

# Happiness

Seeing the happiness in Christ





## Paradigm Shift

Seeing happiness as joy and not missing out on what we were meant for

## Meant To Be Happy

Proof that we were made for this and why it matters

## What It Looks Like

Being rooted in faith and in love and how joy comes from this

## Why It Matters

Does it really matter?  
Practical implications.

## Paradigm Shift

- A time when the usual and accepted way of doing or thinking about something changes completely
  - How we tend to think of God
  - Acts 14:16-17- all happiness comes from God. He is the reference point for joy and happiness
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- A hand is holding a camera lens, and through the lens, a scenic view of a lake and mountains is visible. The background of the slide is a blurred landscape with a blue sky and green hills.

# Paradigm Shift

Joni Eareckson Tada says,

“Scripture uses the terms interchangeably along with words like ‘delight,’ ‘gladness,’ ‘blessed.’ There is no skill of relative spiritual values applied to any of these.”

# Paradigm Shift

NIV- Esther 8:16

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

1st use is “a light,” which we translate to mean in context as either joy, gladness or happiness, but it carries a deeper meaning of being relieved of a load or burden and therefore lightened and therefore happy.

2nd use is “joy or gladness”

3rd use is “exultation or rejoicing”

*Note- the 2nd and 3rd usage are interchangeable*

# Paradigm Shift

NLT- Matthew 13:44

“The Kingdom of Heaven is like a treasure that a man discovered hidden in a field. In his **excitement**, he hid it again and sold everything he owned to get enough money to buy the field.”

Translated usually as joy, but literally means: joy, cheerfulness, glad delight

# Paradigm Shift

NET- Psalm 32:11

**Rejoice** in the LORD and be **happy**, you who are godly! Shout for **joy**, all you who are morally upright!

1st use is “to brighten up” or “be gleesome”

2nd use is “to spin around”

3rd use is “to give a ringing cry”

# Paradigm Shift

- Randy Alcorn says,  
"Don't talk of joy as this unemotional transcendent thing and happiness as this worldly thing, because when we do that, we are pushing people, who all seek happiness, away from the gospel."



# Meant To Be Happy

C.S. Lewis said this,

“If God is indeed the primary source of all that’s good and praiseworthy, wouldn’t it be unloving for Him to withhold from us the happiness of praising Him? I think we delight to praise what we enjoy because the praise not merely expresses but completes the enjoyment... To fully enjoy is to glorify. In commanding us to glorify Him, *God is inviting us to enjoy Him.*”

- He made:
  - the garden, beauty, colour, love, us (in His image)
- Content with only Him
  - Hebrews 13:5- be content because everything except Himself can leave or be taken- *but we have Him!*
  - Luke 4:2- “Man shall not live on bread alone but on every word that comes from the mouth of God.” *The word of God should fill us*
- Phil. 4:4-7
- Acts 5:41-42

## What It Looks Like

Happiness (joy) through the hardships of life is possible when we have peace because of the hope we have anchored to the promises of God, which are held firm in our hearts by our faith in God and in God's love for us.



**HAPPINESS/JOY-** Phil. 4:4

**HOPE-**  
Heb. 6:19

**PEACE-**  
Rom. 5:1

**Rooted in our Faith in God**  
Col. 2:5-7; Eph. 3:17

**Rooted in God's Love for us**  
Eph. 3:17-19



## Colossians 2:5-7

For though I am absent from you in body, I am present with you in spirit and delight to see how disciplined you are and how **firm your faith in Christ is.**

<sup>6</sup> So then, just as you **received** Christ Jesus as Lord, continue to live your lives in him, <sup>7</sup> rooted and built up in him, strengthened in the faith as you were taught, and overflowing with thankfulness.

<sup>14</sup> Ephesians 3:16-19

I pray that He may grant you, according to the riches of His glory, to be strengthened with power in the inner man through His Spirit, 17 and that the Messiah may dwell in your hearts through faith. *I pray that you, being rooted and firmly established in love, 18 may be able to comprehend with all the saints what is the length and width, height and depth of God's love, 19 and to know the Messiah's love that surpasses knowledge, so you may be filled with all the fullness of God.*

15 Ephesians 3:16

I pray that He may grant you, according to the riches of His glory, to be strengthened with power in the **inner man** through His Spirit, 17 and that the Messiah may **dwell** in your hearts through **faith**.



## Ephesians 3:17b-19

*I pray that you, being rooted and firmly established in love, 18 may be able to comprehend with all the saints what is the length and width, height and depth of God's love, 19 and to know the Messiah's love that surpasses knowledge, so you may be filled with all the fullness of God.*

The above passage sifted would read like this:

I pray that you... may be able to comprehend... the Messiah's love... so you may be filled with all the fullness of God.



"happy to suffer for the name of Christ."

See how deep rooted faith in the love of God translates to happiness in Him. And that happiness, despite the storms of life, translates to loving others because, as CS Lewis said,

"I think we delight to praise what we enjoy because the praise not merely expresses but completes the enjoyment"

- Where is your happiness/joy coming from?
- Has Covid taken things out of your hearts closet that you didn't want gone?
  - If so, have you been filling them with Christ been upset that they're gone?

Let us individually and as a church deepen our roots in faith and in love so that we cannot be uprooted- but also so that we reach far beyond what we are used to.

## CLOSING VERSE

John 15:11-14 (context is abiding in the true vine)

I have spoken these things to you so that My joy may be in you and your joy may be complete. <sup>12</sup> This is My command: Love one another as I have loved you. <sup>13</sup> No one has greater love than this, that someone would lay down his life for his friends. <sup>14</sup> You are My friends if you do what I command you. John 15:11-14