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Where Happiness Is Found

John Greene, Senior Pastor

ECCLESIASTES 6:6 (ESV and LB)

Even though a man should live a thousand years twice over, yet enjoy no good...do not all go to the one place?

Living Bible: *Though a man lives a thousand years twice over, but doesn't find contentment... what's the use?*

I. SOLOMON'S SEARCH FOR HAPPINESS, Ecclesiastes 1 & 2

1. Education can't make you lastingly happy (Ecc. 1:16-18).
2. Pleasure can't make you lastingly happy (Ecc. 2:1-3, 10).

*Pleasure seeking took three forms:

a) Laughing

INSIGHT: A lot of laughter today is empty. People laugh but they aren't happy.

b) Wine

c) Good times

INSIGHT: Solomon learned that an affair or multiple sex partners only increases the emptiness in your soul.

TRUTH: The most bored people are people who live for pleasure.

3. Achievement (Ecc. 2:4-5, 20)

TRUTH: Life satisfaction can't be found in workaholism.

4. Wealth (Ecc. 2:7-8)

INSIGHT: You're living a Solomon life if what you make is never enough and you keep thinking about making more.

5. Success (Ecc. 2:9, 11)

INSIGHT: God says there are definite dead ends in a search for life happiness you can avoid, because they don't satisfy.

*The Lord Jesus gives us 8 pieces to a happy life in The Beatitudes in Matthew 5:3-10.

II. JESUS' KEYS TO TRUE HAPPINESS IN LIFE

1. Knowing God (Matthew 5:3)

TRUTH: If anything but God is at the center of your life, you will not be satisfied.

2. Trust God in disappointment (Matthew 5:4).

TRUTH: You have to learn to be happy in the problem, in the situation.

3. Expect God to meet your needs (Matthew 5:5).

CHALLENGE: Stop trying to grab all you can get, and relax and trust God to take care of your needs.

TRUTH: Self-centered people are never happy.

4. Follow God's instructions (Matthew 5:6).

5. Cultivate a forgiving heart (Matthew 5:7).

TRUTH: The reason someone hurt us is irrelevant in God's eyes. The question is, "What will you do?"

AXIOM: I can't be happy as long as I hold to a hurt.

6. Keep a clear conscience (Matthew 5:8).

7. Build healthy relationships (Matthew 5:9).

8. Live with eternity in mind (Matthew 5:10).