# Happiness 2 - How to be Happy

**Message Study Notes for 22nd August 2021**

Jesus says in **Matthew 13:**

‘The kingdom of heaven is like a treasure hidden in a field, which a man found. Then he covered it up and, in his joy, he went and sold all he had and bought the field.’

Having the fulness of joy Jesus offers, means NOT pursuing happiness elsewhere.

**Is this hard to do? Why?**

**Read Galatians 5 verses 22 to 23.**

The bible rebukes the grumpy: those whose base setting is to be comfortable with no joy.

**Why should grumpiness be wrong?**

**Read** **Luke 11 verse 5 to 13.**

**What’s the point of this passage?**

The original Greek is: ‘Keep on asking. Keep on seeking. Keep on knocking.’ Christians should continue to ask, seek, knock, wanting more of God.

**What might make this difficult, or make us give up?**

*‘The key to happiness lies in having a right relationship with our past, present, and future.’*

**What sorts of things do we carry from our past that act badly on us today?**

If ‘Jesus came to SAVE sinners, of whom I am the worse,’ we have spiritual humility. We know our failures. Yet God still says, ‘I love you.’

**Does that help? In what way?**

**Read** **Luke 11 verses 12 to 13 again.**

It’s not just getting God’s blessing, but getting more of God, seeking more of God’s Spirit.