

HAPPINESS IN LIFE

Request: “I am so unhappy, even to the point of depression. I don’t like feeling this way. I don’t think it is right to feel this way as a Christian. But I can’t seem to do anything about it. How can I regain my happiness as a Christian?”

You might be interested to learn that happiness is not a biblical word but a biblical concept. Happiness is a Middle English word (1100-1500). This English word refers to pleasure, gladness, or good fortune. “Happiness results from the possession or attainment of what one considers good.” (American College Dict., pg.550)

This lesson will introduce the subject of HAPPINESS IN LIFE is a biblical concept.

1. Let me begin by addressing three typical problems associated with unhappiness.

The first problem may be that your **unhappiness is associated with suffering from self-induced misery.** You may be engaged in a situation that is not sinful yet nevertheless painful. You lifted things that were too heavy and now you have pain in your back.

If you want to regain your happiness, you must learn from your experiences to avoid it happening again.

The second problem may be that your **unhappiness is associated with suffering either from a guilty conscience or divine discipline due to personal sin** (Heb.12: 5-11).

If you want to regain your happiness, you must confess your sin, separate yourself from it by walking in Holy Spirit and by reversing your activity and attitude to the will of God by walking by faith (1 John 1:9; Gal.5: 16; 2 Cor.5: 7; Acts 24:16).

The third problem may be that your **unhappiness is associated with undeserved suffering** in CWL (1 Pet.4: 12-16). “But to the degree that you share the suffering of Christ, keep on rejoicing (chairo/ p.a.impv); so that also at the revelation of His glory, you may rejoice (chairo/ a.p.subj) with exultation (agalliazo/ p.m.ptc).” (4:13)

2. The biblical concept of happiness is taught by the following three different Greek words: makarizo (blessed), chairo (rejoice), and agalliazo (be glad).

Makarizo refers to a pronounced blessing that comes from the word of God. It is used in the Beatitudes of the Sermon of Mount (Matt.5: 1-12).

- What is the beatitude (blessed/ makarioi)?
- What is the pronounced blessing (for/ hoti)?
- How many beatitudes are listed_____?

Blessed is the consequence of the characteristic for the condition of the pronounced blessing.

“Blessed – the word means more than ‘happy’ because happiness is an emotion often dependent on outward circumstances.” (NIV, Matt.5:3)

Note the last beatitude (5:11-12). Only beatitude with a verb used with blessed (eimi/p.a.ind).

- Who is addressed _____?
- What is the condition or circumstance _____?
- What is the pronounced blessing _____?
- What two attitudes should be associated with the pronounced blessings _____, _____?
- It has all three Greek words (blessed), (rejoice/ p.a.impv and be glad/ p.a.impv)

Chairo emphasizes a joyful state of mind that comes from the Holy Spirit winning over the flesh (Gal.5: 16, 22-23) and from grace confidence in God's will (2 Cor.7: 13,16; Rom.12: 15; Phil.4: 4-7).

Agalliazo (to be exceedingly glad) emphasizes a positive attitude that comes with faith in the good news of God's word (Luke 1:13-15, 44-47; 10:17-29; John 5:35; 8:56; Acts 2:26/ Ps.16: 8-11; 16:34; 1 Pet.1: 6-8; 4:13-14).

Job's undeserved suffering is used to illustrate this doctrinal principle (James 5:10-11; Job 7:1,4-7; 13:15). **JOB WAS BLESSED (makarizo) TO BE COUNTED WORTHY TO SUFFER FOR CHRIST. THEREFORE HE WILL RECEIVE A PRONOUNCED BLESSING (Job 42:12, 16-17). WHAT IS IMPORTANT IS FOR JOB TO BE ORIENTED TO THE PLAN OF GOD AND THE CHARACTER OF GOD SO THAT HE CAN REJOICE (chairo) AND BE GLAD (agalliazo).**

The doctrinal principle is that God wants us to be blessed and happy no matter what our circumstances.

- Poor in spirit
- Mourn
- Meek
- Hunger & Thirst for +R
- Merciful
- Pure in heart
- Peacemaker
- Persecuted
- Persecuted