

# Happiness 2 - How to be Happy

Message Study Notes for 22nd August 2021

Jesus says in **Matthew 13**:

*'The kingdom of heaven is like a treasure hidden in a field, which a man found. Then he covered it up and, in his joy, he went and sold all he had and bought the field.'*

Having the fulness of joy Jesus offers, means NOT pursuing happiness elsewhere.

**Is this hard to do? Why?**

**Read Galatians 5 verses 22 to 23.**

The bible rebukes the grumpy: those whose base setting is to be comfortable with no joy.

**Why should grumpiness be wrong?**

**Read Luke 11 verse 5 to 13.**

**What's the point of this passage?**

The original Greek is: 'Keep on asking. Keep on seeking. Keep on knocking.' Christians should continue to ask, seek, knock, wanting more of God.

**What might make this difficult, or make us give up?**

*'The key to happiness lies in having a right relationship with our past, present, and future.'*

**What sorts of things do we carry from our past that act badly on us today?**

If 'Jesus came to SAVE sinners, of whom I am the worse,' we have spiritual humility. We know our failures. Yet God still says, 'I love you.'

**Does that help? In what way?**

**Read Luke 11 verses 12 to 13 again.**

It's not just getting God's blessing, but getting more of God, seeking more of God's Spirit.