

# Living the Happy Life

## By Blessing More

*The world's most popular radio station is WII FM. That stands for What's In It For Me? Because we all tune in to that channel more often than we'd care to admit, there's a danger that we'll get comfortable, kick off our shoes, and slip into the entitlement t-shirt. On the back of the shirt is the WII FM logo, and on the front is the badge, "Whatever It Is, I Deserve It." Interestingly enough, Jesus seems to have agreed and when he delivered the Sermon on the Mount, he started it all off by answering the WII FM question for the crowd. It turns out, our happiness hinges on our blessedness.*

*Matthew 5:3-12*

1. Happiness is a \_\_\_\_\_ – it's a \_\_\_\_\_.
2. Jesus called out the \_\_\_\_\_.
3. The more we \_\_\_\_\_, the \_\_\_\_\_ we become.
4. Bring out the \_\_\_\_\_ and you'll bring Out \_\_\_\_\_.

### ***My Count Me In! Commitments***

- I'll be here next Sunday
- I'll invite a friend
- I'll honestly compare the Be Attitudes lists to see where I need work
- I'll pay attention to my own words: Are they bringing out the best in others?
- I'll encourage someone outside my close associates once a day

### **Additional Notes**

# Digging Deeper, Going Further

**Scripture:** Matthew 5:1–12

**Introduction:** This week’s sermon passage is the opening of the longer Sermon on the Mount. This “sermon” is commonly referred to as a literary masterpiece that is unequalled. Notice that Jesus begins the discourse with positive affirmations. As Dr. Bill pointed out in the Conversation, the word translated as blessing (*makarioi*) can be translated as happy, and indeed carries the idea that one who is “blessed” is a person who is “happy.”

1. “Raindrops on roses and whiskers on kittens” were some of Sister Maria’s favorite things in *The Sound of Music*. What are some of the things, people, or circumstances that are your favorite things? Do they make you happy?
2. Is there a difference between joy and happiness? If so, what are the differences?
3. Read Matthew 5:1–12. Notice that the last “blessing” in verses 11–12 is an expansion of the blessing in verse 10. What significance is there that the eight couplets are set off within the literary frame “For theirs is the kingdom of heaven”?
4. Read Luke 6:20–23. What are the similarities and differences between the two lists?
5. Read Philippians 4:11–13. Do you think being content in “whatever circumstances” is the beginning of happiness or is it the result of happiness? Why?
6. Dr. Bill suggested that our own happiness is largely based on how well (and how much) we bless others. Share a time when you’ve experienced this in your own life.
7. Read Galatians 5:19–26. Paul provides us with two be-attitude lists. How could you help lead someone who lived within the first be-attitude list become a person of the second be-attitude list?

*Who will you invite to worship with you this week?*

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