

# THE FIRST STEP TO HAPPINESS

## Part 1 of 8

### Matthew 5:3-12

1. The popular idea of happiness:

Having \_\_\_\_\_ (Eccl. 2:1-26)  
(Solomon) "I decided to enjoy myself and find out what happiness is ..." (vs. 1 GN)

Dead Ends:

- \* Accumulating \_\_\_\_\_ (vs. 7-8)
- \* Experiencing \_\_\_\_\_ (vs. 3, 10)
- \* Achieving \_\_\_\_\_ (vs. 4-6, 9)

"All of it is meaningless, a chasing after the wind." (vs. 17)

## 2. God's way to happiness:

Having \_\_\_\_\_ (Matt. 5:3-12)

"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!

## 3. The first step to happiness: \_\_\_\_\_

"Blessed are the poor in spirit for theirs is the kingdom of heaven." (vs. 3)

How Humility Increases My Happiness:

- \* It reduces \_\_\_\_\_
- \* It improves \_\_\_\_\_
- \* It releases \_\_\_\_\_

"God gives strength to the humble, but sets himself against the proud." James 4:6 (LB)

"Happy are those who know their need for God, for the kingdom of heaven is theirs!"  
Matt. 5:3 (Ph)

"Now that you know the truth, how happy you will be if you put it into practice!"  
John 13:17 (GN)