

## The Word of God: How to be Happy According to Jesus

### Reflect

How does society define happiness?

How do you define happiness?

Are these definitions congruent with how Jesus defines happiness?

### Read Your Bible

Matthew 5:1-11

Micah 6:6-8

### Apply God's Word to Your Life

1. Re-read the text from Matthew, and substitute the word "happy" for "blessed." How can Jesus' teaching be so different from what everybody else tells us about happiness?
2. Who do you know that lives by Jesus' words? Are they happy?
3. Jesus clearly turns our idea of happiness on its head. How can the poor be happy? Work your way through vv.1-11 and ask that of each beatitude.
4. When have you been blessed/happy according to Jesus' sermon?
5. Did you feel blessed/happy at the time?
6. According to the prophet Micah what is "good" and "required?"
7. After hearing what Jesus and Micah say, what needs to change in your life to be in harmony with the happy life according to God's Word?
8. What's one step toward happiness according to the Word of God?

### Conclusion

Fundamentally, Jesus changes the definition of happiness in the Sermon on the Mount. Much of society and even our human heart tells us that happiness is in the pursuit of property, stuff, toys, wealth, and power. Jesus clearly states something different. Property, stuff, toys, wealth, and power cannot bridge the gap between our soul and God. More often than not, they become idols that further separate us from our need for God. Instead, godly blessing and true happiness come from a relationship with God when we fully depend on God, even in poverty, grief, meekness, spiritual thirst, etc. For it is here when and where we are most dependent upon God. And it is here when we realize that God is immeasurable more than property, stuff, toys, wealth, and power.

### Prayer

Father in heaven, forgive me for I all too often seek happiness apart from you. I seek happiness in ways that hurts the people around me. Forgive me, and help my definition of happiness be your definition. Help me to love and live as you desire me to love and live. As I am transformed by your Word and by your grace may my soul find happiness in loving you and serving the people of your world. In Jesus' name. Amen.