



What Are You Happy About?

Matthew 5:11: (Phillips) *And what happiness will be yours when people blame you and ill-treat you and say all kinds of slanderous things against you for my sake!*



A few weeks ago we talked about worry: what it is, how it works, and most importantly, how to work through it. Well, today we thought we should look at worry's opposite - happiness! What makes us happy? Is happiness elusive? Are there different kinds of happiness? How, where, when and why do we find happiness? What about the Bible? Does it tell us to be happy and does it tell us how to be happy?

What does it mean to be happy?

Happy: (adjective) 

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.

Worry restricts us, but happiness frees us.

 **New study focus, *Science of Happiness, UC Berkeley study***

- *For decades, psychologists tended to focus on studying our negative emotions like fear, anger and greed. But increasingly over the last decade, they've turned instead to our positive emotions, examining our capacity for compassion, gratitude and trust. They call it The Science of Happiness, and it's blossoming here at UC Berkeley.*
- *We have gotten interested in these concepts. We've gotten interested in compassion or gratitude. Only eight or nine years ago there was one study of gratitude in the scientific literature. You know, thousands of studies of anger, one of gratitude.*



General Happiness Theme:

Taking action based in knowledge brings happiness

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 <3107>** if you do them.

But Jesus didn't say anything here about being happy. Note, however, the word *blessed* here also means "happy."

Blessed: Strongs #3107 makarion mak-ar'-ee-os; supremely blest; by extension, fortunate, well off: translated blessed, happy



There is a sense of happiness in the idea of being blessed.

Many Christians use the expression, "I am truly blessed." What we want to begin to ask ourselves is, "Are we truly *happy*?" We find that the word blessed means to be happy in many ways.

What makes real, true, long-lasting happiness?

Personal responsibility brings happiness to you and your family

Psalms 128:1-4: (NASB) ¹How *blessed* <835> 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.



Blessed: Strongs #835 rva 'esher eh'- sher 1) happiness, blessedness, 1a) often used as interjection, 1b) blessed are

Happiness can be a result of a job well done.



Introduction, based on Time Magazine cover story July 8, 2013, The Science of Happiness, CBS News



- "Jeffrey Kluger is Times Editor at Large, and Jeffrey, good morning. So we're a country founded on this principle. Philosophers have talked about it for centuries. How happy are we?"
- "Well, we are less happy than we would like to be. In 2004, seventy nine percent of us called ourselves optimists; we are now down to fifty percent. About twenty percent of us will at some point experience of mood disorder in our lives. Thirty percent of us will experience an anxiety disorder. Twenty five percent of all women are taking SSRIs, antidepressants. Five percent of all men and more than forty percent of both sexes admit that they eat just to try to make themselves happier. So, we're having some problems."

Did you know that Jesus gave a teaching specifically dedicated to happiness?

Matthew 5:1-3: (NASB) ¹When Jesus saw the crowds, he went up on the mountain; and after he sat down, his disciples came to him. ²He opened his mouth and began to teach them, saying, ³*Blessed* are the poor in spirit, for theirs is the kingdom of heaven.

Same verse 3, now from the Phillips translation:

Matthew 5:3: (Phillips) How *happy* are those who know their need for God, for the kingdom of Heaven is theirs!

Happiness recipe - humility and mourning!

Matthew 5:3: (KJV) *Blessed* are the poor in spirit: for theirs is the kingdom of heaven.

Matthew 5:3: (Phillips) How *happy* are those who know their need for God, for the kingdom of Heaven is theirs!



Lottery or paraplegic, *The Surprising Science of Happiness*, Dan Gilbert, TED Talk

- *Here are two different futures that I invite you to contemplate, and you can try and simulate them and tell me which one you think you might prefer. One of them is winning the lottery. This is about three hundred and fourteen million dollars and the other is becoming a paraplegic. So, just give it a moment of thought. You probably don't feel like you need a moment of thought and interestingly there are data on these two groups of people - data on how happy they are. This is exactly what you expected, isn't it? ...the fact is that a year after losing the use of their legs and a year after winning the lotto, lottery winners and paraplegics are equally happy with their lives.*

Difficult experiences in life and happiness are related.

Luke 18:9-14: (NASB) ⁹And he also told this parable to some people who trusted in themselves that they were righteous, and viewed others with contempt: ¹⁰Two men went up into the temple to pray, one a Pharisee and the other a tax collector. ¹¹The Pharisee stood and was praying this to himself: God, I thank You that I am not like other people: swindlers, unjust, adulterers, or even like this tax collector. ¹²I fast twice a week; I pay tithes of all that I get. ¹³But the tax collector, standing some distance away, was even unwilling to lift up his eyes to heaven, but was beating his breast, saying, God, be merciful to me, the sinner! ¹⁴I tell you, this man went to his house justified rather than the other; for everyone who exalts himself will be humbled, but he who humbles himself will be exalted.

Does this tax collector sound happy, even though he knew his need for God? NO! Then how is this a recipe for happiness? But he had a reverence for God shown through his humility. Humility is an accurate assessment of who you are.

All in due time...happiness is a process.

Proverbs 29:23: (NASB) *A man's pride will bring him low, but a humble spirit will obtain honor.*

True happiness begins by acknowledging who and what we are...

Matthew 5:4: (KJV) *Blessed* are they that mourn: for they shall be comforted.

Matthew 5:4: (Phillips) *How happy* are those who know what sorrow means, for they will be given courage and comfort!

MRI test, based on Time Magazine cover story July 8, 2013, *The Science of Happiness*, CBS News

- *But beyond money, what else is it that makes people unhappy? Is it relationships? Is it family? Is it something else?*
- *Relationships do it. Stress does it. There are fascinating MRI brain studies that show when you are distracted by something, it's happening along four different brain regions. Your happiness reactions stop and this is the case even when researchers put people in MRIs and say, just try to remember an eight digit number while looking at happy pictures. They show that while they're distracted doing that, happiness goes down. So, if your stress is, "when is the next layoff coming, what are my deadlines," your happiness is just going to be smothered.*



When you are distracted by something, your happiness is smothered! Stress distracts!

James 4:7-10: (NRSV) ⁷Submit yourselves therefore to God. Resist the devil, and he will flee from you. ⁸Draw near to God, and He will draw near to you. Cleanse your hands, you sinners, and purify your hearts, you double-minded. ⁹Lament and mourn and weep. Let your laughter be turned into mourning and your joy into dejection. ¹⁰Humble yourselves before the Lord, and He will exalt you.

Again, does this sound like a happy text?!? It is!!! Those who sorrow will be given courage and comfort. This is when we can begin to key in on true happiness. As a true follower of Christ, we know we are promised courage and comfort. That is what brings us blessedness and happiness.

Psalms 40:1-3: (NRSV) ¹I waited patiently for the LORD; He inclined to me and heard my cry. ²He drew me up from the desolate pit, out of the miry bog, and set my feet upon a rock, making my steps secure. ³He put a new song in my mouth, a song of praise to our God. Many will see and fear, and put their trust in the LORD.

True happiness recognizes the real pain in life caused by loss and imperfection and knows that comfort in God will come - therefore true happiness produces peace.

Happiness recipe - meekness and hunger!

Matthew 5:5: (KJV) **Blessed** are the meek: for they shall inherit the earth.

Matthew 5:5: (Phillips) **Happy** are those who claim nothing, for the whole earth will belong to them!

 **Synthetic just as good, The Surprising Science of Happiness, Dan Gilbert, TED Talk**

- We smirk because we believe that synthetic happiness is not of the same quality as what we might call natural happiness. What are these terms? Natural happiness is what we get when we get what we wanted and synthetic happiness is what we make when we don't get what we wanted. And in our society, we have a strong belief that synthetic happiness is of an inferior kind. Why do we have that belief? Well, it's very simple. What kind of economic engine would keep churning if we believe that not getting what we want could make us just as happy as getting it? I want to suggest to you that synthetic happiness is every bit as real and enduring as the kind of happiness you stumble upon when you get exactly what you were aiming for.

Of course the Apostle Paul knew this concept thousands of years prior to that TED talk:

Philippians 3:4-8: (NASB) ⁴although I myself might have confidence even in the flesh. If anyone else has a mind to put confidence in the flesh, I far more: ⁵circumcised the eighth day, of the nation of Israel, of the tribe of Benjamin, a Hebrew of Hebrews; as to the Law, a Pharisee; ⁶as to zeal, a persecutor of the church; as to the righteousness which is in the Law, found blameless. ⁷But whatever things were gain to me, those things I have counted as loss for the sake of Christ. ⁸More than that, I count all things to be loss in view of the surpassing value of knowing Christ Jesus my Lord, for whom I have suffered the loss of all things, and count them but rubbish so that I may gain Christ...

Where is the happiness? It is in the right perspective.



True happiness is the emptying of self so that one may be filled with the treasure of Christ-likeness and thereby inherit the earth!
(See Bonus Material for more on this!)

Matthew 5:6: (KJV) **Blessed** are they which do hunger and thirst after righteousness: for they shall be filled.

Matthew 5:6: (Phillips) **Happy** are those who are hungry and thirsty for true goodness, for they will be fully satisfied!

Don't judge your happiness based on the moment you are experiencing, judge it based on what that moment brings you to. This is how to find true happiness.

“Those who are not looking for happiness are the most likely to find it, because those who are searching forget that the surest way to be happy is to seek happiness for others.”
— Martin Luther King Jr.

There is something special about “giving away” in order to have something come back, as in “agape” love meaning selfless love.

))) Find passion, based on Time Magazine cover story July 8, 2013, The Science of Happiness, CBS News

- ...if you haven't found the thing that makes you happy when you go to work in the morning, find something else because you won't be good at it until you're happy with it. Don't do it in moderation. To be thrilled... I mean to be able to say, I would do this even if I wouldn't get paid for it...

2 Timothy 2:15-19: (NRSV) ¹⁵Do your best to present yourself to God as one approved by Him, a worker who has no need to be ashamed, rightly explaining the word of truth. ¹⁶Avoid profane chatter, for it will lead people into more and more impiety, ¹⁷and their talk will spread like gangrene. Among them are Hymenaeus and Philetus, ¹⁸who have swerved from the truth by claiming that the resurrection has already taken place. They are upsetting the faith of some. ¹⁹But God's firm foundation stands, bearing this inscription: "The Lord knows those who are His, and, Let everyone who calls on the name of the Lord turn away from wickedness.

True happiness is the deep pursuit of and focus on truth - pure truth - to understand it and teach it!

))) Golden rule is genetic, Science of Happiness, UC Berkeley study



- These new studies are discovering that the age old golden rule, “treat others as you would want to be treated,” is actually part of our genetic makeup and it may be the answer to our survival as a species.
- Do sympathetic people do better in the game of reproduction? It turns out that they are more attractive as mates. Sympathetic parents have kids who are more resilient and who thrive more. Do sympathetic people do better in competitive situations with strangers? We're starting to amass data that shows kind people fare pretty well and invoke a lot of trust in others.

Of course the Golden Rule came from Jesus, so we already knew this.

In the Beatitudes, Jesus taught us that happiness is available regardless of the stage of life we are in. We may be in a miserable state at this moment, but if



we are following Jesus to worship God, we can find true happiness - even in the difficulty.

The truest, deepest form of happiness is found by giving and not getting. Happiness is a state of mind that says, “God supplies my increase.”

Happiness recipe - mercy and purity!

 Introduction, *Gratitude*, www.soulpancake.com

- *What makes you happy? Having fun, hanging out with friends, delicious food, making money? Well consider this: Psychologists have scientifically proven that one of the greatest contributing factors to overall happiness in your life is how much gratitude you show. Yup, think about that. Go ahead and marinate on it for a second. You can thank me later if you want. It will make you feel better, according to this study. You can go ahead and click on it and read it if you want or you can keep watching, because we read it and we thought it might be fun to test out for ourselves.*

 Prosperity Gospel, *The Bible and the Pursuit of Happiness*, Emory University

- *What I think about the prosperity emphases in simplistic ones, especially the prosperity gospel, is that it's a greatly abbreviated, pigeonized version of the full language of scripture. I'm worried about that because those messages are often very powerful, precisely because of their simplicity and also wildly popular. They can sell a lot of books, they can gain a lot of fame, they can get a lot of people listening, because they promise a lot. But in final analysis, I think they promise more than they can deliver.*

Sometimes we get caught up in the wave that God wants us to have money to be happy. Jesus in the Beatitudes teaches the exact opposite. Happiness does not come from stuff, and actually is obtained when things aren't going the way we want them to go.

Matthew 5:7: (KJV) **Blessed** are the merciful: for they shall obtain mercy.

Matthew 5:7: (Phillips) **Happy** are the merciful, for they will have mercy shown to them!

“Let no one ever come to you without leaving better and happier. Be the living expression of God's kindness: kindness in your face, kindness in your eyes, kindness in your smile.”
— Mother Teresa

James 2:12-17: (NRSV) ¹²So speak and so act as those who are to be judged by the law of liberty. ¹³For judgment will be without mercy to anyone who has shown no mercy; mercy triumphs over judgment. (This is now the theme of the rest of the text) ¹⁴What good is it, my brothers and sisters, if you say you have faith but do not have works? Can faith save you? ¹⁵If a brother or sister is naked and lacks daily food, ¹⁶and one of you says to them, Go in peace; keep warm and eat your fill, and yet you do not supply their bodily needs, what is the good of that? ¹⁷So faith by itself, if it has no works, is dead.

Because this is so valuable, you are instructed to do something with it.

True happiness revels in the display of mercy for it knows that our need for heavenly mercy can only be met in proportion to our desire to give it freely.



Matthew 5:8: (KJV) **Blessed** are the pure in heart: for they shall see God.

Matthew 5:8: (Phillips) **Happy** are the utterly sincere, for they will see God!

Hebrews 10:21-25: (NASB) ²¹and since we have a great priest over the house of God, ²²let us draw near with a sincere heart in full assurance of faith, having our hearts sprinkled clean from an evil conscience and our bodies washed with pure water²³Let us hold fast the confession of our hope without wavering, for He who promised is faithful; ²⁴and let us consider how to stimulate one another to love and good deeds, ²⁵not forsaking our own assembling together, as is the habit of some, but encouraging one another; and all the more as you see the day drawing near.

Now, this sounds happy!

True happiness - true deep and abiding happiness - can only truly be cultivated in a pure heart, for there it will never fall into contradiction.

Psalms 24:3-5: (NASB) ³Who may ascend into the hill of the LORD? And who may stand in His holy place? ⁴He who has clean hands and a pure heart, who has not lifted up his soul to falsehood and has not sworn deceitfully. ⁵He shall receive a blessing from the LORD and righteousness from the God of his salvation.

Happiness recipe - peacemaking and persecution!

 **The challenge, Gratitude, www.soulpancake.com**

- *We asked them to close their eyes and think of somebody who was really influential in their lives, somebody who did something really amazing or important for them. We had them write down as much as they could about why this person was so important. Now a lot of them thought at this point that the experiment was over, until we really put them on the spot and tried to get them to call that person and read what they wrote about them.*

Matthew 5:9: (KJV) **Blessed** are the peacemakers: for they shall be called the children of God.

Matthew 5:9: (Phillips) **Happy** are those who make peace, for they will be known as sons of God!

How do you become a peacemaker? Enter into the experiences of those around you! But how do we do that...?

Romans 12:15-18: (NRSV) ¹⁵Rejoice with those who rejoice, weep with those who weep. ¹⁶Live in harmony with one another; do not be haughty, but associate with the lowly; do not claim to be wiser than you are. ¹⁷Do not repay anyone evil for evil, but take thought for what is noble in the sight of all. ¹⁸If it is possible, so far as it depends on you, live peaceably with all.

So, do we arbitrarily become peacemakers at all costs, no matter what the conditions?

Philippians 2:1-4: (NRSV) ¹If then there is any encouragement in Christ, any consolation from love, any sharing in the Spirit, any compassion and sympathy, ²make my joy complete: be of the same mind, having the same love, being in full accord and of one mind. ³Do nothing from selfish ambition or conceit, but in humility regard others as better than yourselves. ⁴Let each of you look not to your own interests, but to the interests of others.

True happiness deeply desires peace among all, for then happiness can reign over all - and there is no better happiness than happiness shared!



2 Corinthians 13:11: (NASB) *Finally, brethren, rejoice, be made complete, be comforted, be like-minded, live in peace; and the God of love and peace will be with you.*

))) The results, *Gratitude*, www.soulpancake.com (Excerpts from experiment with reading aloud gratitude messages to the recipients)

- "I have to read this to you, okay? And you can't say anything or, I don't know. You can respond, but I probably will just keep going. Okay?" "Is everything okay?" "Yes, but I have to read this out loud to you."
- "The person who has had the biggest impact on my life, outside of Jesus Christ, who is responsible for my existence, was my college accounting instructor. He had a joy and enthusiasm for his job like no other teacher I have ever known."
- "I love her to death and she keeps me going with positive talk, she's a woman who knows what she wants and won't give up until it is achieved."
- "I'm about to cry because that is so beautiful!"



So, what observations do we have about happiness from Jesus' happiness teaching?

- Its foundation is not in "me," but its foundation is in "Thee."
- It can grow through our sorrows when we are teachable and really want to be taught that which hails from above.
- This is all expressed in merciful actions from a pure heart.

These are the happiness ingredients that are necessary for the truest, deepest and most transforming expression of happiness:

Matthew 5:10: (KJV) *Blessed are they which are persecuted for righteousness' sake: for theirs is the kingdom of heaven.*

Matthew 5:10: (Phillips) *Happy are those who have suffered persecution for the cause of goodness, for the kingdom of Heaven is theirs!*

"So we shall let the reader answer this question for himself: who is the happier man, he who has braved the storm of life and lived or he who has stayed securely on shore and merely existed?"
— Hunter S. Thompson

Making the most of our experiences will make us the happiest.

All of the previous happiness lessons have led us to this security:

Psalms 16:7-9: (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.*




Happiness recipe - heavenly reward!

Universal true happiness principle: Godliness + contentment = a happy life

1 Timothy 6:6-10: (NASB) *⁶But godliness actually is a means of great gain when accompanied by contentment. ⁷For we have brought nothing into the world, so we cannot take*



anything out of it either. ⁸If we have food and covering, with these we shall be content. ⁹But those who want to get rich fall into temptation and a snare and many foolish and harmful desires which plunge men into ruin and destruction. ¹⁰For the love of money is a root of all sorts of evil, and some by longing for it have wandered away from the faith and pierced themselves with many griefs.

 **The results, *Gratitude*, www.soulpancake.com (Excerpts from experiment with reading aloud gratitude messages to the recipients)**

- *“Erica is my older sister and my best friend. Sometimes it even feels like we are twins. She’s my number one fan and my number one supporter. She makes me happy because despite all my mistakes and my decisions, she still loves me know matter what.”*
- *“Your friendship is everything and you are one of the most important people in my life.”*
- *“Even when she has a kid and many children, I will love her more than her kids. Okay, maybe not. I will never forget when she flew three thousand miles at the drop of a phone call to save me from a breakup.”*
- *“I’m being blessed by having a friend like you. I love you.”*

Matthew 5:11-12: (KJV) ¹¹Blessed are ye, when men shall revile you, and persecute you, and shall say all manner of evil against you falsely, for my sake. ¹²Rejoice, and be exceeding glad: for great is your reward in heaven: for so persecuted they the prophets which were before you.

Matthew 5:11-12: (Phillips) ¹¹And what happiness will be yours when people blame you and ill-treat you and say all kinds of slanderous things against you for my sake! ¹²Be glad then, yes, **be tremendously glad**—for your reward in Heaven is magnificent. They persecuted the prophets before your time in exactly the same way.

How can we stay positive when everything around us is so negative? Jesus prepared us through all of the previous “ingredients” so that we could rejoice in persecution.

“Generally speaking, the most miserable people I know are those who are obsessed with themselves; the happiest people I know are those who lose themselves in the service of others...By and large, I have come to see that if we complain about life, it is because we are thinking only of ourselves.”
— Gordon B. Hinckley

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.

**True happiness can actually be expressed in persecution
if it is founded in the love and sacrifice of Christ, for our happiness emulates
his “for the joy set before him...”**

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.

Don't be surprised...be happy! Suffer for Christ...be blessed!!



“How Can I Keep From Singing,” SHeDAISY

How can I keep (how can I keep)
How can I keep from singing

My life flows on in endless song
Above the lamentation
I hear the sweet (I hear the sweet)
The far off hymn (the far off hymn)
That hails a new, a new creation

Through all the tumult and the strife
I hear the music ringing
It finds an echo (echo)
In my soul (in my soul)
How can I keep from singing

The piece of Christ makes fresh my heart
A fountain ever springing
All things are mine since I am his
How can I keep from singing

Since Christ is Lord (since Christ is Lord)
Of heaven and earth (of heaven and earth)

How can I keep from singing

John 13:15-17: (KJV) ¹⁵For I have given you an example, that ye should do as I have done to you. ¹⁶Verily, verily, I say unto you, The servant is not greater than his lord; neither he that is sent greater than he that sent him. ¹⁷If ye know these things, happy are ye if ye do them.

The Beatitudes were spoken very early in Jesus' ministry. These John Scriptures were said the night before he was crucified. So, we have the lessons of happiness all laid out for us, and then he gave the examples of living that happiness all throughout his ministry. The night before he was crucified, he was saying, “I showed you the way, I taught you the way; if you know these things, happy are you if you do them.” That is the secret for a Christian's life of true happiness. It is not about getting what you want, but rather making happiness with whatever you are given. In Christ, all things work together for good for those that love God and are called according to His purpose.

**So, what are you happy about?
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!**

True happiness begins by acknowledging who and what we are...

True happiness recognizes the real pain in life caused by loss and imperfection and knows that comfort in God will come - therefore true happiness produces peace.

True happiness is the emptying of self so that one may be filled with the treasure of Christ-likeness and thereby inherit the earth!

True happiness is the deep pursuit of and focus on truth - pure truth - to understand it and teach it!

True happiness revels in the display of mercy for it knows that our need for heavenly mercy can only be met in proportion to our desire to give it freely.

True happiness - true deep and abiding happiness can only truly be cultivated in a pure heart, for there it will never fall into contradiction.

True happiness deeply desires peace among all, for then happiness can reign over all - and there is no better happiness than happiness shared!

True happiness can actually be expressed in persecution if it is founded in the love and sacrifice of Christ, for our happiness emulates his
"for the joy set before him..."

The meek inheriting the earth:

Psalms 2:7-8: (NRSV) ⁷I will tell of the decree of the LORD: He said to me, You are my son; today I have begotten you. ⁸Ask of me, and I will make the nations your heritage, and the ends of the earth your possession.

Matthew 6:9-10: (NRSV) ⁹Pray then in this way: Our Father in heaven, hallowed be your name. ¹⁰Your kingdom come. Your will be done, on earth as it is in heaven.

Galatians 3:26-29: (NRSV) ²⁶for in Christ Jesus you are all children of God through faith. ²⁷As many of you as were baptized into Christ have clothed yourselves with Christ. ²⁸There is no longer Jew or Greek, there is no longer slave or free, there is no longer male and female; for all of you are one in Christ Jesus. ²⁹And if you belong to Christ, then you are Abraham's offspring, heirs according to the promise.

A few other biblical happiness themes for life:

Proverbs 3:13: Happy is the man that findeth wisdom, and the man that getteth understanding.

Happiness Theme: Finding wisdom and holding wisdom brings happiness

Proverbs 3:13-18: (NASB) ¹³How **blessed <happy 835>** 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 (833) 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.

We started and ended the program with this text - looking further into it increases our happiness quotient:

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

Happiness Theme: Taking action based in knowledge brings happiness

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.

Jesus is saying to us just as it was his very nourishment to do the will of the Father, so it should become our nourishment to do his will by serving one another. This last example of service before his crucifixion was his most powerful example of the joy of giving.

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 3107>** if you do them.

We will be happy - plain and simple - when we are serving!

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?

These texts also reinforce the concept that happiness comes from serving others.

Finally, happiness thrives when we have no need to worry - and we have no need to worry when our hearts and minds are focused above:

Philippians 4:4-8: (NRSV) ⁴Rejoice in the Lord always; again I will say, Rejoice. ⁵Let your gentleness be known to everyone. The Lord is near. ⁶Do not worry about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God. ⁷And the peace of God, which surpasses all understanding, will guard your hearts and your minds in Christ Jesus. ⁸Finally, beloved, whatever is true, whatever is honorable, whatever is just, whatever is pure, whatever is pleasing, whatever is commendable, if there is any excellence and if there is anything worthy of praise, think about these things.