

**“No Thing”**  
**What Makes You Happy?, Part 1**  
4/5 & 4/8/18

Some really DON'T KNOW what makes them happy

If you keep trying to be happy, and you're not happy, maybe you don't know HOW to be happy

If you keep saying “IF ONLY...”, maybe you don't know what really MAKES you happy

Some have FORGOTTEN what makes them happy

*What Makes You Happy*

**1. Happiness is more about WHO than WHAT**

If happiness was about a “what,” we could just go out and GET our happy “what,” and be happy ALL the time

Happy “what” always leads to happy “what ELSE” or “what’s NEXT”

If an aging “what” deflates your happiness, you weren't happy to BEGIN WITH

- More evidence that a “what” doesn't bring happiness is when you say, “How can they be so happy, they don't HAVE anything”
- Parents are generally not any happier than their most UNHAPPY CHILD
- You are designed & created in such a way that your ultimate fulfillment is tied to some “WHO,” not some “WHAT'S”
- In the end you will have relational, not possessional REGRETS, because happiness is RELATIONAL in nature

What makes you happy? NO THING

**2. Happy people have PEACE with themselves, others, and God**

Any thing or behavior that undermines PEACE in your relationship with yourself, others, or God undermines your HAPPINESS

Peace with God paves the way to peace with OURSELVES and equips us to make peace with

OTHERS Implication: FOLLOWING JESUS will make you happy. Could that be right?

Matthew 22:36 (NIV) [a lawyer asked Jesus] “Teacher, which is the greatest commandment in the Law?”

We don't normally think of laws and commandments as having anything to do with HAPPINESS, we think they GET IN THE WAY of our happiness

Matthew 22:37-38 (NIV) “Jesus replied: ‘Love the Lord your God with all your heart and with all your soul and with all your mind.’<sup>38</sup> This is the first and greatest commandment.”

The most important thing you could possibly do is to LOVE GOD; the most important commandment is about PEACE with God

Matthew 22:39 (NIV) “And the second is like it: ‘Love your neighbor as yourself.’”

Jesus is saying what’s most important to Me is **PEACE** with God, others, and yourself

We often think God is **IN THE WAY** of our happiness; God provides the **WAY** to happiness

To resist God is to actually **RESIST** happiness

**3. Another factor we have to consider in our pursuit of happiness is “**SIN**”**

Sin **SEPARATES**: you from **OTHERS**, you from **GOD**, you from **YOURSELF**

When you sin against another person, you sin against someone that God **LOVES**

You cannot be **OKAY** with God and **NOT** be okay with someone God loves

Sin separates by **SUBSTITUTING**

Sin makes a happy promise that sin can’t **KEEP**; sin is not your **FRIEND** because it undermines your happiness

Sin kills things – mostly **RELATIONSHIPS** – when sin wins, you **LOSE**

James 1:15 (NIV) “Then, after desire has conceived, it gives birth to sin; and sin, when it is full-grown, gives birth to death.”

When we opt for sin, we undermine **OUR** happiness and the happiness of those **CLOSEST** to us

Happy people are **AT PEACE** with themselves, with others and God

**My Next Step Today Is:**

- I realize I have been looking for happiness in the wrong way and wrong places
- I am asking God to help me begin to understand where true happiness come from
- I am interested in participating in the “Starting Point” class w/Pastor Russ this Tues (Ap 10) at 6:30 pm

**Next week:** Join us for Part 2 of “What Makes You Happy” – “Plan for It!” Invite a friend!

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If you keep saying “ \_\_\_\_\_...”, maybe you don't know what really \_\_\_\_\_ you happy

Some have \_\_\_\_\_ what makes them happy

**What Makes You Happy**

**1. Happiness is more about \_\_\_\_\_ than \_\_\_\_\_**

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Happy “what” always leads to happy “what \_\_\_\_\_” or “what’s \_\_\_\_\_”

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- In the end you will have relational, not possessional \_\_\_\_\_, because happiness is \_\_\_\_\_ in nature

What makes you happy? \_\_\_\_\_

**2. Happy people have \_\_\_\_\_ with themselves, others, and God**

Any thing or behavior that undermines \_\_\_\_\_ in your relationship with yourself, others, or God undermines your \_\_\_\_\_

Peace with God paves the way to peace with \_\_\_\_\_ and equips us to make peace with \_\_\_\_\_

Implication: \_\_\_\_\_ will make you happy. Could that be right?

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