

Teen Topics

Happiness

The Issue:

Of all the desires in life, happiness may be something people crave more than anything else. The idea of being happy is often seen as the most important thing in life, yet so many people seem to struggle with being happy. We all want to be happy, but do we know how to achieve happiness? Let's explore what the Bible says about the pursuit of happiness.

What does the Bible say?

Note how these verses correct false ideas about happiness:

- > [Job 20:5](#) - Things of the world don't bring real, lasting happiness
- > [1 Tim. 6:6-7](#) - Contentment, instead of trying to get more, is key

Note what the Bible says is the source of real happiness:

- > [Psalm 16:8-11](#) - Knowing & following God brings fullness of joy
- > [Psalm 37:4](#) - Delighting in God, not selfish pursuits = a full heart
- > [Psalm 1:1-3](#) - Focusing on God and His Word = a blessed life

What should I do?

In order to experience happiness, we need to find it in the right place. Happiness that is found in experiences, possessions, and relationships doesn't last because God didn't create such self-focused pursuits to be the source of happiness. Always remember:

- Apart from God we won't find true happiness because God intends for us to find our happiness in Him.
- Joy and satisfaction are found in the blessings we experience as we live as God intended us to live.

The key to happiness is found in seeking God, not happiness itself. When we grasp this truth, we'll find that we can have contentment in any circumstance ([Phi. 4:10-12](#)) and even joy in trials ([James 1:2-4](#)). God desires us to experience these blessings as we lean into a relationship with Him!