

What Makes You Happy?

5 MINUTES / 5 DAYS

MONDAY**What Makes You Happy?***Matt. 22:36-39*

What makes you happy? Hobbies? Movies? Food? Vacation? What if we think those things, along with others, will make us happy because we don't know what will actually make us happy? How many times have we done something that we thought would bring happiness, but in the end it didn't pan out? I don't know about you, but there have been vacations that, when I returned, I needed a vacation from the vacation! Happiness wears off over time, so we continuously look for the next thing that will make us happy. What if happiness is more about *Whom* than *what*? We're going to look at this question more deeply this week.

Read today's passage and ask yourself, "Am I loving God with everything within me?"

TUESDAY**Our Own Worst Enemy***Jn. 10:10-11; Jn. 16:33; Rom. 6:6,16*

Do you want to be happy? Are you? What do you think it would take to make you happy? Jesus tells us that in this life we will have trouble, or trials and sorrows. Life doesn't always go our way. We may not always be happy. However, Jesus said for us to take courage because He has overcome the world. He came to give us the abundant or the best possible life. This means He wants us to have a great, extraordinary life.

Sometimes we get in the way of that with our choices. Other times things happen beyond our control. Jesus will always be there for us no matter what we are going through.

Read the Romans verses and ask, "Am I getting in the way of the life Jesus wants me to live? Know that God loves you and wants the best for you."

Glorifying God by producing more maturing followers of Jesus.

WEDNESDAY**Peace With God***Rom. 5:1; Col. 1:13-14*

How would you feel if someone is mad at you or has something against you? Would it bother you? Could you have more peace in your life? This is a trait that happy people display. Peace can be defined as knowing things are good between you and someone else.

Romans chapter 5 tells us that when we come to faith in Jesus, we have peace with God. We can have peace with others and ourselves because of what Jesus has done for us. He cares for us and will not turn His back on us.

Know that if you have placed your faith in Jesus, you have peace with God and can have peace with others and yourself.

THURSDAY**Joy vs. Happiness***Jn. 14:1-6; Jn. 16:33*

We've been talking this week about happiness. Some of us may be thinking that happiness is based on our circumstances and is a much more shallow version of joy.

A way to define joy is a deep abiding assurance that Jesus is sovereign over all creation. I believe this definition can help us in the difficult times or the times we may not be happy. We can know that Jesus will be with us during those times. He cares about all that happens to us, the ordinary and mundane to the extraordinary—He cares about it all!

Take courage that Jesus knows what is going on in your life and that He will never leave you nor will He turn His back on you.

FRIDAY**Who Makes You Happy***Lk. 10:25-37; Matt. 22:36-40*

This week we've been building upon a question, "What if happiness is more about *Whom* than *what*?"

Jesus is the only person who can make us truly happy, who can give us joy. People will let us down, but Jesus will never let do that! We may not get our way, but we can trust that He has our best interests in mind. Happiness can be fleeting only lasting for a moment. Jesus, however, can give us a joy that can be with us no matter how dire the circumstance or situation may be. The passages today discuss that what makes us truly happy is being in a right relationship with God, with others and with ourselves. Who makes you happy? Are you pursuing Jesus to find true happiness, or are you pursuing something or someone else?

Know that being in a right relationship with God, others, and yourself can bring joy and happiness to your life.