

Happiness 1 - What makes you happy?

Message Study Notes for 15th August 2021

Read Matthew 5 verses 1 to 12.

What makes you happy?

Talk about how happy things make you feel, what they are, and how long that feeling lasts?

Research has said that winning the lottery doesn't make you happier permanently, neither does having children.

Can you point to anything in your life that has made you permanently happier than you were?

Some people have been heard to say, 'If it's difficult, and brings no pleasure, it must be God's will. If I like it, it's the enemy's deception.'

Can you think of any reasons why they should say that?

Read Matthew 6 verses 19 to 20. What does 'treasure in heaven' mean to you?

We said, 'The deepest and most enduring source of happiness is God,' and 'Praise is the overflowing of joy.'

Read Psalm 37 verse 4, Psalm 100 verse 2 and Philippians 4 verse 4.

In what ways might we find joy/happiness in God?