

ARE YOU HAPPY?

Sunday, October 6, 2024

About half of our level of happiness is based on genes. Some people are just predisposed to be happier and more upbeat than others. But that does not mean you cannot increase your level of happiness if it does not come naturally. In fact, research has suggested that 40% of people's happiness comes from the choices they make.

This year's survey suggests you can be happier if you: Choose to be happy with whatever you do, strengthen your closest relationships and take care of yourself physically, financially and emotionally.

One answer, certainly, is relationships. To be happy, we need enduring, intimate bonds; we need to feel like we belong; we need to be able to confide; we need to be able to get support—and just as important, give support. Anything that deepens or broadens relationships tends to make us happier.

The secret of happiness is to see all the marvels of the world, and never to forget the drops of oil on the spoon.

*Most unhappiness comes from not being able to sit quietly in a room.
Pascal*

*“Happy are those who do not follow the advice of the wicked, or take the path that sinners tread, or sit in the seat of scoffers; but their delight is in the law of the Lord, and on his law they meditate day and night.”
Psalms 1:1-2 NRSV*

1. They don't follow the advice of the wicked.

“Do not be yoked together with unbelievers. For what do righteousness and wickedness have in common? Or what fellowship can light have with darkness?”

What harmony is there between Christ and Belial? Or what does a believer have in common with an unbeliever?”
2 Corinthians 6:14-15 NIV

“For in the gospel the righteousness of God is revealed—a righteousness that is by faith from first to last, just as it is written: “The righteous will live by faith.”
Romans 1:17

“For, “In just a little while, he who is coming will come and will not delay.” And, “But my righteous one will live by faith. And I take no pleasure in the one who shrinks back.””
Hebrews 10:37-38 NIV

“Clearly no one who relies on the law is justified before God, because “the righteous will live by faith.””
Galatians 3:11 NIV

2. They don't take the path that sinners tread.

“It was by faith that Moses, when he grew up, refused to be called the son of Pharaoh's daughter. He chose to share the oppression of God's people instead of enjoying the fleeting pleasures of sin.”
Hebrews 11:24-25 NLT

3. They don't sit in the seat of scoffers

Nor sit [down to rest] in the seat of scoffers (ridiculers).”
Psalms 1.1 AMP

Scoffer - someone who mocks, jeers, or makes fun of a person or thing, often in a way that shows they think it's silly or stupid. An arrogant person.

4. They delight in the Word of God and meditate on it day and night.

...but their delight is in the law (the precepts and teachings) of the Lord, and on his law (precepts and teachings) they meditate day and night.”

*“Joyful (happy) are people of integrity, who follow the instructions of the Lord.
Joyful (happy) are those who obey his laws and search for him with all their
hearts.”*

Psalms 119:1-2 NLT

So then faith [comes] by hearing, and hearing by the word of God.

Romans 10:17 NKJV

*12 For the word of God is alive and powerful. It is sharper than the sharpest two-
edged sword, cutting between soul and spirit, between joint and marrow. It exposes
our innermost thoughts and desires.*

Hebrews 4:12 NLT