



Where Do You Find True Happiness?

Psalms 144:15: *Happy is that people, that is in such a case: yea, happy is that people, whose God is the LORD.*



"Life, liberty and the pursuit of happiness" - these are the stated freedoms that we here in America are all ideally given the opportunity to own as stated on our Declaration of Independence. As for life and liberty, we will look at those next week. That leaves us the pursuit of happiness for today. So, while we are not promised actual happiness, we are promised an environment in which we can pursue it. So, how is your pursuit going? Are you finding happiness? Where are you looking? Are you keeping happiness? How do you hold onto it? Stay with us - you'll be happy you did!

What does it mean to be happy?

Happy: - adjective Dictionary.com

1. Delighted, pleased, or glad, as over a particular thing: to be happy to see a person.
2. Characterized by or indicative of pleasure, contentment, or joy: a happy mood; a happy frame of mind.

Let's use some of the several Biblical sources of happiness as a basis for our discussion:

HAPPINESS THEME #1:

Personal responsibility brings happiness to you and your family.

Psalms 128:2: *For thou shalt eat the labour of thine hands: happy shalt thou be, and it shall be well with thee.*

HAPPINESS THEME #2:

Children bring happiness.

Psalms 127:3-5: (KJV) ³Lo, children are an heritage of the LORD: and the fruit of the womb is his reward. ⁴As arrows are in the hand of a mighty man; so are children of the youth. ⁵Happy is the man that hath his quiver full of them: they shall not be ashamed, but they shall speak with the enemies in the gate.

Psalms 128:1-4: (NASB) ¹How blessed is everyone who fears the LORD, who walks in His ways. ²When you shall eat of the fruit of your hands, you will be happy and it will be well with you. ³Your wife shall be like a fruitful vine within your house, your children like olive plants around your table. ⁴Behold, for thus shall the man be blessed who fears the LORD.



What makes you happy?

"Wrestling bad guys, playing Rock Star, and dressing up as superheroes!"
-Domenic, (Rick's grandson) age 4,
from Connecticut



"Being with my family. Watching my son grow and learn, watching him live and laugh gives me joy. Watching how wonderful my fiancé is with him, being with the both of them is one of the things I love the most. The closeness and love that surrounds my entire extended family gives me belongingness. Impacting children's lives every day at work, striving to make a difference, gives me purpose. Knowing that there is a greater plan and watching it unfold gives me hope. Forgiving those who have caused me pain and looking at the positive things in life, gives me strength. All of these things are my keys to living a truly happy and fulfilled life. A life which I wouldn't trade for anything in the world." - Amy from Connecticut

"Watching Domenic grow up. Being able to give Amy a kiss every day. My relationship with my father and my brother." -Dan from Connecticut

Does happiness come from above?

 What is Happiness, www.youtube.com

- What makes a person happy? (asked to a child) "Toys!" What makes adults happy? "Money!"
- "An apartment for less than \$1,500."
- "You can't be happy until Jesus is in your life."

HAPPINESS THEME #3:

Worshipping God as a God of our present -
the here and now - brings happiness.

Psalms 144:15: Happy is that people, that is in such a case: yea, happy is that people, whose God is the LORD.

Psalms 144:9-15: (NASB) ⁹I will sing a new song to You, O God; Upon a harp of ten strings I will sing praises to You, ¹⁰Who gives salvation to kings, who rescues David His servant from the evil sword. ¹¹Rescue me and deliver me out of the hand of aliens, whose mouth speaks deceit and whose right hand is a right hand of falsehood. ¹²Let our sons in their youth be as grown-up plants, and our daughters as corner pillars fashioned as for a palace; ¹³Let our garners be full, furnishing every kind of produce, and our flocks bring forth thousands and ten thousands in our fields; ¹⁴Let our cattle bear without mishap and without loss, let there be no outcry in our streets! ¹⁵How blessed are the people who are so situated; How blessed are the people whose God is the LORD!



Isaiah 30:18-21: (NASB) ¹⁸Therefore the LORD longs to be gracious to you, And therefore He waits on high to have compassion on you. For the LORD is a God of justice; How blessed are all those who long for Him. ¹⁹O people in Zion, inhabitant in Jerusalem, you will weep no longer. He will surely be gracious to you at the sound of your cry; when He hears it, He will answer you. ²⁰Although the Lord has given you bread of privation and water of oppression, He, your Teacher will no longer hide Himself, but your eyes will behold your Teacher. ²¹Your ears will hear a word behind you, This is the way, walk in it, whenever you turn to the right or to the left.

What makes you happy?



1. Knowing my close family and friends are healthy and well;
2. Spending time with and doing something special for those great people in my life;
3. Taking a morning walk and viewing the beauty of mother nature - great start to a wonderful day!"
-Char in Connecticut

"Going outside and hula hooping, jump roping, riding my bike and my scooter."
- Melody, (Rick's niece) age 10 1/2, in Connecticut

HAPPINESS THEME #4:

Worshipping God as a God of our future brings happiness.

Psalms 146:5: Happy is he that hath the God of Jacob for his help, whose hope is in the LORD his God.

Psalms 146:1-7: (NASB) ¹Praise the LORD! Praise the LORD, O my soul! ²I will praise the LORD while I live; I will sing praises to my God while I have my being. ³Do not trust in princes, in mortal man, in whom there is no salvation. ⁴His spirit departs, he returns to the earth; In that very day his thoughts perish. ⁵How blessed (happy) is he whose help is the God of Jacob, whose hope is in the LORD his God, ⁶who made heaven and earth, the sea and all that is in them; Who keeps faith forever; ⁷Who executes justice for the oppressed; Who gives food to the hungry. The LORD sets the prisoners free.



What makes you happy?

"When I am feeling down and my little boy always seems to know that it is time to run over and give his mommy a kiss. Sometimes I feel like the Lord tells him to do so since it is always perfect timing. When I see a rainbow I am always reminded of how God keeps his promises. Watching and listening to the rushing ocean and feeling its breeze. Having a family who loves God and chooses His ways. A child's laughter and simple delights. A loved one's hug."
-Megan in West Virginia

**Happiness is readily available! We just have to look around.
Happiness is a choice, so choose well.**



Was Jesus happy? He certainly had joy, a more internal, lasting and stronger state of being. Happiness is built on top of joy. See [John 15:11](#), [John 17:13](#), [Hebrews 12:2](#) and [Psalms 16:7](#). Jesus did not have "circumstantial happiness." His joy drew people to him.

Does happiness need a clear direction?

HAPPINESS THEME #5:

Keeping sacred that which unlocks
the future brings happiness.

Proverbs 29:18: *Where there is no vision, the people perish: but he that keepeth the law, happy is he.*

Amos 8:11-12: (NASB) ¹¹Behold, days are coming, declares the Lord GOD, "When I will send a famine on the land, not a famine for bread or a thirst for water, but rather for hearing the words of the LORD. ¹²People will stagger from sea to sea and from the north even to the east; They will go to and fro to seek the word of the LORD, but they will not find it.

This describes a famine of hearing the word of the Lord - sounds like our day!
This can make us frustrated.

Habakkuk 2:1-3: (NASB) ¹I will stand on my guard post and station myself on the rampart; And I will keep watch to see what He will speak to me, and how I may reply when I am reproved. ²Then the LORD answered me and said, Record the vision and inscribe it on tablets, that the one who reads it may run. ³For the vision is yet for the appointed time; It hastens toward the goal and it will not fail. Though it tarries, wait for it; for it will certainly come, it will not delay.



What makes you happy?

"Finally coming to the conclusion that God is in charge of all things. He is not some uninterested observer in the affairs of people. He moves the pieces of the puzzle."
-Larry in Connecticut

"I find true happiness when I am surrounded by my family. Whether by mom and dad or brothers and sisters, family makes me a better person. I am happy to have my sons around, making their favorite foods, laughing and making memories. That is what we build our relationships on."

-Debbie in Florida

HAPPINESS THEME #6:

Taking action based in knowledge brings happiness.

John 13:17: *If ye know these things, happy are ye if ye do them.*



John 13:12-17: (NASB) ¹²So when he had washed their feet, and taken his garments and reclined at the table again, he said to them, Do you know what I have done to you? ¹³You call me Teacher and Lord; and you are right, for so I am. ¹⁴If I then, the Lord and the Teacher, washed your feet, you also ought to wash one another's feet. ¹⁵For I gave you an example that you also should do as I did to you. ¹⁶Truly, truly, I say to you, a slave is not greater than his master, nor is one who is sent greater than the one who sent him. ¹⁷If you know these things, you are blessed (happy) if you do them.

Christianity is not a half-hearted effort and is all about service. By doing that service, we can find true happiness.

James 2:14-20: (NASB) ¹⁴What use is it, my brethren, if someone says he has faith but he has no works? Can that faith save him? ¹⁵If a brother or sister is without clothing and in need of daily food, ¹⁶and one of you says to them, Go in peace, be warmed and be filled, and yet you do not give them what is necessary for their body, what use is that? ¹⁷Even so faith, if it has no works, is dead, being by itself. ¹⁸But someone may well say, You have faith and I have works; show me your faith without the works, and I will show you my faith by my works. ¹⁹You believe that God is one. You do well; the demons also believe, and shudder. ²⁰But are you willing to recognize, you foolish fellow, that faith without works is useless?

What makes you happy?



"I didn't know quite what to say, so I asked a friend the question and it stirred up other thoughts and I found out more of why we are friends. He said that what brings him happiness is harmony with his family, that his wife and kids have the same values as him and the same beliefs in God. That they try to help others and get great happiness when they see their kids do well and that they help others. That is a tall task for a family, and we both have difficulty when others are selfish and don't give first. Their loss in that great feeling is a shame."

- Jerry in Connecticut

"My wife and son and that we are all in Christ striving to do God's will."

-Jonathan, your host!

"Entering into my grandson's imaginary world that includes superheros and bad guys. Dark chocolate. Being in Yankee Stadium watching them play on a sunny afternoon. Having the privilege of hosting the Christian Questions radio program every week."

-Rick, your host!



"Playing with my family and playing with you, Uncle Rick, especially tackling you."

-Rick's niece Katrina, 8 1/2 years old in Connecticut





Does happiness have anything to do with being smart?

Proverbs 3:13-18: (NASB) ¹³How *blessed (happy)* is the man who finds wisdom and the man who gains understanding. ¹⁴For her profit is better than the profit of silver and her gain better than fine gold. ¹⁵She is more precious than jewels; And nothing you desire compares with her. ¹⁶Long life is in her right hand; In her left hand are riches and honor. ¹⁷Her ways are pleasant ways and all her paths are peace. ¹⁸She is a tree of life to those who take hold of her, and *happy* are all who hold her fast.

The "payback" of wisdom:

Proverbs 4:5-9: (NASB) ⁵Acquire wisdom! Acquire understanding! Do not forget nor turn away from the words of my mouth. ⁶Do not forsake her, and she will guard you; Love her, and she will watch over you. ⁷The beginning of wisdom is: Acquire wisdom; And with all your acquiring, get understanding. ⁸Prize her, and she will exalt you; She will honor you if you embrace her. ⁹She will place on your head a garland of grace; She will present you with a crown of beauty.

HAPPINESS THEME #8:

Being merciful brings you happiness.

Proverbs 14:21: *He that despiseth his neighbour sinneth: but he that hath mercy on the poor, happy is he.*



What makes you happy?

"If, in some way, I could bring cheer to a lonely, discouraged person."
-Julius from Connecticut

"To me, happiness is linked to thankfulness. Knowing God's plan for humanity and being called to be a part of it makes me thankful and happy. When I see demonstrations of people loving each other it reminds me of God's love for us and I feel happy and thankful. Here is a weird one I have never told anyone: when I hear and see an ambulance or police car speeding with their lights flashing I get choked up thinking about people rushing to help strangers. It makes me thankful."
-Kathy in Connecticut

Mercy as a basic human requirement from the Parable of the Sheep and the Goats:

Matthew 25:34-40: (NASB) ³⁴Then the King will say to those on His right, Come, you who are blessed of my Father, inherit the kingdom prepared for you from the foundation of the world. ³⁵For I was hungry, and you gave me something to eat; I was thirsty, and you gave me something to drink; I was a stranger, and you invited me in; ³⁶naked, and you clothed me; I was sick, and you visited me; I was in prison, and you came to me. ³⁷Then the righteous will answer him, 'Lord, when did we see you hungry, and feed you, or thirsty, and give you something to drink? ³⁸And when did we see you a stranger, and invite you in, or naked, and clothe you? ³⁹When did we see you sick, or in prison, and come to you? ⁴⁰The King will answer and say to them, 'Truly I say to you, to the extent that you did it to one of these brothers of mine, even the least of them, you did it to me.'



Someday, mercy will be required of everyone. It is part of what humanity is supposed to be.

**Does happiness bring us closer to God
or does God bring us closer to happiness?**



What makes you happy?

"Making a difference at my work (emergency room nurse), my nephew Domenic's belly laugh, spending time with family, spending time with family (repeat!). Listening to good music and dancing around! Also getting lost in a good book."
-Emily (Rick's daughter) in Connecticut

"I think of Christmas morning and what it meant to be a child. You come into a room where everything you thought you ever wanted was under the tree. Your parents are there and their hair is all messed up because they had been up all night long putting together toys and they are really tired. As a parent, you try to do that for your child. As a mature Christian, you think that without Christ none of this would be possible. It makes you realize what is really important and what started everything. I am so thankful that Jesus came to us."
-Beth in Tennessee

HAPPINESS THEME #9:

Trusting in the Lord brings happiness.

Proverbs 16:20: *He that handleth a matter wisely shall find good: and whoso trusteth in the LORD, happy is he.*

Proverbs 16:17-20: (NASB) ¹⁷The highway of the upright is to depart from evil; He who watches his way preserves his life. ¹⁸Pride goes before destruction, and a haughty spirit before stumbling. ¹⁹It is better to be humble in spirit with the lowly than to divide the spoil with the proud. ²⁰He who gives attention to the word will find good, and **blessed <835> (happy)** is he who trusts in the LORD.

It's not enough to know who God is, you have to trust in Him. That provides deep and abiding comfort and happiness.



"Happiness Song," (First verse) Charlie Brown and Friends

CHARLIE BROWN:

(Spoken)

I'm so happy. That little red-headed girl dropped her pencil.
It has teeth marks all over it. She nibbles her pencil.
She's human! I guess it hasn't been such a bad day after all.

(Sung)

Happiness is finding a pencil.
Knowing a secret
telling the time.

Happiness is learning to whistle.
Tying your shoe for the very first time.

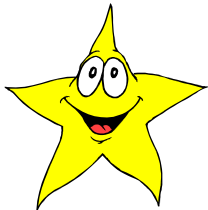
Happiness is playing the drum in your own school band.
And happiness is walking hand in hand.

HAPPINESS THEME #10:

Being reverential brings happiness.

Proverbs 28:14: *Happy is the man that feareth alway: but he that hardeneth his heart shall fall into mischief.*

Proverbs 28:12-14: (NASB) ¹²When the righteous triumph, there is great glory, but when the wicked rise, men hide themselves. ¹³He who conceals his transgressions will not prosper, but he who confesses and forsakes them will find compassion. ¹⁴How **blessed (happy)** is the man who fears always, but he who hardens his heart will fall into calamity.



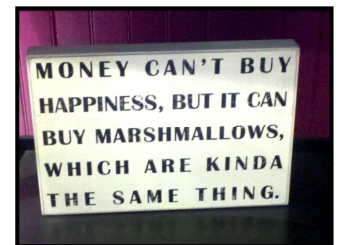
What makes you happy?

"Nehemiah 2:8 and 4:14: The great happiness of life is that God asks us to share in His work. Our God is a God of joy. Jesus walks with us so that our joy can be complete."
-Randall from Connecticut

"For me, finding true happiness is making a positive difference in the life of someone else."
- Allen from Romania

"The question that you asked is quite broad... but I guess where I find true happiness would be one of two places: When I'm spending time with family and friends and also when I'm on stage performing. When I sing, I like to look around and see people with smiles on their faces. It makes me happy to see the joy my singing brings to others."
- Jordan from Australia

(Fourteen year-old Jordan is on his way to L.A. at the moment to finish work on his first album which will be released later this year.)





Psalms 16:7-11: (NASB) ⁷I will bless the LORD who has counseled me; Indeed, my mind instructs me in the night. ⁸I have set the LORD continually before me; Because He is at my right hand, I will not be shaken. ⁹Therefore my heart is glad and my glory rejoices; My flesh also will dwell securely. ¹⁰For You will not abandon my soul to Sheol; Nor will You allow Your Holy One to undergo decay. ¹¹You will make known to me the path of life; in Your presence is fullness of joy; in Your right hand there are pleasures forever.

 **What is Happiness, www.youtube.com**

- Question: "Why are there so many unhappy people in the world?"
- Because people don't love themselves.

Don't blame everybody else for what isn't going right.

Mark 12:28-31: (NASB) ²⁸One of the scribes came and heard them arguing, and recognizing that He had answered them well, asked him, What commandment is the foremost of all? ²⁹Jesus answered, The foremost is, Hear, O Israel! The Lord our God is one Lord; ³⁰and you shall love the Lord your God with all your heart, and with all your soul, and with all your mind, and with all your strength. ³¹The second is this, You shall love your neighbor as yourself. There is no other commandment greater than these.



What makes you happy?

"Each day as I awaken, I am in awe of the new day that God has given me to experience the gift of life. As the sun rises and the tiny birds are excitedly chirping their thanks to Him, I reflect on the scripture, "this is the day which the Lord hath made - be glad and rejoice in it." One day, the new day will be a time of awe for the entire world when they will all recognize the majesty of God that is everywhere. My true happiness comes from knowing that I am held in the palm of God's hand. He created me, He loves me, and He has chosen to tell me of His remarkable eternal plan for all of creation."
-Arlyne in Connecticut

Can trouble bring us happiness?

HAPPINESS THEME #1:

Godly suffering and reproach
(rebuke or disapproval) brings happiness

1 Peter 3:14: *But and if ye suffer for righteousness' sake, happy are ye: and be not afraid of their terror, neither be troubled;*

1 Peter 4:14: *If ye be reproached for the name of Christ, happy are ye; for the spirit of glory and of God resteth upon you: on their part he is evil spoken of, but on your part he is glorified.*

1 Peter 3:13-17: (NASB) ¹³Who is there to harm you if you prove zealous for what is good? ¹⁴But even if you should suffer for the sake of righteousness, you are blessed. And do not fear their intimidation, and do not be troubled, ¹⁵but sanctify Christ as Lord in your hearts, always being ready to make a defense to everyone who asks you to give an account for the hope that is in you, yet with gentleness and reverence; ¹⁶and keep a good conscience so that in the thing in which you are slandered, those who revile your good behavior in Christ will be put



to shame. ¹⁷For it is better, if God should will it so, that you suffer for doing what is right rather than for doing what is wrong.

1 Peter 4:12-16: (NASB) ¹²Beloved, do not be surprised at the fiery ordeal among you, which comes upon you for your testing, as though some strange thing were happening to you; ¹³but to the degree that you share the sufferings of Christ, keep on rejoicing, so that also at the revelation of His glory you may rejoice with exultation. ¹⁴If you are reviled for the name of Christ, you are blessed, because the Spirit of glory and of God rests on you. ¹⁵Make sure that none of you suffers as a murderer, or thief, or evildoer, or a troublesome meddler; ¹⁶but if anyone suffers as a Christian, he is not to be ashamed, but is to glorify God in this name.

Godliness with contentment is not applicable only when things are going well in our lives. When the world comes down upon us, there is good reason for us to rejoice and be happy. Sometimes the Lord wants to correct us to be more Christ-like.

 **What is Happiness, www.youtube.com**

- *Question: Why would anyone choose to be unhappy?*
- *"Because they can't put aside the differences that are making them unhappy." "They hold on to stuff and let it stress them out." "They get to hate themselves and they want to hate themselves even more." "Probably because this country is so unfair economically that it's hard to be happy when there are so many rich people and poor people clashing all the time." "They don't want to work on their issues."*

HAPPINESS THEME #12:

Reproof from God brings happiness.

Job 5:17: Behold, happy is the man whom God correcteth: therefore despise not thou the chastening of the Almighty:

Job 5:17-21: (NASB) ¹⁷Behold, how happy is the man whom God reproves, so do not despise the discipline of the Almighty. ¹⁸For He inflicts pain, and gives relief; He wounds, and His hands also heal. ¹⁹From six troubles He will deliver you, even in seven evil will not touch you. ²⁰In famine He will redeem you from death, and in war from the power of the sword. ²¹You will be hidden from the scourge of the tongue, and you will not be afraid of violence when it comes.

He is preparing us to be mature Christians. That means that when we make mistakes as Christians and are corrected, we need to accept that correction because He knows what is for our good.

Hebrews 12:11: (NASB) All discipline for the moment seems not to be joyful, but sorrowful; yet to those who have been trained by it, afterwards it yields the peaceful fruit of righteousness.

The world around us can give us fleeting moments of happiness. Our Christianity can give us the truest and most lasting happiness based on our trust in God and the joy from following Christ. Find true happiness in your life.



*Where do you find true happiness?
For Jonathan and Rick and Christian Questions...
Think about it...!*



*And now even more to think about...
only in the **Full Edition of CQ Rewind!***

Some background on happiness in the Old Testament:

Happy: Strongs #833 'ashar (aw-shar'); or 'asher (aw-share'); to be straight (used in the widest sense, especially to be level, right, happy); figuratively, to go forward, be honest, proper:

AV-blessed 7, lead 2, go 2, guide 1, happy 2, leaders 1, relieve 1; 16

1) to go straight, walk, go on, advance, make progress 1b1) to go straight on, advance 1b2) to lead on (causative) 1b3) to set right, righten 1b4) to pronounce happy, call blessed 1c1) to be advanced, be led on 1c2) to be made happy, be blessed

Happy: Strongs #835 'esher (eh'-sher); from OT:833; happiness; only in masculine plural construction as interjection, how happy!:

AV-blessed 27, happy 18; 45

1) happiness, blessedness 1a) often used as interjection 1b) blessed are

So, the primary word for "happy" in the Old Testament <835> comes from a word that has to do with "moving forward" <833> and "progressing." This being the case, could we say that from an Old Testament perspective, to be truly "happy" and "blessed" is to be in a position where progress is attainable?

Psalms 41:1: **Blessed <835>** is he that considereth the poor: the LORD will deliver him in time of trouble.

Psalms 41:2: The LORD will preserve him, and keep him alive; and he shall be **blessed** (progressing) <833> upon the earth: and thou wilt not deliver him unto the will of his enemies.

Now, the New Testament words:

Happy: Strongs #3107 makarios (mak-ar'-ee-os); a prolonged form of the poetical makar (meaning the same); supremely blest; by extension, fortunate, well off:

AV-blessed 44, happy 5, happier 1; 50

1) blessed, happy

Some uses:

1 Peter 4:14: If ye be reproached for the name of Christ, **happy <3107>** are ye; for the spirit of glory and of God resteth upon you: on their part he is evil spoken of, but on your part he is glorified.

Titus 2:13: Looking for that **blessed <3107>** hope, and the glorious appearing of the great God and our Savior Jesus Christ;

John 20:29: Jesus saith unto him, Thomas, because thou hast seen me, thou hast believed: **blessed <3107>** are they that have not seen, and yet have believed.

Happy: Strongs #3106 makarizo (mak-ar-id'-zo); from NT:3107; to beatify, i.e. pronounce (or esteem) fortunate: AV-call blessed 1, count happy 1; to pronounce blessed



The only two uses:

Luke 1:48: *For he hath regarded the low estate of his handmaiden: for, behold, from henceforth all generations shall **call me blessed <3106>**.*

James 5:11: *Behold, we count them **happy <3106>** which endure. Ye have heard of the patience of Job, and have seen the end of the Lord; that the Lord is very pitiful, and of tender mercy.*