

## **FINDING HAPPINESS**

### **Matthew 5:1-12**

“I just want to be happy.” “I just want my kids to be happy.” Many of us have said these words as we desire a good life for ourselves and/or our families. But what is happiness? How do we achieve a happy life? Today, the subject of being happy is a huge book seller, but long before this modern focus, Jesus told his disciples that he came to show them the way to the good life, and his teaching helps us reframe our thinking about happiness.

**Monday: Read Ecclesiastes 2:1-10.**

In what ways have you experienced happiness that doesn't last?

**Tuesday: Read Matthew 5:1-3.**

What kind of people come to mind when you think of “poor in spirit” (NIV), and how do they experience blessing?

**Wednesday: Read Matthew 5:4.**

How do blessings and comfort come to those who mourn?

**Thursday: Read Matthew 5:5-6.**

What do you think it means to be “meek” (NIV)?

What does it mean to “hunger and thirst for righteousness” (NIV)?

**Friday: Read Matthew 5:7-8.**

In your life, in what ways have you experienced God's mercy or had an opportunity to “see God” (NIV)

**Saturday: Read Matthew 5:9-12.**

What does it mean to be a peacemaker in the world today?

Why do you think living according to the teachings of Jesus can lead to resistance or even persecution?

### **SUMMARY**

As Jesus begins the Sermon on the Mount, He shares a teaching known today as the Beatitudes, a list of blessings that lead to a good or full life. The Common English Bible translates each of the items in the list beginning with these words, “Happy are those...” The list doesn't line up with what culture most often tells us will make us happy. Yet, as we explore this list from Jesus, we'll find that modern day studies of happiness support that following the teaching of Jesus may just lead to the “happy” life we desire.

**Happiness is found in what we pursue, not in what we achieve.**