

HOW CAN I BE HAPPY?

Summer Sermon Series 5 HQ – Question #5

Pastor Craig Coulter

"Though a man lives a thousand years twice over, but doesn't find contentment - what's the use?" Ecclesiastes 6:6 (Living Bible)

I. SOLOMON'S SEARCH FOR SATISFACTION

"I decided to enjoy myself and find out what happiness is." Ecclesiastes 2:1 (GN)

1. **Education** doesn't satisfy Ecclesiastes 1:16-18

"... I am better educated than any of the kings before me... (but) the more my wisdom, the more my grief..." (LB)

2. **Pleasure** doesn't satisfy. v. 1-3, 10

"I tested pleasure ... and laughter ... I tried cheering myself with wine, and having a good time ... I acquired a harem... I denied myself nothing my eyes desired; I refused my heart no pleasure... But it proved to be meaningless ..." (NIV)

3. **Achievement** doesn't satisfy v. 4-5,20

"Then I tried to find fulfillment by inaugurating a great public works program; homes, gardens, parks ... reservoirs ... But I turned in despair from hard work as the answer to my search for satisfaction." (LB)

4. **Wealth** doesn't satisfy v. 7-8

"I owned more livestock than anyone else... I piled up silver and gold. In the cultural arts, I organized men's and women's choirs and orchestras." (GN/LB)

5. **Success** doesn't satisfy v. 9, 11

"I became greater by far than anyone in Jerusalem before me... Yet when I surveyed all I had toiled to achieve, everything was meaningless ... under the sun." (NIV)

"So I hated life." 2:17

II. JESUS' KEYS TO HAPPINESS (Matthew 6)

1. **Get to know** God!

"How happy are those who know their need is for God" v. 3 (PH)

2. **Trust** God when life is disappointing.

HOW CAN I BE HAPPY? 5 Hard Questions part 5 (Craig Coulter)

"Happy are those who mourn; God will comfort them!" v. 4 (GN)

3. **Expect** God to meet my needs.

"Happy are those who claim nothing, for the whole earth belongs to them." v. 5 (PH)

4. **Follow** God's instructions.

"Happy are those who's greatest desire is to do what God requires; God will satisfy them fully." v. 6 (GN)

5. Cultivate a **forgiving** heart.

"Happy are the kind and merciful, for they will be shown mercy." v. 7 (LB)

6. Maintain a **clear** conscience.

"Happy are the pure in heart; they will see God." v. 8

7. Build **healthy** relationships.

"Happy are the peacemakers." v. 9

8. Live with an **eternal** perspective.

"Happy are those who are persecuted because they are good... a tremendous reward awaits you in heaven." v. 9-10 (LB)

"This is the true joy in life: being used for a mighty purpose, being a force of nature instead of a feverish, selfish little clod of ailments and grievances complaining that the world will not devote itself to making you happy. I want to be thoroughly used up when I die. Life is no brief candle. It's a splendid torch which I hold for the moment and I want to make it burn as brightly as possible before handing it on to future generations." George Bernard Shaw