



**Does God want you to be happy?**





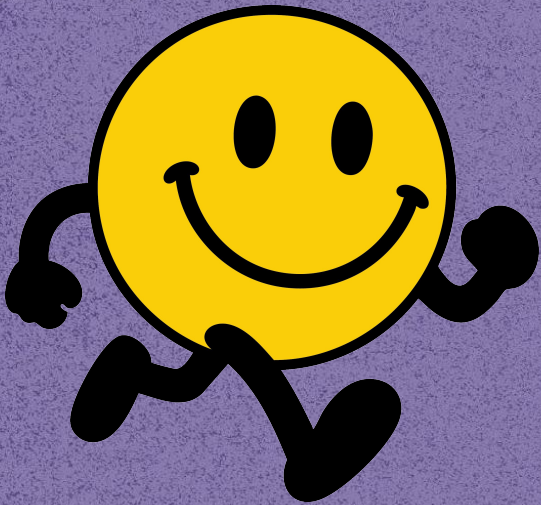
Chasing  
Happy\*

*\*The Right Kind*



# Chasing Happy

1. Chasing American Happiness
2. Chasing Biblical Happiness
3. Chasing Relational Happiness





“We hold these truths to be self-evident, that all men are created equal, that they are endowed by their Creator with certain unalienable Rights, that among these are Life, Liberty and the pursuit of Happiness.”



- Declaration of Independence



# World Happiness Report 2025

USA: 24th (all time low)





31 So do not worry, saying, 'What shall we eat?' or  
'What shall we drink?' or 'What shall we wear?' 32  
For the pagans run after all these things, and your  
heavenly Father knows that you need them. 33 But  
seek first his kingdom and his righteousness, and all  
these things will be given to you as well.

Matthew 6:31-33



You make known to me the path of life;  
you will fill me with joy in your presence,  
with eternal pleasures at your right hand.

Psalm 16:11



9 As the Father has loved me, so have I loved you.  
Abide in my love. 10 If you keep my  
commandments, you will abide in my love, just as I  
have kept my Father's commandments and abide in  
his love. 11 These things I have spoken to you, that  
my joy may be in you, and that your joy may be full.

John 15:9-11





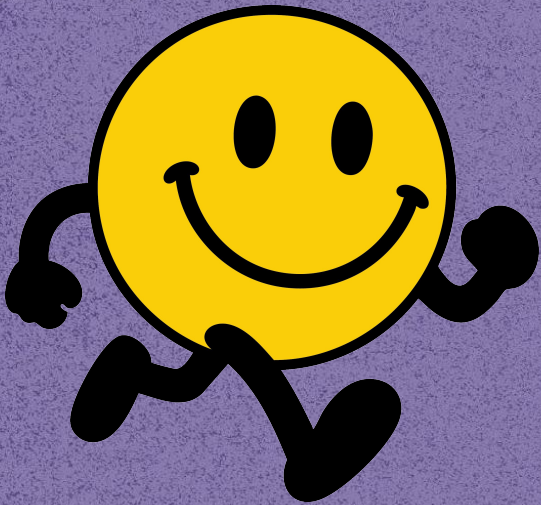
Cling to the King





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# Happily Ever After?



- 2/3 of Americans believe in a “soulmate”.



# Happily Ever After?



- 2/3 of Americans believe in a “soulmate”.
- Between 40 and 50% of marriages in the US end in divorce.



“A holier you leads to a healthier you, which leads to a happier you, which leads to a happier marriage. We will all face the normal struggles of becoming more like Jesus, but here’s the great hope: God designed marriage to make us holy even more than to make us happy...

- Gary Thomas, *Sacred Marriage*



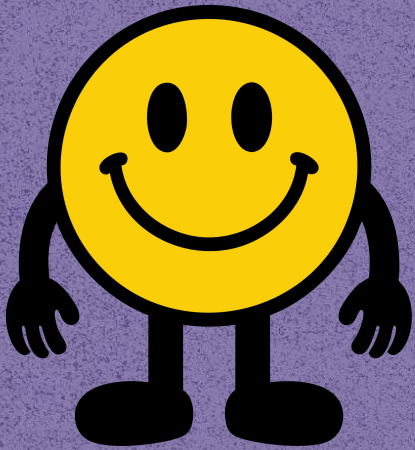
...Happiness built on circumstances is fragile, but happiness that flows from a holy life is steady. A holy marriage — one marked by humility, repentance, and grace — becomes the happiest marriage, because holiness restores harmony between us, God, and one another.”

- Gary Thomas, *Sacred Marriage*



# Marriage Math

$$1/2 + 1/2 = 1.00$$

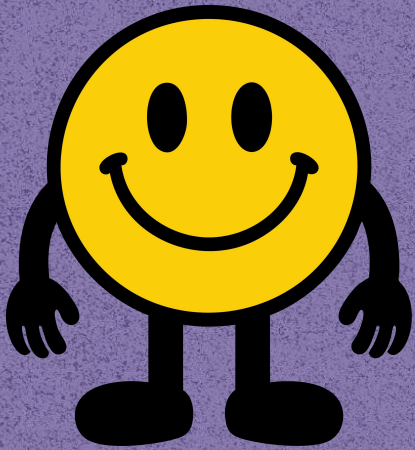




# Marriage Math

$$1/2 + 1/2 = 1.00$$

$$1/2 \times 1/2 = 0.25$$





Relationship Status: Single





11 Jesus replied, “Not everyone can accept this word, but only those to whom it has been given. 12 For there are eunuchs who were born that way, and there are eunuchs who have been made eunuchs by others—and there are those who choose to live like eunuchs for the sake of the kingdom of heaven. The one who can accept this should accept it.”

Matthew 19:11-12



“Sin is unwillingness to trust that what God wants is our deepest happiness.”

**- St. Ignatius of Loyola**



“Indeed, if we consider the unblushing promises of reward and the staggering nature of the rewards promised in the Gospels, it would seem that Our Lord finds our desires not too strong, but too weak...



...We are half-hearted creatures, fooling about with drink and sex and ambition when infinite joy is offered us, like an ignorant child who wants to go on making mud pies in a slum because he cannot imagine what is meant by an offer of a holiday at the sea. **We are far too easily pleased.”**

**- C.S. Lewis**