

The Lord your God is in your midst, a mighty one who will save; he will rejoice over you with gladness; he will quiet you by his love; he will exult over you with loud singing. Zephaniah 3:17 (ESV)

You make known to me the path of life; in your presence there is fullness of joy; at your right hand are pleasures forevermore. Psalm 16:11 (ESV)

7. What are practical ways to cultivate happiness?

A. Train my brain to center my thoughts on my identity in Jesus, not the evening news.

Set your minds on things that are above, not on things that are on earth. Colossians 3:2 (ESV)

B. Say “No” to worry and trust God when it comes to the future.

Do not be anxious about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God. Philippians 4:6 (ESV)

C. Remember that wise choices lead to happiness.

Do not enter the path of the wicked, and do not walk in the way of the evil. Avoid it; do not go on it; turn away from it and pass on. Proverbs 4:14–15 (ESV)

Can a man carry fire next to his chest and his clothes not be burned? Or can one walk on hot coals and his feet not be scorched? So is he who goes in to his neighbor’s wife; none who touches her will go unpunished. Proverbs 6:27–29 (ESV)

D. Devoting myself to bringing others happiness will bring me happiness.

Do nothing from selfish ambition or conceit, but in humility count others more significant than yourselves. Let each of you look not only to his own interests, but also to the interests of others. Philippians 2:3–4 (ESV)

..looking to Jesus, the founder and perfecter of our faith, who for the joy that was set before him endured the cross,... Hebrews 12:2 (ESV)



What Does The Bible Say About Happiness?

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Why do I have three Super Bowl rings, and still think there’s something greater out there for me? I think “God, it’s gotta be more than this...” — Tom Brady

Is it the end of all religion to make men happy, and is it not every one’s privilege to be as happy as he can? Does Jesus want your heart only for the same end as the devil does, to make you miserable? No! He only wants you to believe in Him so that you might be saved. All the dear savior desires is to make you happy, that you may leave your sins, to sit down eternally with him. — George Whitefield

John speaking about the New Heavens and Earth says...

No longer will there be anything accursed, but the throne of God and of the Lamb will be in it, and his servants will worship him. They will see his face, and his name will be on their foreheads. Revelation 22:3–4 (ESV)

...whom heaven must receive until the time for restoring all the things about which God spoke by the mouth of his holy prophets long ago. Acts 3:21 (ESV)

...as we look not to the things that are seen but to the things that are unseen. For the things that are seen are transient, but the things that are unseen are eternal. 2 Corinthians 4:18 (ESV)

1. Does God want us to be happy?

It is a Christian’s duty to be as happy as they can be. — C.S. Lewis

- A. The God we serve is always happy. If we serve a happy God, to properly represent him, we must be a happy people.
- B. The gospel message of what Jesus has done for us is a happy message. It is a message that should make us happy.
- C. Nobody will turn to Jesus if they don’t believe there is happiness to be found in Him.

Rejoice in the Lord always; again I will say, rejoice. Philippians 4:4 (ESV)

Sing aloud to God our strength; shout for joy to the God of Jacob!

Psalm 81:1 (ESV)

Rejoice and be glad, for your reward is great in heaven,...

Matthew 5:12 (ESV)

I will be glad and exult in you; I will sing praise to your name, O Most High.

Psalm 9:2 (ESV)

Rejoice in the Lord always; again I will say, rejoice. Philippians 4:4 (ESV)

The child of God is, from necessity, a joyful man. His sins are forgiven, his soul is justified, his person is adopted, his trials are blessings, his conflicts are victories, his death is immortality, his future is a heaven of inconceivable, unthought-of, untold, and endless blessedness —with such a God, such a Saviour, and such a hope, is he not, ought he not, to be a joyful man? — Octavius Winslow (1800s)

2. Why does our happiness matter?

I assert without hesitation, that the conversion described in Scripture is a happy thing and not a miserable one, and that if converted persons are not happy, the fault must be in themselves... I am confident the converted man is the happiest man. — J.C. Ryle Anglican Bishop (1800s)

If you ask me, “Doesn’t the world need to see Christians as happy in order to know the truth of our faith and be drawn to the great Savior?” My answer is “Yes, yes, yes!” And they need to see that our happiness is the indomitable work of Christ in the midst of our sorrow. — John Piper

3. What is the difference between joy and happiness?

If you have nice little categories for ‘joy is what Christians have’ and ‘happiness is what the world has,’ you can scrap those when you go to the Bible, because the Bible is indiscriminate in its uses of the language of happiness and joy and contentment and satisfaction. — John Piper

For the Jews it was a time of happiness and joy, gladness and honor.

Esther 8:16 (NIV)

But may the righteous be glad and rejoice before God; may they be happy and joyful. Psalm 68:3 (NIV)

The day of death is to true believers a day of happiness and joy.

— Richard Baxter (1600s)

Happiness is no standard for men and women because happiness depends on my being determinedly ignorant of God and His demands... Joy should not be confused with happiness. In fact, it is an insult to Jesus Christ to use the word happiness in connection with Him... Joy is not happiness; there is no mention in the Bible of happiness for a Christian, but there is plenty said about joy.

— Oswald Chambers (1900s)

If ye know these things, happy are ye if ye do them. John 13:17 (KJV 1900)

Behold, we count them happy which endure. Ye have heard of the patience of Job,... James 5:11 (KJV 1900)

4. What role does happiness play in the gospel message?

And the angel said to them, “Fear not, for behold, I bring you good news of great joy that will be for all the people. Luke 2:10 (ESV)

How beautiful upon the mountains are the feet of him who brings good news, who publishes peace, who brings good news of happiness, who publishes salvation, who says to Zion, “Your God reigns.” Isaiah 52:7 (ESV)

...Come and share your master’s happiness! Matthew 25:21 (NIV)

5. Is finding happiness in earthly pleasures unspiritual?

Let your fountain be blessed, and rejoice in the wife of your youth, a lovely deer, a graceful doe. Let her breasts fill you at all times with delight; be intoxicated always in her love. Proverbs 5:18–19 (ESV)

Finally, brothers, whatever is true, whatever is honorable, whatever is just, whatever is pure, whatever is lovely, whatever is commendable, if there is any excellence, if there is anything worthy of praise, think about these things. Philippians 4:8 (ESV)

As for the rich in this present age, charge them not to be haughty, nor to set their hopes on the uncertainty of riches, but on God, who richly provides us with everything to enjoy. 1 Timothy 6:17 (ESV)

6. What does the Bible say about God’s happiness?

The thief comes only to steal and kill and destroy. I came that they may have life and have it abundantly. John 10:10 (ESV)