

HAPPY FROM THE INSIDE OUT
Don't Worry - Be Happy!
Part 6 of 8
Rick Warren

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

"Pure in Heart"

"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." Matt. 6:1 (JB)

HOW TO DEVELOP A PURE HEART (Matt. 6)

1. Remember _____

"Your Father sees what is done in secret." (vs 4, 6, 18)

"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." Heb. 4:13

2. Review _____

"... God knows and judges your motives. He keeps watch over you; He knows. And he will reward you according to what you do!" Prov. 24:21 (GN)

- * Giving (vs. 2-4)
- * Praying (vs 5:15)
- * Fasting (vs. 16-18)

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

"We do not aim to please others, but to please God who knows us through and through." 1 Thes. 2:4 (Ph)

3. **Realign** _____

"You shall have no other gods before Me." Ex . 20:3

Three Tests:

* Look at my _____

"Don't pile up treasures on earth ... but keep your treasures in heaven. For where your treasure is, your heart will be there too!" Matt. 6:19 (Ph)

* Look at my _____

"Therefore I tell you, don't worry about your life ..." Matt 6:25

* Look at my _____

"... 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." Matt. 6:31-33 (Ph)

"Create in me a new, clean heart, O God, filled with clean thoughts and right desires."
Ps. 51:10 (LB)

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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, from 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 [circle this], 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.

Three steps to have 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 me sometimes. There's a lot of secrets I would like to have 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. *"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. Review my motives.

I do 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

HAPPY FROM THE INSIDE OUT

Don't Worry - Be Happy Part 6 of 8

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.

1) Giving. Matthew 6:2 *"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. I was in a church one time where every furnishing in that church had a name on it. Seats, hymnals. There's nothing wrong with memorials, but those people were all alive. Everything in the church had 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!

2) Praying. v. 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 somebody 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.

3) Fasting. v. 16 When you fast you don't go around looking as the hypocrite with a sad face so someone will ask if you are fasting. *"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. I Thes. 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 I do, that I can't fake it. So what you see is what you get. Someone said, "Rick, as pastor of a big church and many people see you all the time, I'll bet it's hard to be yourself in public." I said, no, I'm myself all the time. Phoniness is unhappiness.

HAPPY FROM THE INSIDE OUT

Don't Worry - Be Happy Part 6 of 8

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.

How do I know what my priorities are? Three tests:

1) Look at my activities. Where do I invest my time and my money? The Bible says, *"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.

I can ask "What is the first in your life?" And you will answer "The Lord has first place!" But if you will let me look at your check stubs and your schedule I 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 I give the first 10% of my money back to God I 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 (Phillips) *"...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

HAPPY FROM THE INSIDE OUT

Don't Worry - Be Happy Part 6 of 8

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.*" **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 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 is the result? If I 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, 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, 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.

HAPPY FROM THE INSIDE OUT

Don't Worry - Be Happy Part 6 of 8

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 had the most 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 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.

Prayer:

Would you follow me in this prayer: "Father, help me to be more aware of Your presence and to realize that You're everywhere and can see everything. Father, thank You for loving me even though You know me completely. You know every single thing I've ever done. There are no locked doors with You -- no secrets. You know every thought that has ever crossed my mind, every jealousy, envy, lust, thought of murder or suicide or fear or depression. Every wrong thought, You've seen it all. It's so hard to believe that You love me but You say You do over and over again in Your word. God, I want a new heart, I want a pure heart. Like David, I ask You to create in me a clean, new heart, filled with clean thoughts and right desires. I want to realign my priorities with You, Jesus. I want to put You first place in my life. You've said if I'll set my heart first on You then all these other things will come to me as a matter of course. You'll help me prioritize my life. Become the center of my life. Help me to be more concerned with pleasing You than pleasing people."

HAPPY FROM THE INSIDE OUT
Don't Worry - Be Happy Part 6 of 8

Folks, if you want a miserable way to live try to please everybody. Say, "Help me be more concerned with pleasing You than pleasing others. Give me a new heart today."

Father, I thank You for Your word. Thank You that You give us these prescriptions for happiness. I pray that today many are having a heart transplant, a spiritual rebirth, a new beginning, a chance to start over, let go of the past failures, faults and fears and to look to You with a new life as they invite Jesus Christ in. For we pray this in His name. Amen.