

Righteousness & Happiness

In the Name of the Father, and the Son, and the Holy Spirit, One God. Amen.

Aim

- † To explore the meaning and various perceptions of 'happiness'
- † To understand the true Christian meaning of happiness

Key Verses

“No one can serve two masters; for either he will hate the one and love the other, or else he will be loyal to the one and despise the other.” (Matt 6:24)

“For after all these things the Gentiles seek. For your heavenly Father knows that you need all these things. But seek first the Kingdom of God and His righteousness and all these things shall be added to you. Therefore, do not worry about tomorrow, for tomorrow will worry about its own things. Sufficient for the day is its own trouble.” (Matt 6:32-34)

Lesson

There are different types of happiness and we need to figure out which type of 'happy' we want to be. Some people think that happiness is only to be found in the world and things of the world. They believe if they do whatever they like this will make them happy, even if its not the 'right' thing to do.

Class Discussion

Righteousness is defined as 'doing the right thing; making the right decisions'.

Does righteousness ban us from being happy? Is happiness a temporary thing?
Do we look at things of the world that seem to be making others happy, and want to be like them? Are these people really 'happy'?

This cannot be true because sin separates us from God, and if we are far from God, we are far from true happiness. Sometimes we become happy in sin because it seems to quench a desire in us to belong or to feel good about ourselves.

When we are far from God, we feel uneasy about things, however after confess we feel refreshed, free and **happy**.

We should be happy by doing the right thing.

“All the rivers run into the sea, yet the sea is not full; to the place from which the rivers come, there they will return again. All things are full of labour; man cannot express it. The eye is not satisfied with seeing, nor the ear filled with hearing.” (Ecc 1:7-8)

Righteousness & Happiness

We will never be content without Christ. Everything on this earth passes away – except for one thing – Christ. Investing in this world is futile – investing in God is everlasting.

Matthew 6:24-34 (Key verses)

If we place our trust in Christ, He will supply us with everything we need. We will not need to worry about making ourselves happy because He will be doing that for us – whilst we concentrate on remaining in righteousness.

Happiness in suffering

The church is always happy even during Passion Week, and on Good Friday, which is considered the most sorrowful day in the church. Despite this, no one ever leaves church unhappy!

Our numerous martyrs, such as St Demiana & St George, were happy despite the persecutions they were enduring. Their happiness in Christ was the power that gave them strength to endure their sufferings; if they weren't happy they wouldn't have continued with this kind of life.

Real happiness is covered under Righteousness. St Anthony and/or St Bishoy spent their lives in the desert, yet they were **happy**. Otherwise, how would they have been able to endure such harsh lifestyles? On the contrary, to them it was a sweet existence because they were with Christ.

Many of our fathers left this world (died) in peace; or by seeing Christ come to them; hearing angels singing; seeing a light in the room with a sweet aroma. On the other hand, unrepentant sinners often die in fear; not ready to leave this Earth

“And will cast them into the furnace of fire. There will be wailing and gnashing of teeth. Then the righteous will shine forth as the sun in the kingdom of their Father. He, who has ears to hear, let him hear.” **(Matt 13:42-43)**

In eternal life, happiness is in heaven with God and the saints, and darkness and sadness is outside the kingdom of God.

If we truly want to be content in our lives, happiness will only come from the one true source of joy – Our Lord Jesus Christ.

Glory is to God forever. Amen.