

# The Christian Arsenal

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## HOW CAN I BE HAPPY? Answering Life's Toughest Questions

Dr. Ken Culver

Part 2 of 7  
Ecclesiastes 6:6

*"Though a man lives a thousand years twice over, but doesn't find contentment, what's the use?" Eccl. 6:6 (LB)*

### I. SOLOMON'S SEARCH FOR SATISFACTION

*"I decided to enjoy myself and find out what happiness is." Eccl. 2:1*

#### 1. EDUCATION DOESN'T SATISFY. ECCL. 1:16-18 (LB)

*"...I am better educated than any of the Kings before me ... (but) the more my wisdom, the more my grief..."*

#### 2. PLEASURE DOESN'T SATISFY. ECCL. 1:3,10 (NIV)

*"I tested pleasure ... and laughter ... I tried cheering myself with wine, and having a good time ... I acquired a harem ... I denied myself nothing my eyes desired; I refused my heart no pleasure ... but it proved to be meaningless."*

Pleasure promises more than it can deliver; it accomplishes nothing; it doesn't last and it leaves you bored.

#### 3. ACHIEVEMENT DOESN'T SATISFY. ECCL. 1:4-5, 20

*"Then I tried to find fulfillment by inaugurating a great public works program; homes, gardens, park... reservoirs ... but I turned in despair from hard work as the answer to my search for satisfaction."*

#### 4. WEALTH DOESN'T SATISFY. ECCL. 1:7-8 (GN/LB)

*"I owned more livestock than anyone else ... I piled up silver and gold. In the cultural arts, I organized man's and women's choirs and orchestras."*

#### 5. SUCCESS DOESN'T SATISFY. ECCL. 1:9,11 (NIV)

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*"I became greater by far than anyone in Jerusalem before me ... yet when I surveyed all I had toiled to achieve, everything was meaningless... under the sun."*

## **TWO WAYS TO EXPERIENCE A MID-LIFE CRISIS**

- Unfulfilled dreams
- Unfulfilled success  
Solomon's conclusion about satisfaction

*"So I hated life."* Eccl. 2:17

## **II. JESUS' KEYS TO HAPPINESS (Matt. 6:3-10)**

### **1. GET TO KNOW GOD!**

*"How happy are those who know their need is for God."* V. 3 (Ph)

If anything but God is at the center of your life you will not be satisfied.

Augustine: "Thou, O Lord, hast made us for Thyself and our hearts are restless until they find themselves in Thee."

### **2. TRUST GOD WHEN LIFE IS DISAPPOINTING**

*"Happy are those who mourn; God will comfort them."* V. 4 (GN)

### **3. EXPECT GOD TO MEET MY NEEDS.**

*"Happy are those who claim nothing, for the whole earth belongs to them."*  
V. 5 (Ph)

### **4. FOLLOW GOD'S INSTRUCTIONS**

*"Happy are those who's greatest desire is to do what God requires; God will satisfy them fully."* V. 6 (GN)

God wants you to enjoy life not just endure it.

### **5. CULTIVATE A FORGIVING HEART.**

*"Happy are the kind and merciful, for they will be shown mercy."* V. 7 (LB)

You cannot be resentful and happy at the same time.

### **6. MAINTAIN A CLEAR CONSCIENCE.**

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*“Happy are the pure in heart; they will see God.” V. 8*

Guilt destroys happiness.

## 7. BUILD HEALTHY RELATIONSHIPS

*“Happy are the peacemakers.” V. 9*

It doesn't matter if everything else is going good in your life. If your relationships are bad, life stinks.

## 8. LIVE WITH AN ETERNAL PERSPECTIVE.

*“Happy are those who are persecuted because they are good ... a tremendous reward awaits you in heaven.” V. 9-10 (LB)*

*“Seek your happiness in the Lord, and He will give you your heart's desire.” Psalm 37:4*

Happiness is not a result of circumstances – Happiness is a choice.