

Finding Happiness

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- Happiness
 - Vague term
 - “Doesn’t God *want* me to be happy?”
 - No ‘simple’ answer
 - Problem is with the question

Finding Happiness

I. Defining 'Happiness'

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- 'Happy'
 - Dictionary.com
 - 1. delighted, pleased, or glad, as over a particular thing
 - 2. characterized by or indicative of pleasure, contentment, or joy
 - World Happiness Report
 - 0-10 ladder scale of happiness
 - "How close is your life to your 'best possible' life?"
 - Inherent problems
 - 'Best possible' subjective, varies
 - Focus is on self
 - Presents 'current' life as sub-par

Finding Happiness

I. Defining 'Happiness'

II. Worldly Happiness

II. Worldly Happiness

- Problems with 'happiness'
 - People make poor decisions
 - A box of candy makes a kid 'happy' *now*, not later
 - A self-focused life makes an adult 'happy' *now*, not later
 - Jeremiah 10:23
 - O Lord, I know the way of man is not in himself;
It is not in man who walks to direct his own steps.
 - Proverbs 14:12
 - There is a way that seems right to a man,
But its end is the way of death.

II. Worldly Happiness

- Problems with ‘happiness’
 - ‘Happy’ -> ‘self-gratification’
 - Ecclesiastes 1:12-13
 - ¹² I, the Preacher, was king over Israel in Jerusalem. ¹³ And I set my heart to seek and search out by wisdom concerning all that is done under heaven; this burdensome task God has given to the sons of man, by which they may be exercised.
 - Ecclesiastes 2:1-3
 - ¹ I said in my heart, “Come now, I will test you with mirth; therefore enjoy pleasure”; but surely, this also was vanity. ² I said of laughter—“Madness!”; and of mirth, “What does it accomplish?” ³ I searched in my heart how to gratify my flesh with wine, while guiding my heart with wisdom, and how to lay hold on folly, till I might see what was good for the sons of men to do under heaven all the days of their lives.

II. Worldly Happiness

- Problems with ‘happiness’
 - ‘Happy’ -> ‘self-gratification’
 - Ecclesiastes 1:12-13
 - Ecclesiastes 2:1-3
 - 1 Peter 4:3
 - For we have spent enough of our past lifetime in doing the will of the Gentiles—when we walked in lewdness, lusts, drunkenness, revelries, drinking parties, and abominable idolatries.
 - How many people’s ‘best possible life’ does this describe?
 - 1 John 2:16
 - For all that is in the world—the lust of the flesh, the lust of the eyes, and the pride of life—is not of the Father but is of the world.
 - *This* isn’t ‘happiness’ according to God – no substance!

Finding Happiness

- I. Defining 'Happiness'
- II. Worldly Happiness
- III. Godly Happiness**

III. Godly Happiness

- Physical happiness
 - God expects us to find *some* happiness here!
 - Ecclesiastes 2:24, 3:12-13, 5:18-20, 7:14, 8:15, 9:7, 11:9
 - Ecclesiastes 9:7
 - Go, eat your bread with joy, and drink your wine with a merry heart; for God has already accepted your works.
 - *Command* to be merry and joyful!
 - Matthew 6:31-33
 - ³¹ “Therefore do not worry, saying, ‘What shall we eat?’ or ‘What shall we drink?’ or ‘What shall we wear?’ ³² For after all these things the Gentiles seek. For your heavenly Father knows that you need all these things. ³³ But seek first the kingdom of God and His righteousness, and all these things shall be added to you.”
 - God recognizes our physical needs

III. Godly Happiness

- Physical happiness
 - God expects us to find *some* happiness here!
 - 1 Timothy 6:17
 - Command those who are rich in this present age not to be haughty, nor to trust in uncertain riches but in the living God, who gives us richly all things to enjoy.
 - Haughtiness the focus, not riches
 - God blesses us with more than *just* what we need!
 - Ecclesiastes 11:9
 - Rejoice, O young man, in your youth, and let your heart cheer you in the days of your youth; walk in the ways of your heart, and in the sight of your eyes; but know that for all these God will bring you into judgment.
 - ‘Heart’ and ‘eyes’ tempered with God-aligned conscience
 - *Start* with the spiritual!

III. Godly Happiness

- Spiritual happiness
 - Ecclesiastes 6:1-6
 - Riches, wealth, honor
 - One hundred children
 - Lives two thousand years
 - 'Not satisfied' with goodness
 - No rest
 - Ecclesiastes 5:12
 - The sleep of a laboring man is sweet, whether he eats little or much; but the abundance of the rich will not permit him to sleep.
 - Happiness measured in *rest!*

III. Godly Happiness

- Spiritual happiness

- Contentment

- 1 Timothy 6:6-10

- ⁶ Now godliness with contentment is great gain. ⁷ For we brought nothing into this world, and it is certain we can carry nothing out. ⁸ And having food and clothing, with these we shall be content.

- ⁹ But those who desire to be rich fall into temptation and a snare, and into many foolish and harmful lusts which drown men in destruction and perdition. ¹⁰ For the love of money is a root of all kinds of evil, for which some have strayed from the faith in their greediness, and pierced themselves through with many sorrows.

III. Godly Happiness

- Spiritual happiness
 - Contentment
 - Peace
 - Philippians 4:6-7
 - ⁶ Be anxious for nothing, but in everything by prayer and supplication, with thanksgiving, let your requests be made known to God; ⁷ and the peace of God, which surpasses all understanding, will guard your hearts and minds through Christ Jesus.
 - John 14:27
 - Peace I leave with you, My peace I give to you; not as the world gives do I give to you. Let not your heart be troubled, neither let it be afraid.
 - Psalm 118:6
 - The Lord is on my side; I will not fear.
What can man do to me?

III. Godly Happiness

- Spiritual happiness
 - Contentment
 - Peace
 - Joy
 - John 15:11
 - These things I have spoken to you, that My joy may remain in you, and that your joy may be full.
 - Psalm 118:24
 - This is the day the Lord has made;
We will rejoice and be glad in it.
 - Habakkuk 3:17-18
 - ¹⁷ Though the fig tree may not blossom, nor fruit be on the vines; though the labor of the olive may fail, and the fields yield no food; though the flock may be cut off from the fold, and there be no herd in the stalls—¹⁸ yet I will rejoice in the Lord, I will joy in the God of my salvation.