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## Series: Eight Keys to Happiness Happy From the Inside Out

### Matthew 5:3-10 (NIV)

<sup>8</sup>*Blessed are the pure in heart, for they will see God.*

#### 1. HAPPINESS COMES WHEN OUR HEARTS ARE CLEANSED.

v. 8 *“Blessed are the pure in heart...”*

- We have to recognize our poverty before God.

Psalms 51:2, 10 (NIV)

*Wash away all my iniquity and cleanse me from my sin... Create in me a pure heart, O God, and renew a steadfast spirit within me.*

James 4:8 (NIV)

*Come near to God and he will come near to you. Wash your hands, you sinners, and purify your hearts, you double-minded.*

Hebrews 10:22 (NIV)

*Let us draw near to God with a sincere heart in full assurance of faith, having our hearts sprinkled to cleanse us from a guilty conscience and having our bodies washed with pure water.*

- We have to realize our provision from God.

1 John 1:9 (NIV)

*If we confess our sins, he is faithful and just and will forgive us our sins and purify us from all unrighteousness.*

Jeremiah 33:8 (NIV)

*I will cleanse them from all the sin they have committed against me and will forgive all their sins of rebellion against me.*

- We get to rejoice in our position with God.

Psalms 32:1-2 (MsgB)

A David psalm

*Count yourself lucky, how happy you must be—you get a fresh start, your slate's wiped clean. <sup>2</sup>Count yourself lucky—God holds nothing against you and you're holding nothing back from him.*

#### 2. HAPPINESS COMES WHEN OUR HEARTS ARE PURE.

v. 8 *“Blessed are the pure in heart...”*

- A pure heart aligns us with other like-minded believers.

2 Timothy 2:22 (NLT)

*Run from anything that stimulates youthful lust. Follow anything that makes you want to do right. Pursue faith and love and peace, and enjoy the companionship of those who call on the Lord with pure hearts.*

1 John 1:7 (NIV)

*But if we walk in the light, as he is in the light, we have fellowship with one another, and the blood of Jesus, his Son, purifies us from all sin.*

- A pure heart loves unconditionally

1 Timothy 1:5 (NIV)

*The goal of this command is love, which comes from a pure heart and a good conscience and a sincere faith.*

- A pure heart is focused only on God

Psalms 24:4 (NIV)

*He who has clean hands and a pure heart, who does not lift up his soul to an idol or swear by what is false.*

Proverbs 22:11 (MsgB)

*God loves the pure-hearted and well-spoken; good leaders also delight in their friendship.*

#### 3. HAPPINESS COMES WHEN OUR HEARTS LONG TO SEE GOD.

v. 8 *“Blessed are the pure in heart, for they will see God.”*

- Only believers can really see God.

1 Corinthians 2:13-15 (NLT)

*When we tell you this, we do not use words of human wisdom. We speak words given to us by the Spirit, using the Spirit's words to explain spiritual truths. <sup>14</sup>But people who aren't Christians can't understand these truths from God's Spirit. It all sounds foolish to them because only those who have the Spirit can understand what the Spirit means. <sup>15</sup>We who have the Spirit understand these things, but others can't understand us at all.*

- When our hearts are clouded with sin and unforgiveness, it's hard to see God.

Hebrews 12:14 (NIV)

*Make every effort to live in peace with all men and to be holy; without holiness no one will see the Lord.*

- A pure heart lets us see God like never before.

1 John 3:2-3 (NASB-U)

*Beloved, now we are children of God, and it has not appeared as yet what we will be. We know that when He appears, we will be like Him, because we will see Him just as He is. <sup>3</sup>And everyone who has this hope fixed on Him purifies himself, just as He is pure.*

**Happiness comes when our hearts are pure, creating a desire to see God that cannot be extinguished.**