

Finding True Happiness in Christ

Psalm 4:6

Notice the words in Psalm 4:6, “There be **many** that say, **Who will shew us any good?** LORD, lift thou up the light of thy countenance upon us.”

“Who will shew us any good?” This is a searching question that many ask themselves today. The question could be phrased this way, “Who will show us what true happiness is?”

Listen to a woman’s thoughts regarding this all important question, “I can honestly say that in all my life I've never known what true happiness is. I've had moments of pure joy and that was only when I gave birth to my children. They are a gift from god. But other than having them I have never held true happiness in my hands. I wonder what it would be like to have that.

I have a husband that loves me but I don't share those feelings. Its not his fault its all on me. My children give me moments of joy but what I want is to know what its like to be completely happy. I have tried and I always fall short of it. Its as if I'm not meant for it. I guess some people are just luckier than others. It is what it is.... We do what we do.... What's done is done... Its all good!!!!!!!”

Sadly, she speaks for many people today. Most people have never experienced true and lasting happiness in their life. David here in Psalm 4 shows us what true happiness really looks like. And it is quite different from the way the world portrays happiness.

True happiness lasts because it is from the Lord. We read in verse 7, “Thou hast put gladness in my heart, more than in the time that their corn and their wine increased.” Satisfying enjoyment can be found only in doing the will of God, and in his love.

Most people want a happy life. No one honestly says they **ENJOY** being unhappy. But what is true happiness? People look for happiness in worldly pleasures. They look for it in material possessions. They look for it in work, activities, sports, hobbies.

They look for it from friends, relatives, family, etc. Although these things may bring moments of happiness, they can't bring lasting joy and peace in the soul.

We need, as God's people, to show the world that **TRUE HAPPINESS** lies in a relationship with Jesus Christ, and in Him alone.

C.H. Spurgeon writes, "This world is a floating island, and so sure as we cast anchor upon it, we shall be carried away by it. God, and all that he has made, is not more than God without anything that he has made. He is enough without the creature, but the creature is not anything without him. It is, therefore, better to enjoy him without anything else, than to enjoy everything else without him. It is better to be a wooden vessel filled with wine, than a golden one filled with water."

There are multitudes who say, Who will shew us good? Man wants good. He hates evil as evil, because he has pain, suffering, and death through it, and he wishes to find that supreme good which will content his heart, and save him from evil. But men mistake this good.

They look for a good that is to gratify their passions. They have no understanding of any happiness that does not come to them through the medium of their senses.

Therefore they reject spiritual good, and they reject the Supreme God, by whom alone all the powers of the soul of man can be gratified.

The multitude in the world seek worldly wealth, but David sets his happiness in God's favour. The title of my message this morning is, *Finding True Happiness in Christ.* There are three things from Psalm 4 that show us how we can find true happiness in Christ.

1. True happiness rests in the light of Christ's countenance (Read verse 6).

Light of thy countenance upon us is a figure for favor.

We read in Psalm 44:3, “For they got not the land in possession by their own sword, neither did their own arm save them: but thy right hand, and thine arm, and **the light of thy countenance, because thou hadst a favour unto them.**”

How did the Israelites conquer the land? Neither by their valour, nor cunning, nor for their merit, but by the right hand of the Lord, and by his arm. By his strength alone, and the light of his countenance-his favour most manifestly shown to them.

We read in Numbers 6:22-26, “And the LORD spake unto Moses, saying, Speak unto Aaron and unto his sons, saying, On this wise ye shall bless the children of Israel, saying unto them, The LORD bless thee, and keep thee: The LORD make his face shine upon thee, and be gracious unto thee: The LORD lift up his countenance upon thee, and give thee peace.”

Verse 25. *Shine upon thee*-Alluding to the shining of the sun upon the earth, to enlighten, and warm, and renew the face of it. The Lord loves his people, and makes them know that he loves them. We cannot but be happy, if we have God's love, and we cannot but be easy, if we know that we have it.

Verse 26. *Lift up his countenance*-That is, look upon his people with a cheerful and pleasant countenance, as one that is well pleased with them.

In the New Testament, Christ declares in John 8:12, “Then spake Jesus again unto them, saying, **I am the light of the world**: he that followeth me shall not walk in darkness, but shall have the light of life.”

Albert Barnes writes, “Light is that by which we see objects distinctly. The light of the sun enables us to discern the form, the distance, the magnitude, and the relation of objects, and prevents the perplexities and dangers which result from a state of darkness. Light is in all languages, therefore, put for knowledge --for whatever enables us to discern our duty, and that saves us from the evils of ignorance and error. "The Messiah was predicted as the light of the world in Isaiah 9:22. The meaning is, that the Logos or Word of God is the instructor or teacher of man-kind.”

Are you living in the darkness of your sin? Sin makes you unhappy and miserable. True happiness rests in the light of Christ's countenance. Do you know this happiness in your life?

2. True happiness consists in a clear conscience before God (Read verse 8).

Most commentators are of the opinion that Psalm 4 was written by David as an Evening Psalm.

It is a sweet Evening Hymn! David shall not sit up to watch through fear, but he will lie down; and then he will not lie awake listening to every rustling sound, but he will lie down in peace and sleep, for he has nothing to fear.

He that has the wings of God above him needs no other curtain. Better than bolts or bars is the protection of the Lord.

A commentator adds, "Armed men kept the bed of Solomon, but we do not believe that he slept more soundly than his father, whose bed was the hard ground, and who was haunted by blood thirsty foes. Note the word *only*, which means that God alone was his keeper, and that though alone, without man's help, he was even then in good keeping, for he was "alone with God."

A quiet conscience is a good bedfellow. How many of our sleepless hours might be traced to our untrusting and disordered minds. They slumber sweetly whom faith rocks to sleep. No pillow so soft as a promise. No blanket so warm as an assured interest in Christ.

Most men lie down, and most sleep, daily, for without rest and sleep life could not be preserved. But how few lie down in peace! Peace with their own consciences, and peace with God! David had then two great blessings, rest by sleep, and peace in his soul. He had a happy soul; and when he lay down on his bed, his body soon enjoyed its repose, as the conscience was in peace.

And he had a third blessing, a confidence that he should sleep in safety. And it was so. No fearful dreams disturbed his repose, for he had a mind tranquillized by the peace of God. As to his body, that enjoyed its due rest.

Are not many who experience sleepless hours to be attributed to their disordered soul-to a sense of guilt on their conscience, or to a fear of death and hell?"

A guilty conscience has the wrong focus. Having a guilty conscience places our eyes on ourselves and it causes us to have adverse attitudes.

A man who suffers from guilt wrote: “I can attest to what it is like to have a guilty conscience and the disharmony and lack of joy guilt has brought into my life. When I suffer with a guilty conscience, I feel bad about everything. I dwell on the guilt instead of following the instructions of Philippians 4:8-9:

“Finally, brethren, whatsoever things are true, whatsoever things are honest, whatsoever things are just, whatsoever things are pure, whatsoever things are lovely, whatsoever things are of good report; if there be any virtue, and if there be any praise, think on these things. Those things, which ye have both learned, and received, and heard, and seen in me, do: and the God of peace shall be with you.”

A guilty conscience revolves around fear and anxiety. Instead, we can come before God, our heavenly Father and cry out to Him, and obtain mercy and grace.

We read in I John 4:17-19, “Herein is our love made perfect, that we may have boldness in the day of judgment: because as he is, so are we in this world. There is no fear in love; but perfect love casteth out fear: because fear hath torment. He that feareth is not made perfect in love. We love him, because he first loved us.”

A guilty conscience brings condemnation on ourselves because our eyes are on what we do or have done and not fixed on what Jesus Christ has done for us.

We read in 1 John 1:7-10, “But if we walk in the light, as he is in the light, we have fellowship one with another, and the blood of Jesus Christ his Son cleanseth us from all sin. If we say that we have no sin, we deceive ourselves, and the truth is not in us. If we confess our sins, he is faithful and just to forgive us our sins, and to cleanse us from all unrighteousness. If we say that we have not sinned, we make him a liar, and his word is not in us.”

True happiness consists in a clear conscience before God.

3. True happiness possesses a perfect righteousness that is acceptable before God (Read verses 1 and 5).

Christ is referred to as *Jesus Christ the righteous* in I John 2:1.

Spurgeon writes, “This is not only His character but also His plea. It is His character, and if the Righteous One be my advocate, then my cause is good, or He would not have espoused it. It is His plea, for He meets the charge of unrighteousness against me by the plea that He is righteous. He declares Himself my substitute and puts His obedience to my account.”

Christ is the righteous. He who suffered, the just for the unjust, that he might bring us to God. Christ Jesus is the single defense for the believer who sins and brings the repentant believer back to fellowship with God the Father. The sole basis of Christ’s advocacy is the work He accomplished on the cross... namely, His shed blood and death.

We read in I Corinthians 1:30, “But of him are ye in Christ Jesus, who of God is made unto us wisdom, and righteousness, and sanctification, and redemption.”

We do not and cannot attain a right relationship with God in our own righteousness because our self-righteousness is as filthy rags. We are guilty sinners in need of a perfect righteousness.

All that we have as Christians we have received as a free gift of God through Jesus Christ. We are justified once by grace through faith in Christ. It never has to be repeated again.

When we are united to Christ, we have a righteous and holy standing before God. We are “in Christ.” We have a vital union in Him. We enjoy a right relationship with God because of the finished work of Christ on the cross. Christ is the basis of our perfect acceptance with God.

We read in 2 Cor. 5:21, “For he hath made him to be sin for us, who knew no sin; that we might be made the righteousness of God in him.”

Believers are robed in the perfect righteousness of Jesus Christ. He is the basis of our acceptance with God.

It is the act of grace whereby God removes the condemnation pronounced on the sinner, and places him relatively to Himself, as a believer, in the position of a righteous man. The possibility of such a divine act is due to the death and resurrection of Christ. His death is the foundation of everything God does for the sinner.

The apostle Paul tells us in 2 Corinthians 5:12 that we are through the atoning death of Christ declared righteous before God. This “righteousness” of God in Christ is that quality, which is ours when God acquits the believer, based upon the finished all-sufficient death of Christ (Rom.4: 22-25). God acquits the believer for Christ’s sake, not ours.

We can only plead guilty of sin because we are guilty. God treated Jesus Christ as if He were the guilty sinner, and deals with the believing sinner as though he or she were righteous.

Christ did not deserve the curse and penalty of our sin. We did. The imputed righteousness of Christ to the sinner is a demonstration of the wisdom of God. It is a display of His justice, mercy, grace, love, and power as would never enter into the mind of men.

Man cannot satisfy the Judge unless he is righteous. There is no denying of the fact that no man is righteous before God. No man can produce the righteousness God requires. It has to be given to him if the sinner gets it. Under these circumstances, his faith is counted to him as righteousness (Rom. 3:23; Gal. 3:26).

Christ Himself becomes the righteousness we need (2 Cor. 5:21). God the Righteous Judge views us not as we are in our sinfulness, but in Christ. He is our perfect standing before God. It is only the righteousness of Christ that can possibly satisfy the perfect demand of the law of God. Christ is our righteousness; none other will satisfy God.

What makes a Christian happy? Believers possess a righteousness which has been imputed to them by Christ and that righteousness is what makes us acceptable before God.

In closing, we have answered the question in Psalm 4, **Who will shew us any good?** David shows us that true good or happiness is found only in Jesus Christ. True happiness rests in the light of Christ's countenance; it consists in a clear conscience; and it possesses a perfect righteousness that is acceptable before God. Have you found true and lasting happiness in your life? If not, repent and trust in Jesus Christ for the forgiveness of your sins. Let us pray!