

Don't Worry-Be Happy!

Part 1—The First Step to Happiness

Matthew 5:3-12

1. The Popular Idea of Happiness: Having the Right _____.

Ecclesiastes 2:1—¹I decided to enjoy myself and find out what happiness is . . . (GNT)

- Dead ends:
 - Accumulating _____

Ecclesiastes 2:8—⁸I collected great sums of silver and gold, the treasure of many kings and provinces. I hired wonderful singers, both men and women, and had many beautiful concubines. I had everything a man could desire! (NLT)

- Experiencing _____

Ecclesiastes 2:3 & 10—³I tried cheering myself with wine, and embracing folly—my mind still guiding me with wisdom. I wanted to see what was worthwhile for men to do under heaven during the few days of their lives. ¹⁰I got whatever I wanted and did whatever made me happy. But most of all, I enjoyed my work. (NIV/CEV)

- Achieving _____

Ecclesiastes 2:4-6 & 9—⁴I also tried to find meaning by building huge homes for myself and by planting beautiful vineyards. ⁵I made gardens and parks, filling them with all kinds of fruit trees. ⁶I built reservoirs to collect the water to irrigate my many flourishing groves. ⁹So I became greater

than all who had lived in Jerusalem before me, and my wisdom never failed me. (NLT)

Ecclesiastes 2:17b—¹⁷. . . All of it is meaningless, a chasing after the wind. (NIV)

2. God's Way to Happiness: Having the Right _____.

- The Beatitudes—8 secrets of happiness
 - Blessed means _____
 - The point of these “contradictions”: My happiness is not determined by what's happening _____ me but rather what's happening _____ me!
- Happiness doesn't depend on _____ circumstances; it's determined by my _____ attitude
 - Happiness is a _____

3. The First Step to Happiness:

Matthew 5:3—³Blessed are the poor in spirit for theirs is the kingdom of heaven. (NIV)

- “Poor in spirit” means to depend on God . . . He's talking about _____
 - The opposite of poor in spirit is _____ or _____

Matthew 5:3a—³Happy are those who know they are spiritually poor . . . (GNT)

Matthew 5:3a—³How happy are the humble-minded . . . (Phillips)

- If you want to have _____ happiness then you need to learn to be _____
- How humility increases my happiness:
 - It reduces _____
 - It improves my _____
 - It releases _____

James 4:6—⁶God gives strength to the humble but sets Himself against the proud. (TLB)

Matthew 5:3—⁵Happy are those who know their need for God, for the kingdom of heaven is theirs! (Phillips)

John 13:17—¹⁷Now that you know the truth; how happy you will be if you put it into practice! (GNT)

Action Steps . . .

- Develop an attitude of humility
- Fully rely on God