

I. The Fixation on Happiness

As we _____ happiness, we also realize that happiness is very _____. It is hard to _____ onto.

1. Happiness is elusive because _____ on our own happiness makes us more _____ - _____, and then this self-centeredness actually works _____ happiness.

2. Happiness is elusive because the things that make us happy don't _____ long and they can be _____ away.

3. Happiness is elusive because we are not good at _____ what kinds of things will _____ make us happy.

Happiness is not what should be our main _____ in our lives because that just doesn't really work. – Daniel Gilbert, *Stumbling on Happiness*

II. Set Our Minds on Things Above

It is not a self-centered life, but a _____ - _____ life that will be more meaningful and more _____.

1. We confront the happiness-hunter culture by _____ God with all our hearts, mind and strength. It means that we have to _____ God in our lives instead of pursuing our own happiness.

Colossians 3:3-4: "For you died, and your life is now hidden with Christ in God. When Christ, **who is your life**, appears, when you also will appear with Him in glory."

Paul wants believing Christians to know that _____ is at the

_____ of your life.

_____ is the only thing in this world that is _____ and sufficient. So, a God-centered life is not like the _____ of trying to find happiness.

2. We confront the happiness-hunter culture by _____ our neighbors as ourselves. This is because the things that we do for _____ people will often be the most _____ and most fulfilling parts of our lives.

Loving others also means that we have to _____ with them into their places of _____. And, when my happiness is not our main _____, then we can be more _____ to be in those sad places.

Conclusion:

In our world, _____ is not the primary problem. Instead, we would say that my _____ is the primary problem... And _____ is not the main solution, the _____ of Jesus is.

Questions for Further Reflection or Discussion:

- 1) In what ways do you see evidence that our culture is fixated on happiness?
- 2) How does a Biblical worldview contradict happiness as the chief goal of our lives?
- 3) Give an example of a time in your life when helping someone else ended up bringing you a great sense of meaning and fulfillment.