

HAPPINESS IS . . .  
WHAT IS HAPPINESS?

Jesus said it belongs to those who can believe, even before they can be given proof.

Most of us want things proved, before we believe. Thomas, the doubter, insisted he had to touch Jesus to be sure He was really alive again. This prompted Jesus to say

Happiness is for those who can believe  
in His resurrection,  
in His gift of eternal life.  
without having to touch Him for proof.

HAPPINESS IS FOR THOSE WHOSE FAITH  
ENABLES THEM TO SEE THE UNSEEN REALITY.



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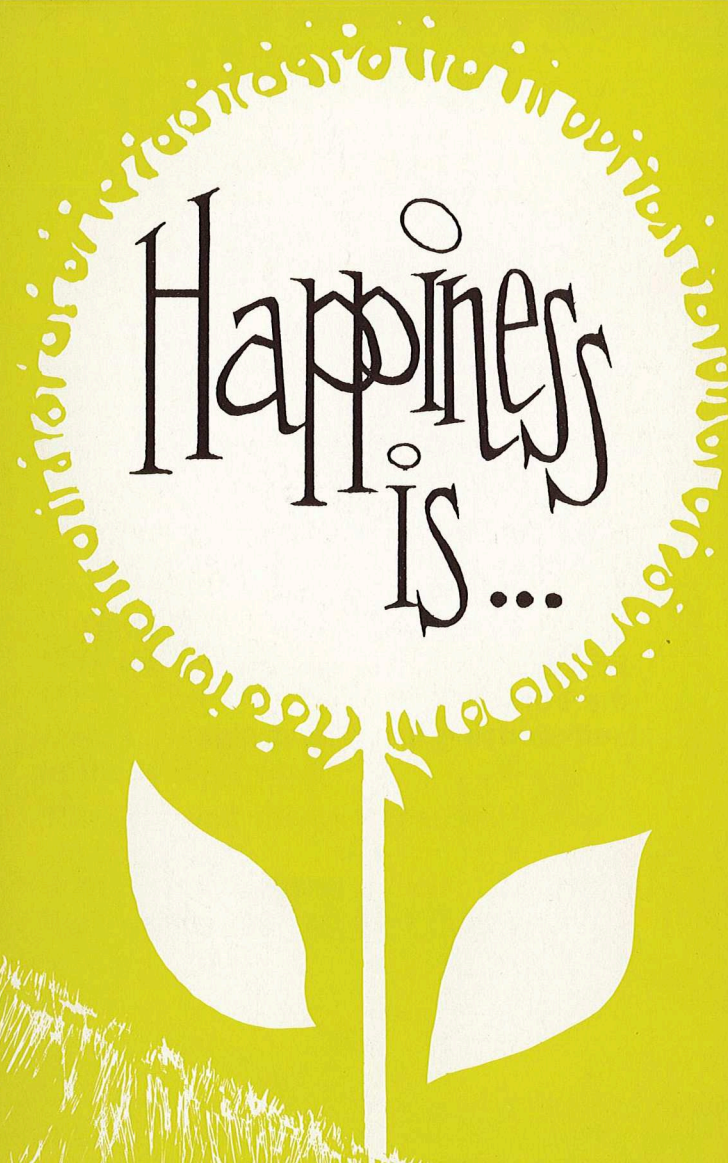
From Psalm 1  
Matthew 5  
and John 20

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WHAT IS HAPPINESS?

Today's English Version of Psalm 1 says

"Happy is the man  
who refuses the advice of evil men,  
who does not follow the example of  
sinners,  
or join those who make fun of God.  
Instead he enjoys reading the law of  
the Lord  
and studying it day and night."

HAPPINESS IS FOR THOSE WHO WILL  
DELIBERATELY TURN FROM EVIL AND SEEK  
GOD.  
THEY WILL BE HAPPY BECAUSE THEY WILL FIND  
HIM.

HAPPINESS IS . . .  
WHAT IS HAPPINESS?

Jesus said happiness is poverty but most  
of us spend our days slaving to avoid  
poverty.

Jesus said true happiness is for the poor  
in spirit - not just those who have little  
money or goods but those who are poor  
enough to know they need to depend on  
God.

REAL HAPPINESS IS FOUND BY THOSE WHO  
DISCOVER  
- THE EMPTINESS OF POSSESSIONS WITHOUT  
GOD  
- THE SHEER DELIGHT OF EXPLORING THE  
RICHNESS OF GOD.

HAPPINESS IS . . .  
WHAT IS HAPPINESS?

Jesus said happiness is for the grief-  
stricken.  
What did He mean? Surely those in  
mourning for a loved one could not be  
called happy.

But, on reflection, it's the sorrows and  
difficulties we encounter that discover  
our hidden strengths and weaknesses.  
Grief can reveal to us our need of someone  
stronger than ourselves. The most  
productive grief we can know is that which  
sends us to God asking for forgiveness.

Jesus is actually saying -

REAL HAPPINESS IS FOR THOSE WHO DISCOVER  
THEMSELVES THROUGH SUFFERING; WHO FIND  
IN GOD THEIR STRENGTH AND CONSOLATION.

HAPPINESS IS . . .  
WHAT IS HAPPINESS?

Jesus said the meek are happy but don't  
confuse meekness with weakness.

Meek people -  
know how to be angry at the right time  
- at injustice, crime, prejudice.  
have allowed God to control impulses  
and passions.  
are humble enough to be aware of their  
own ignorance and weakness.

HAPPINESS IS FOR THOSE WHO ALLOW GOD TO  
SET THE PACE OF DAILY LIFE



*HAPPINESS IS . . .  
WHAT IS HAPPINESS?*

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*HAPPINESS IS . . .  
WHAT IS HAPPINESS?*

Jesus said happy are those who are hungry and thirsty to know and do that which is right, because they will find true satisfaction.  
To be hungry and thirsty in a minor degree is a common experience. To be so hungry that death is near, to almost die of thirst is fearful. Jesus spoke of this intense degree of hunger and thirst - a desperate craving for righteousness. It's a craving God delights to satisfy.

*HAPPY ARE THOSE WHO HUNGER AND THIRST  
FOR RIGHTEOUSNESS.*

*HAPPINESS IS . . .  
WHAT IS HAPPINESS?*

Jesus said merciful people are happy. To show mercy is to show strength. Merciful people recognise the needs and weaknesses of others. They are able to feel **with** them and not only **for** them. Their acts of kindness arise from this understanding and so are not just to relieve their own discomfort.  
Merciful people are secure and content in the love of God.  
They will find mercy because He has shown mercy.  
Just as judging and criticism bring their own reward,so also does mercy.

*HAPPY ARE THE MERCIFUL.*





*HAPPINESS IS . . .  
WHAT IS HAPPINESS?*

Jesus said the people who are pure in heart are happy. Does He mean those naive people who just don't seem to be aware of all that goes on? No. Happiness is for those who positively love that which is good, whose lives focus on

love,  
joy,  
peace,  
truth,  
beauty,  
justice,  
graciousness  
and honour.

*HAPPINESS IS FOR THOSE WHO LOVE PURITY  
EVEN WHEN IN THE MIDST OF EVIL.  
THEY SHALL SEE GOD AS HE IS.*

*HAPPINESS IS . . .  
WHAT IS HAPPINESS?*

Jesus said the people who make peace are happy.

People who make peace do more than just stay clear of fights. They actively promote good relationships between people. They deliberately, thoughtfully, take positive steps to promote harmony. The best peacemakers share what they know of the peace of God - the peace which is available through Jesus Christ.

The peacemaker is a God-like person for God also desires and works for peace.

*TRUE HAPPINESS BELONGS TO PEACEMAKERS.*

*HAPPINESS IS . . .  
WHAT IS HAPPINESS?*

Jesus said happiness belongs to those who suffer because they follow Him. Most of us only suffer persecution when we deserve it, we feel we are persecuted when really we are at fault.

Jesus said persecution provides an opportunity to sort out real loyalties. Persecution links us with those who have suffered for right through the ages. Suffering for the faith brings closer companionship with Christ Who also suffered.

*HAPPINESS IS HAVING A FAITH WORTH  
SUFFERING FOR.*