

# The Happiness Myth



Matthew 6:24-34

# Happy/Happiness- OT/NT

- **Happy**- 14 times in the Old Testament (NASB)
  - 2 in Genesis 30:13—the word “Asher” is better translated as “God has set right”
  - 1 section heading in Isaiah 35
- **Happiness**- 4 times in the Old Testament (NASB)
  - Newlywed man not going to war but giving happiness to his wife (Deut. 24:5)
  - Finding happiness in the food and drink God has given you (Eccl. 9:7)
  - Dealing with the happiness of the Coming Messiah (Isa. 52:7)
  - The results of YaHWeH’s removal of blessings upon the nation (Lam. 3:7)
- **Happy**- 2 times in the New Testament (NASB)
  - 1 section heading in Luke 10
  - Romans 14:22 which may be better translated “fortunate or blessed”
- **Happiness**- 0 times in the New Testament (NASB)

**Open Your Bibles to  
Matthew 6:24-25**

# Happiness Comes From...

- Wealth
- Eat
- Drink
- Clothing
- Life
- Love
- Pursuit of happiness
- Serving God
- Money
- Power
- Status
- Stuff

**WE HAVE SWALLOWED A LIE!!!**

**NOT A NEW PROBLEM!!!**

# Seeking Happiness Leads To...

- Confusion and Rationalization
- Worry and Stress
- Forgetfulness and Identity Crisis
- Greed and Idolatry



# Confusion and Rationalization

- Who are we really serving?
  - What does God want me to do?
  - Where does my security really come from?
  - Where is the true measure of success?
  - Whose time is it really?
- “God wants me to support my family the best I can.”
  - “I don’t really enjoy this work, so God obviously wants me to do something else.”
  - “God wants me to build my “nest egg” so that I am safe in an emergency.”
  - “A house with land, a 6-figure job, and a fully-funded retirement means I’m not a failure.”
  - “God wants me at my best. When I’m off the clock, I gotta have ‘me’ time.”

**Continue Reading in  
Matthew 6:26-32**

# Worry and Stress

- The birds of the air
- The lilies of the field
- “You are worth much more than [the birds of the air.]”
- “Not even Solomon was dressed as [well as one of the lilies of the field.]”
- “Can you add a single hour to your life [through worrying or stressing out]?”



# Forgetfulness and Identity Crisis

- **WHO** God is.
- **WHAT** God is capable of.
- **WHAT** God has done for us.
- **WHAT** we have been freed from.
- **WHO** we have been freed to become.

# Greed and Idolatry

- Idolatry is more than bowing a knee or offering a sacrifice to a statue. Paul says that greed is idolatry in Colossians 3:5-9.
- Idolatry causes us to see God incorrectly.
- Seeking “happiness” may seem to start out innocently and with good intentions but can get out of control quickly.
- Greed can mask itself as wisdom and can cost us our souls. Consider Jesus’ parable in Luke 12:15-21.

# What's Jesus' Answer to this Happiness Problem?

Seek God FIRST!

Seek God's definition of doing what's right.

**Listen to what the**  
the blessings God  
has for us there.



Christ's Church in Rock Springs  
grow in respect to salvation.