# Happiness 1 - What makes you happy?

**Message Study Notes for 15th August 2021**

**Read Matthew 5 verses 1 to 12.**

What makes you happy?

**Talk about how happy things make you feel, what they are, and how long that feeling lasts?**

Research has said that winning the lottery doesn’t make you happier permanently, neither does having children.

**Can you point to anything in your life that has made you permanently happier than you were?**

Some people have been heard to say, ‘If it’s difficult, and brings no pleasure, it must be God’s will. If I like it, it’s the enemy’s deception.’

**Can you think of any reasons why they should say that?**

**Read** **Matthew 6 verses 19 to 20. What does ‘treasure in heaven’ mean to you?**

We said, ‘The deepest and most enduring source of happiness is God,’ and ‘Praise is the overflowing of joy.’

**Read Psalm 37 verse 4, Psalm 100 verse 2 and Philippians 4 verse 4.**

**In what ways might we find joy/happiness in God?**