

“Plan for It”
What Makes You Happy?, Part 2
4/12 & 4/15/18

Happiness is more about “**WHO**” than “**WHAT**”

“God doesn’t want you to be happy, He wants you to be holy” – **WRONG**

God created you with the **CAPACITY** for joy/happiness – so why would God create such extraordinary capacity in you and not want you fulfill it through **HIM**?

“Blessed” means “fortunate or **HAPPY**”

The Beatitudes – “Blessed (happy) are they that...” – Matthew 5:3-10 (A description of happy people)

1. **Matthew 5:3 (NIV)** “Blessed are the poor in spirit, for theirs is the kingdom of heaven.”

Meaning: The “poor in spirit” embrace their daily **DEPENDENCE** on God regardless of what they **HAVE**

The moment you put your trust in **ANYTHING** other than God who richly provides, you’re **UNHAPPY**

Why? Because suddenly it is up to you to control **OUTCOMES**, and you can’t **CONTROL** outcomes

My confidence is not in stuff; my confidence is in the One who **PROVIDES** the stuff

2. **Matthew 5:4 (NIV)** “Blessed are those who mourn, for they will be comforted.”

Meaning: Those who mourn are emotionally connected people who **RECOGNIZE** and **DON’T HIDE** from the bad, the unjust, the randomness of life
The **FEAR** of death will rob you of the **JOY** of life

Give yourself to the reality that there is more to life than **THIS LIFE**

3. **Matthew 5:5 (NIV)** “Blessed are the meek, for they will inherit the earth.”

Meek by definition means “a **PROPER** estimation or valuation of one’s self”

Meaning: A meek person faces the reality about who they are: that they are part of God’s creation, that God is up to something in the world, & they are part of it, but they are not the **CENTER** of it

John 3:27 (NIV) “[John the Baptist] A man can receive only what is given him from heaven.”

Meekness is simply **ACKNOWLEDGING** God’s estimation and valuation of me based on who He created me to be within the context of God’s broader creation

4. **Matthew 5:6 (NIV)** “Blessed are those who hunger and thirst for righteousness, for they will be filled.”

Meaning: Blessed are those who are committed to doing the **RIGHT THING** even when it costs them

Happy are those with no **GUILT**, no **REGRET**, and a clear **CONSCIENCE**

5. **Matthew 5:7 (NIV)** “Blessed are the merciful, for they will be shown mercy.”

Meaning: Happy are those that give people exactly what they **DON’T DESERVE** relationally

You have never met a happy **BITTER** person

6. **Matthew 5:8 (NIV)** “Blessed are the pure in heart, for they will see God.”

Meaning: The clarity that you need for life is found in **PURITY**

Purity leads to **CLARITY**; the pure in heart have the **GREATEST CHANCE** of identifying and seeing the activity of God

7. **Matthew 5:9** (NIV) “Blessed are the peacemakers, for they will be called children of God.”

Meaning: Your Heavenly Father wants to make peace with you, and when you make peace with other people, you are **ACTING LIKE** your Father in Heaven

Troublemakers are troubled by **HAPPY** people and their **HAPPINESS**

Happy people are the **RECONCILERS**

8. **Matthew 5:10** (NIV) “Blessed are those who are persecuted because of righteousness, for theirs is the kingdom of heaven.”

You are going to suffer in this life for doing **RIGHT** or for doing **WRONG**

Meaning: You can **ONLY** be happy when you are persecuted for doing the right thing because at the end of the day you have peace with **YOU**, and you have peace with **GOD**

What’s the Common Denominator in the Beatitudes?

The unavoidable conclusion is that happiness is an **OUTCOME**, a **RESULT**

You **SOW** and **REAP** your way to happiness

You can also sow and reap your way to **UNHAPPINESS**

You sow and reap your way to a **BLESSED** life

Matthew 7:24 (NIV) “Therefore everyone who hears these words of mine and puts them into practice is like a wise man who built his house on the rock.”

The person who hears what Jesus said & from this day forward puts it into practice is like a person who **BEGAN THE PROCESS** of building a house on solid rock

Nothing changed **IMMEDIATELY**, but something changed **EVENTUALLY**

There is **NO** benefit in hearing/listening; there is only benefit in **DOING**, doing is what makes **ALL** the difference

Happiness is an **OUTCOME**, happiness is a **RESULT**, you **SOW & REAP** your way into happiness

Happiness Principles

1. **What makes you happy?** **NO THING** (Happiness is more about a “who” than a “what”)

2. **What makes you happy?** **SOWING** (You sow & reap your way into happiness)

My Next Step Today Is:

- I acknowledge my dependence on God, & I realize I’ll find my happiness in that dependence
- I will take some time this week to review the meaning of each of the eight (8) Beatitudes

Next week: Join us for Part 3 of “What Makes You Happy” – “**Peace with God.**” Invite a friend!

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Happiness is more about “_____” than “_____”

“God doesn’t want you to be happy, He wants you to be holy” – _____

God created you with the _____ for joy/happiness – so why would God create such extraordinary capacity in you and not want you fulfill it through _____?

“Blessed” means “fortunate or _____”

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Meaning: The “poor in spirit” embrace their daily _____ on God regardless of what they _____

The moment you put your trust in _____ other than God who richly provides, you’re _____

Why? Because suddenly it is up to you to control _____, and you can’t _____ outcomes

My confidence is not in stuff; my confidence is in the One who _____ the stuff

10. Matthew 5:4 (NIV) “Blessed are those who mourn, for they will be comforted.”

Meaning: Those who mourn are emotionally connected people who _____ and _____ from the bad, the unjust, the randomness of life

The _____ of death will rob you of the _____ of life

Give yourself to the reality that there is more to life than _____

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Meek by definition means “a _____ estimation or valuation of one’s self”

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Meekness is simply _____ God’s estimation and valuation of me based on who He created me to be within the context of God’s broader creation

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identifying and seeing the activity of God

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Meaning: Your Heavenly Father wants to make peace with you, and when you make peace with other people, you are _____ your Father in Heaven

Troublemakers are troubled by _____ people and their _____

Happy people are the _____

16. Matthew 5:10 (NIV) “Blessed are those who are persecuted because of righteousness, for theirs is the kingdom of heaven.”

You are going to suffer in this life for doing _____ or for doing _____

Meaning: You can _____ be happy when you are persecuted for doing the right thing because at the end of the day you have peace with _____, and you have peace with _____

What’s the Common Denominator in the Beatitudes?

The unavoidable conclusion is that happiness is an _____, a _____

You _____ and _____ your way to happiness

You can also sow and reap your way to _____

You sow and reap your way to a _____ life

Matthew 7:24 (NIV) “Therefore everyone who hears these words of mine and puts them into practice is like a wise man who built his house on the rock.”

The person who hears what Jesus said & from this day forward puts it into practice is like a person who _____ of building a house on solid rock

Nothing changed _____, but something changed _____

There is _____ benefit in hearing/listening; there is only benefit in _____, doing is what makes _____ the difference

Happiness is an _____, happiness is a _____, you _____ your way into happiness

Happiness Principles

3. What makes you happy? _____ (Happiness is more about a “who” than a “what”)

4. What makes you happy? _____ (You sow & reap your way into happiness)

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