

The Duty of being happy
Phil IV. 4.th

Jan'y 1826

Man is born to trouble &
various forms of ill beset
us in every stage & condition
of life. If the atmosphere
like some immense whis-
pering galing wind convey
to an ear placed in the
joints the sighs & lamen-
tations of our species the
sound would be as if
thunder had uttered their
voice — yet in the midst
of all this we may be
happy: we should be

1. The rejoicing in the text
must not be confounded
with mere animal or
sensual delight which
it is probable the inferior
tribes enjoy in as high

a degree as man. Yet you
have an adherence to the
rules of virtue would increase
our gratification. But
the joy in question belongs
to man.

1. Intellectual nature
is found in the investi-
gation of truth. At the
King of truth. Truth rightly
understood leads to its
author the Father of lights.

The contemplation of
Nature in her forms of
grandeur & Beauty in
Earth & Heaven.

2 Memory awakens grat-
itude in the retrospect
of the past.

3 Hope sustained by
confidence in God & his
promises brings joy from

the future.

2. Moral. The affections are tendered with rich emotions of Joy. Preeminently so when God is their object Admiration raised to the highest pitch & blended with love becomes adoration which naturally transports the soul.

- There is a feeling of companionship which the condescension of God allows us to indulge towards him, & which every thing without & within serves to awaken. "We will come in unto him & sup with him. &c

3. In action - Man made

for this. a good conscience
a perpetual source of joy

There is a place objective
in the soul of man for
God. Enthroned there as the
object of supreme regard all
the powers of our nature
maintain a wholesome
& harmonious action
& joyful feelings is evol-
ved.

4 Indirect. Evil dimin-
ished: a just idea of Di-
vine Providence attended
with trust preserves from
fears of want & other evils

The prospect of death must
necessarily be formidable
to nature i.e. to our ani-
mal feelings & to our im-
agination as founded on
them. but faith can

give us the victory - see
that noble passage Cor. 13.
"All things shall work
together for good" &c., &
similar promises - illus-
trated as they have been
by the experience of good
people [see Jacob's history]
is sufficient to support
the mind under trouble.

II. Directions.

This is a command
which can be obeyed
only in an indirect man-
ner: for we have no di-
rect & immediate control
over our feelings whether
of pleasure or pain: & he
makes his happiness the
direct & supreme object
of his regard misses his
object most certainly.

1. Think to do your duty &

you will find pleasure
unsought.

2. Entertain right thoughts
of God his providential &
moral government & es-
pecially as he is "in Christ
reconciling" &c

Reflections. This is the
true road to happiness.
As to animal delights
none were ever so unpleas-
antly situated as the apostles
yet they were the happiest
of men.

Other pleasures pass
away. This endures & be-
comes fuller & stronger
till it merges in the
ocean of Eternal fe-
licity.

Reprove the melancholy
Christian: & the gay
& thoughtless sinner.