

What Makes You Happy?

People describe themselves as “happy” for many reasons and in many situations, which is less an outgrowth of imprecision of language and more an illustration that we arrive at several different positive mindsets, all of which are desirable although achieving variety seems even better. The following are selected passages on each form of happiness.

Above the cares of this life

- Matthew 5:3-11 The Beatitudes.
- Romans 4:6-9 Being forgiven.
- James 1:25 Liberty
- Revelation 20:6 Spiritual resurrection

Loving and being loved

- The love of God is perfected in us (1 John 2:5 – 6, 15, 3:1)
- Love the brethren (1 John 2:9 – 11, 3:10 – 15, 3:23 – 24, 4:7, 4:11, 4:20 – 21, 5:1)
- Understanding the love of Jesus and doing it (Ephesians 3:17, 3:19, 4:1 – 2, 4:15, 5:1 – 2)
- Love from a pure heart (1 Peter 1:6 – 25)
- For the love of Christ compels us (2 Corinthians 5:14 – 17)

Joy

- 1 Peter 1:8 Whom having not seen, you love. Though now you do not see Him, yet believing, you rejoice with joy inexpressible and full of glory.
- 1 John 1:4 And these things we write to you that our joy may be full.
- 2 John 4 I rejoiced greatly that I have found some of your children walking in truth, as we received commandment from the father.
- 3 John 3 For I rejoiced greatly when brethren came and testified of the truth that is in you, just as you walk in the truth.

Contentment

- Matthew 10:25 “It is enough for a disciple that he be like his teacher, and a servant like his master.”
- Luke 3:14 Likewise the soldiers asked him, saying, “What shall we do?” So He said to them, “Do not intimidate anyone or accuse falsely, and be content with your wages.”
- 2 Corinthians 9:8 And God is able to make all grace abound toward you, that you, always having all sufficiency in all things, may have an abundance for every good work.
- 2 Corinthians 12:9 And He said to me, “My grace is sufficient for you, for My strength is made perfect in weakness.”
- Philippians 4:11 Not that I speak in regard to need, for I have learned in whatever state I am, to be content.
- 1 Timothy 6:8 And having food and clothing, with these we shall be content.
- Hebrews 13:5 Let your conduct be without covetousness; be content with such things as you have. For He Himself has said, “I will never leave you nor forsake you.”

Achievement

- To be transformed into the image of Jesus (Romans 8:29, 2 Corinthians 3:18, Colossians 3:9 – 10, 2 Peter 1:4)
- To have the faith of Jesus (Romans 3:26, Galatians 2:20, Revelation 14:12)
- To teach angels (Ephesians 3:10, 15 – 21)
- To have the love of Jesus (1 John 3:16, Ephesians 3:19, 5:2)

The Power of Positive Thinking

- Philippians 4:6 – 8 Be anxious for nothing, but in everything by prayer and supplication, with thanksgiving, let your requests be made known to God; and the peace of God, which surpasses all understanding, will guard your hearts and minds through Christ Jesus. Finally, brethren, whatever things are true, whatever things are noble, whatever things are just, whatever things are pure, whatever things are lovely, whatever things are of good report, if there is any virtue and if there is anything praiseworthy – meditate on these things.
- Matthew 6:34 Therefore, do not worry about tomorrow, for tomorrow will worry about its own things. Sufficient for the day is its own trouble.

Selflessness

- Philippians 2:4 Let each of you look out not for his own interests, but for the interests of others.
- Galatians 2:20 I have been crucified with Christ; it is no longer I who live, but Christ lives in me; and the life I now live I live by the faith of the Son of God, who loved me and gave Himself for me.

Self-Deception

- Colossians 2:8 Beware lest anyone cheat you through philosophy and empty deceit, according to the tradition of men, according to the basic principles of the world, and not according to the Christ.
- Matthew 13:22 Now he who received seed among the thorns is he who hears the Word, and the cares of this world and the deceitfulness of riches choke the Word, and he becomes unfruitful.
- Hebrews 3:13 But exhort one another daily, while it is called Today, lest any of you be hardened through the deceitfulness of sin.
- 2 Timothy 3:13 But evil men and imposters will grow worse and worse, deceiving and being deceived.
- James 1:26 If anyone thinks himself religious and does not bridle his tongue but deceives himself, this one's religion is worthless.
- 1 Corinthians 3:18 Let no one deceive himself. If anyone among you seems to be wise in this age, let him become a fool that he may become wise.
- Galatians 6:3 For if anyone thinks himself to be something when he is nothing, he deceives himself.
- 1 John 1:8 If we say we have no sin, we deceive ourselves, and the truth is not in us.