting stoned.

Those are basic, . . inner questions, of life. That is a hunger, . . . to know God. That's what it means, to hunger, and thirst, for God. I've got to have Him, . . . in my life. I want, to know Him. I want, to know why, in the world, . . . I was put, on this planet. Where am I going, . . . when, it's all over?

John 8:35, 51, circle the word "come", where Jesus says, *"Whoever comes to Me, will never go hungry, . . ."* And, then, circle the word, "believes" -- *". . . whoever believes in Me, . . . will never be thirsty."*

And, then, in the next verse, John 4:13-14, circle the word, "drinks" -- *"Whoever drinks the water, I give, will never be thirsty again, . . ."*

Three words, "come, . . . believe, . . . drink". The point is, that appetites, are not filled, until, you do something about it. You can be hungry, your stomach growling, . . . but, you'll stay hungry, until, you take action. Get up, get some food, . . . put it in your mouth, . . . and, swallow it.

Jesus is saying here, You've got to, take action. Just like physical hunger, when you're hungry, you go eat food, when you're spiritually hungry, you need to do three things -- come, believe, drink. That's how you find, satisfaction in life.

First, you "come to Me" -- You come, to Christ. Second, you believe, in Christ. Third, you drink, of Christ.

 I receive Him, . . . into, my life.

Some of you, have never done this -- never taken, these steps. You've never come to Christ, . . and, believed in Him. You've believed about Him, . . . but, there's a difference, in believing about God, . . and, believing in God. (I believe in Hitler, but I'm not a Nazi.) But, I believe in Christ, and I'm a Christian – because, I've committed my life, to Him. It's more, . . . than just, . . . a head knowledge. I believe.

Some of you, have never done that. Have you realized, yet, that something's missing, in your life? Something is dramatically, . . missing in your life. In spite of all the success, and the apparent, outward satisfaction, . . . inside, there is this undercurrent, you know is there, saying "I'm missing it! I'm not, really satisfied.

At the deepest level of my soul, in my gut, . . . I know that, there's got to be more to life, than just get up, go to work, come home, watch TV, and go to bed. There's got to, . . . be more." And, there is.

Maybe you'd say, "In spite of the fact, that life seems relatively good, in light of the rest of the world, . . . there's this gnawing dissatisfaction, that even when I'm the winner, even when I'm number one, I'm dissatisfied, on the inside. There is not, a real peace, . . . and, contentment, in there."

If you say that, I want to say to you, . . . "Congratulations! Because, He's creating a hunger, in your life, . . . to know Him." Nothing is worse, than to feel like, "I've got everything, and I'm very self satisfied", . . and, never understand, . . that you're missing out, on the greatest thing in life. What a tragedy, that would be!

The fact is, when you were born, . . . God gave you a physical appetite, to keep you alive. If you didn't have an appetite, you'd just shrivel up and die. It's good to be hungry; hunger is a good part of life. It keeps, you alive. He gave you, a physical appetite, to fulfill physical needs. He gave you a spiritual appetite, . . . to know Him. Only Jesus, can satisfy, that hunger. Only Jesus, can produce ultimate satisfaction, in your life.

Money can't. Getting your picture, on the cover, of *People* magazine, can't. Having a nice home, can't. Having your kids, get straight A's, and be very proud of them, can't. Being famous, being powerful, having all the pleasure, taking Club Med vacations, none of those things, produce ultimate satisfaction, in your life.

Because, . . . it's a spiritual need. There's a God-shaped vacuum, in you, . . . and, only God, . . . can fill it. The sooner, you learn that, . . . the better. Because, you'll save a lot of time, . . . and, a lot of money.

What do you do? Take these, three steps: **I come, . . . I believe, . . . I drink**. Notice, . . . the promise. He says, *"Happy are those, who are hungry, and thirsty, for true goodness, . . . for they will be, truly satisfied."* God is saying, . . . "Satisfaction, guaranteed!" If God can't guarantee it, . . . nobody can!

Your hunger for happiness, . . . is met, in knowing God, and being known by Him, and in loving God, and being loved by Him, and developing a relationship with Him, and finding out the purpose, for which you were put, on this earth. As you seek Him, you find that happiness, and that satisfaction. He will not, turn you down!

\* Others of you, have already taken, . . . that initial step -- you've come to Christ, you've believed in Christ, and you've drunk, of Christ. You're a Christian. My question, to you today is, . . . “How's your, spiritual appetite?”

Do you hunger, for the things, of God? Do you really, want to know Him, . . . or, is God just, a convenience, for you, like **a little sip**, every Sunday morning? "That's all, I need. I want five cents worth, of God." Or, do you, . . . hunger: "I've got to have God, in all of my life. I want **all**, . . . that, He has to offer."

The fact is, you are as close to God, . . . as you want to be. Don't blame it, on anybody else. If you're not, close to God, . . . it's not God's fault, or your parent's fault, or your wife's fault, or your husband's fault, your children's fault. You are as close to God, as you want to be, . . because, God always works, in our lives, according to, . . . our desires.

If you don't know God, in His fullest, . . . it's because, you choose not to. He works in our lives, . . according to, our desires. *"Blessed are those, who are hungry, and thirsty, to know Him. They will be, fully satisfied."* (No diet!)

\*\* It is amazing to me, how so many Christians, have a "take it or leave it" attitude, . . . toward, spiritual food. They want God, when it's convenient. Most Christians have enough faith, to bug them, but not to, bless them.

It's enough faith, to make them miserable, . . . so, they can't just, go out and sin. But, they don't have enough, to really, enjoy life, either. They are enough of a Christian, to not want to go to the party, where everybody is getting drunk, and doing things, they know they shouldn’t do. They're not, into that. But, on the other hand, they don't have enough faith, to really enjoy life, . . . in it's fullest. He's just, a little appetizer.

\*\* Some of you say, "I used to, have a hunger, . . . for God. I remember, . . . when I first, became a Christian. I devoured, the Bible. I read it, and loved it. You couldn't keep me away, from Christians. I wanted to be at church, . . . all the time. I had, a hunger. But, I don't have it, . . . anymore."

A loss of appetite, indicates illness. In a hospital, when somebody won't eat, . . . they are, seriously ill. A sign that, they're getting better, . . . is they want to start eating, . . . again.

Some of you say, "I'm a Christian, . . . but, if I were honest, I just don't have, that appetite for God, . . like you're talking about. I don't have, this deep desire, to know God, or read the Bible, or get to know Him. I don't have that hunger, . . . anymore." I'll tell you, why. You're stuffing yourself, . . . on junk food.

Spiritual, junk food. You have bought into, the culture. You're doing the same thing, everybody else, is doing. And, you're stuffing yourself with things, attitudes, and events, . . . that, don't last, or satisfy.

Some of you, need to go on a media fast, . . . to get your spiritual hunger, back. When was the last time, you sat in your car, and turned the radio off, just to talk to God, . . . while you're driving, on the freeway? When was the last time, you walked into your house, . . . and, didn't automatically, . . . turn on the television?

If you're filling yourself, with all the world, has to offer -- the books, the tapes, the records, the videos, and all that -- it's no wonder, that you're filled, and you have no appetite, for the things, that really count, in life. You are pigging out, . . . on junk food.

The word here, where Jesus says *"Happy are those, who are hungry, and thirsty, for true goodness".* For the word "hungry", there are two words, in the Greek. One of them means, "I want a bite of something -- give me a piece, . . . of bread."

The other meaning, in the Greek is, "I want, . . the whole loaf." Guess which one, . . Jesus uses here. This says, "I want all of God, there is!" Jesus says "Happiness comes, for people who say, `I want all of God, there is. I want to know Him, in His fullness. I'm not satisfied, with having a little blessing, . . . here or there.

 I want Him, as the center, of my life.'" That, is the person, . . . who will be, fully satisfied.

“The Secret of Satisfaction”, Don't Worry - Be Happy! Part 4 of 8

Matthew 5:6 – "Happy are those who are hungry and thirsty for true goodness, for they will be fully satisfied."

I. Why are so many, so unsatisfied?

1. You don't find lasting satisfaction in \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

Ecclesiastes 1:8 – “No matter how much we see, we are never satisfied; no matter how much we hear, we are never content.”

Hebrews 11:25 – “. . . the pleasures of sin last a short time.”

2. You don't find lasting satisfaction in \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

Eccl. 2:23 – “What does a man get for all his hard work? Days full of sorrow and grief, and restless nights.”

Eccl. 2:21 – “You work for something with all your skill, and then you have to leave it all to someone who hasn't had to work for it.”

Eccl. 4:8 – “(Man) is always working, never satisfied.”

3. You don't find lasting satisfaction in \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

Eccl. 5:10 – “He who loves money will never have enough. The foolishness of thinking wealth brings happiness.”

The Secret of Satisfaction

Psalm 37:4 – “Seek your happiness in the Lord, and He will give you your heart's desire.”

II. How to experience, satisfaction in life

1. Recognize my \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Deuteronomy 8:3 – “God humbled you by letting you go hungry and then feeding you with manna . . . He did this to help you realize that real life comes by obeying every command of God.”

2. Stop \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Isaiah 55:2 – “Why spend your money on what is not bread, and your labor on what does not satisfy?”

3. Start \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

John 8:35, 51 – Jesus said, “I am the Bread of Life. Whoever comes to me will never go hungry and whoever believes in me will never be thirsty . . . If anyone eats of this bread, he will live forever!”

John 4:13-14 – Jesus said, “Whoever drinks water will get thirsty again; but whoever drinks the water I give will never be thirsty again . . . It will become in him a spring of living water . . .”

Matthew 6:33

Next week’s Sermon: “You Get What You Give”, Matthew 5:7