The Pursuit of Happiness

A Superior Way to Happiness

Philippians 4:11-13
Happiness is not determined by circumstances

- Not what you have
- Not pleasure
- Not freedom from suffering
- Not the result of deliberate steps

Heb. 13:5; Eccl. 2:1-3; Jas. 1:2-3
Happiness is what you are

- A sense of meaning and purpose
- Perspective
- Doing
- Anticipation

Eccl. 12:13; 3:22; 5:22; 2:11; Tit. 2:13
The Secret to Happiness

- Practice moderation
- Look beyond self
- Let go of resentment and guilt
- Trust your life to God

Eccl. 7:16-18; Eph. 4:31-32; Matt. 6:25-34; 1 Pet. 5:6; Prov. 16:20