

There Is No Happy Pill - 12/18/22

TEXT – Luke 2:8-14 . . . 13 And suddenly there was with the angel a multitude of the heavenly host praising God, and saying, 14 Glory to God in the highest, and on earth peace, good will toward men.

INTRO – Seventy-five years ago, Virginia O'Hanlon, age 8, wrote to the editor of the *NEW YORK SUN* to settle her doubts about Santa Claus. Francis P. Church, an associate editor, published his reply which immortalized the line, "Yes, Virginia, there is a Santa Claus." **There is no Santa Clause.**

Happiness is a virtue every person seeks. However, there are disappointments and sadness in this life.

Childhood memories of receiving presents and family gatherings are but for a time. At Christmas time there is also sorrow, illness, loneliness, war, and fear.

My Christmas of 1963 following the assassination of JFK

Mark 4:39 And he arose, and rebuked the wind, and said unto the sea, Peace, be still. And the wind ceased, and there was a great calm.

Isaiah 9:6 For unto us a child is born, unto us a son is given: and the government shall be upon his shoulder: and his name shall be called Wonderful, Counsellor, The mighty God, The everlasting Father, The Prince of Peace.

Years ago, a major art gallery sponsored a competition for painters and they were offering prizes for the best painting on the subject of "Peace." The painting that won was a real surprise. The scene was the ocean in a violent storm. The sky was ominous, the lightning was cutting across the sky, and the waves were crashing into the rock walls of the cliffs by the shore. Where was the peace? You had to look twice to understand what was going on. There, about halfway up the cliff, was a birds' nest tucked into a tiny hollow in the rock. A mother bird was sitting on that nest with her little babies tucked underneath her, sleeping soundly. That was peace!

Isaiah 2:4 And he shall judge among the nations, and shall rebuke many people: and they shall beat their swords into plowshares, and their spears into pruninghooks: nation shall not lift up sword against nation, neither shall they learn war any more.

I. We Live In a Troubled World

Job 14:1 Man that is born of a woman is of few days, and full of trouble.

- Wars and rumors of wars

Matthew 24:6 And ye shall hear of wars and rumours of wars see that ye be not troubled for all these things must come to pass, but the end is not yet.

Jeremiah 8:11 For they have healed the hurt of the daughter of my people slightly, saying, **Peace, peace; when there is no peace.**

- The world hates believers

John 7:7 The world cannot hate you; but me it hateth, because I testify of it, that the works thereof are evil.

Matthew 10:34 Think not that I am come to send peace on earth: I came not to send peace, but a sword.

- The world becomes worse and worse

2 Timothy 3:13 But evil men and seducers shall wax worse and worse, deceiving, and being deceived.

Luke 17:26-29 And as it was in the days of Noe, so shall it be also in the days of the Son of man. 27 They did eat, they drank, they married wives, they were given in marriage, until the day that Noe entered into the ark, and the flood came, and destroyed them all. 28 Likewise also as it was in the days of Lot; they did eat, they drank, they bought, they sold, they planted, they builded; 29 But the same day that Lot went out of Sodom it rained fire and brimstone from heaven, and destroyed them all.

II. The Reality of Pain and Suffering

Many cases of depression today are the result of a sinful lifestyle. The abuse of alcohol, drugs, and immorality is a root cause of depression for many people.

- ◆ Drugs – Illegal and legal

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Antidepressant use has skyrocketed since 1999, leading it to become one of the most popular types of pharmaceutical drugs in the U.S., with approximately one in six Americans on antidepressants "For every dollar the pharmaceutical industry spends on research and development, it spends two on marketing" to both doctors and consumers. From 1995 to 2005, "the number of drug reps in the US increased from 38,000 to 100,000, about one for every six physicians... [but] the actual ratio is close to one drug rep per 2.5 targeted doctors."

There is no happy pill to solve life's distressing problems.

- ◆ Alcohol use
- ◆ Immorality
- ◆ Circumstantial issues

Job 16:20 My friends scorn me: but mine eye poureth out tears unto God.

Psalms 6:7 Mine eye is consumed because of grief; it waxeth old because of all mine enemies.

Psalms 25:17 The troubles of my heart are enlarged: O bring thou me out of my distresses.

Psalms 42:3-6 My tears have been my meat day and night, while they continually say unto me, Where is thy God? 4 When I remember these

things, I pour out my soul in me: for I had gone with the multitude, I went with them to the house of God, with the voice of joy and praise, with a multitude that kept holyday. 5 Why art thou cast down, O my soul? and why art thou disquieted in me? hope thou in God: for I shall yet praise him for the help of his countenance. 6 O my God, my soul is cast down within me: therefore will I remember thee from the land of Jordan, and of the Hermonites, from the hill Mizar.

◆ **Spiritual exhaustion**

Psalms 42:11 Why art thou cast down, O my soul? and why art thou disquieted within me? hope thou in God: for I shall yet praise him, who is the health of my countenance, and my God.

1 Peter 1:6 Wherein ye greatly rejoice, though now for a season, if need be, ye are in heaviness through manifold temptations:

◆ **Physical and mental Exhaustion**

Romans 8:22-23 For we know that the whole creation groaneth and travaileth in pain together until now. 23 And not only they, but ourselves also, which have the firstfruits of the Spirit, even we ourselves groan within ourselves, waiting for the adoption, to wit, the redemption of our body.

I am the subject of depression so fearful that I hope none of you ever get to such extremes of wretchedness as I go to” – Charles Spurgeon

III. We Can Have Peace In The Midst Of The Storm

A. We must trust the sovereignty of God.

Romans 8:28 And we know that all things work together for good to them that love God, to them who are the called according to his purpose.

1 Peter 1:13 Wherefore gird up the loins of your mind, be sober, and hope to the end for the grace that is to be brought unto you at the revelation of Jesus Christ;

B. There can be a divine purpose for depression and trials

Genesis 50:20 But as for you, ye thought evil against me; but God meant it unto good, to bring to pass, as it is this day, to save much people alive.

1. Preparation to help others

2. For humbling

3. For chastening

4. For spiritual growth

C. The ministry brings special cares and sorrows

D. It may be spiritual warfare

E. We must examine our spiritual health

F. We must examine our physical health

G. We must look to God for help

H. A heavy heart can have spiritual benefits

I. We must keep our focus on God and believe His promises

CONCL – There is peace in salvation and surrender to God

Romans 5:1 Therefore being justified by faith, we have peace with God through our Lord Jesus Christ:

Philippians 4:7 And the peace of God, which passeth all understanding, shall keep your hearts and minds through Christ Jesus.