



PURSUING HAPPINESS: PLEASURE.

“YOU MAKE KNOWN TO ME THE PATH OF LIFE;
IN YOUR PRESENCE THERE IS FULLNESS OF JOY;
AT YOUR RIGHT HAND ARE PLEASURES FOREVERMORE.”

PSALM 16:11

PURSUING PLEASURE.

But now you're in college-surrounded by a world that rejects that message. It casts it off as silly, childish, fairy-tail stuff not meant for the real world. Well... most of the message. They can't reject the part about searching for life-everyone is looking for life. Ultimate happiness. This world, this campus, your major, your professors are looking for happiness and are following the promise of finding real happiness just around the corner.

And where do we look to find happiness? How does this world define happiness?

- Life - as in more than breathing; exhilaration; fulfillment
- Joy - that elated feeling when things go right for you! First date butterflies.
- Pleasure - able to swim in fun; always something exciting to see and do and experience

“Our hearts are restless, until they can find rest in you.” - **Augustine**

REAL PLEASURES.

Pleasures give happy satisfaction to our restless hearts. When was the last time you experienced restlessness? I would guess that it wasn't long ago-maybe last night as you tried to fall asleep, you weren't able to rest well because you were battling anxiety. Maybe you've been restless during the pandemic, whether because you've had to spend time alone or because you're worried about contracting the virus. Perhaps you get restless when you think of death and what comes next. Well here are a few ways that God provides happy satisfaction to your restless hearts.

1. God provides a way of salvation to those who trust in Him.

Restless about the end of your life?

Ephesians 2:8-9 - “For by grace you have been saved through faith. And this is not your own doing; it is the gift of God, not a result of works, so that no one may boast.”

Romans 8:1 - “There is therefore now no condemnation for those who are in Christ Jesus.”

2. God provides intimacy, guidance, comfort, and joy to his children.

Maybe you feel lost in this life, restless about what is coming next.

Psalms 23:2-4 - “He makes me lie down in green pastures. He leads me beside still waters. He restores my soul. He leads me in paths of righteousness for his name's sake. Even though I walk through the valley of the shadow of death, I will fear no evil, for you are with me; your rod and your staff, they comfort me.”

3. God provides gifts for his children to enjoy in this life.

Evidences of his love and care.

Psalms 23:5 - “You prepare a table before me in the presence of my enemies; you anoint my head with oil; my cup overflows.”

4. God provides his children with the hope of a future.

Something to look forward to and cling to.

Psalms 23:6 - “Surely goodness and mercy shall follow me all the days of my life, and I shall dwell in the

house of the Lord forever.”

Hebrews 10:32-34 - “But recall the former days when, after you were enlightened, you endured a hard struggle with sufferings, sometimes being publicly exposed to reproach and affliction, and sometimes being partners with those so treated. For you had compassion on those in prison, and you joyfully accepted the plundering of your property, since you knew that you yourselves had a better possession and an abiding one.”

DISCUSSION QUESTIONS.

1. When was the last time you experienced restlessness? Why?
2. Have you experienced God calming your restlessness? Talk about that.
3. How is God providing for you right now?
4. Have you placed your faith in Christ, satisfying your greatest need?