



# How to be Happy!

March 25, 2020



First, before continuing on, read the attached article: *The Upside of Anger*.

Now that we've read about how it can be good to be angry, let's read Matthew 5: 1-12.

**5** Now when Jesus saw the crowds, he went up on a mountainside and sat down. His disciples came to him, <sup>2</sup> and he began to teach them.

<sup>3</sup> "Blessed are the poor in spirit,  
for theirs is the kingdom of heaven.

<sup>4</sup> Blessed are those who mourn,  
for they will be comforted.

<sup>5</sup> Blessed are the meek,  
for they will inherit the earth.

<sup>6</sup> Blessed are those who hunger and thirst for righteousness,  
for they will be filled.

<sup>7</sup> Blessed are the merciful,  
for they will be shown mercy.

<sup>8</sup> Blessed are the pure in heart,  
for they will see God.

<sup>9</sup> Blessed are the peacemakers,  
for they will be called children of God.

<sup>10</sup> Blessed are those who are persecuted because of righteousness,  
for theirs is the kingdom of heaven.

<sup>11</sup> "Blessed are you when people insult you, persecute you and falsely say all kinds of evil against you because of me. <sup>12</sup> Rejoice and be glad, because great is your reward in heaven, for in the same way they persecuted the prophets who were before you.

So, we first read that it's okay to be upset and angry because it shows your passion and fuel for the things you care about. Without passion, you wouldn't care about anything. But now, let's look at this on the flip side. What about being happy? What does it take to be happy?

“When we think of happy people, we usually think of people who are laughing and having fun. But Jesus says that people who are hopeless and grieving are happy too. Can you think of people who seem to be happy and content with life despite bad circumstances?”  
(Submerge, 2019 Cokesbury)

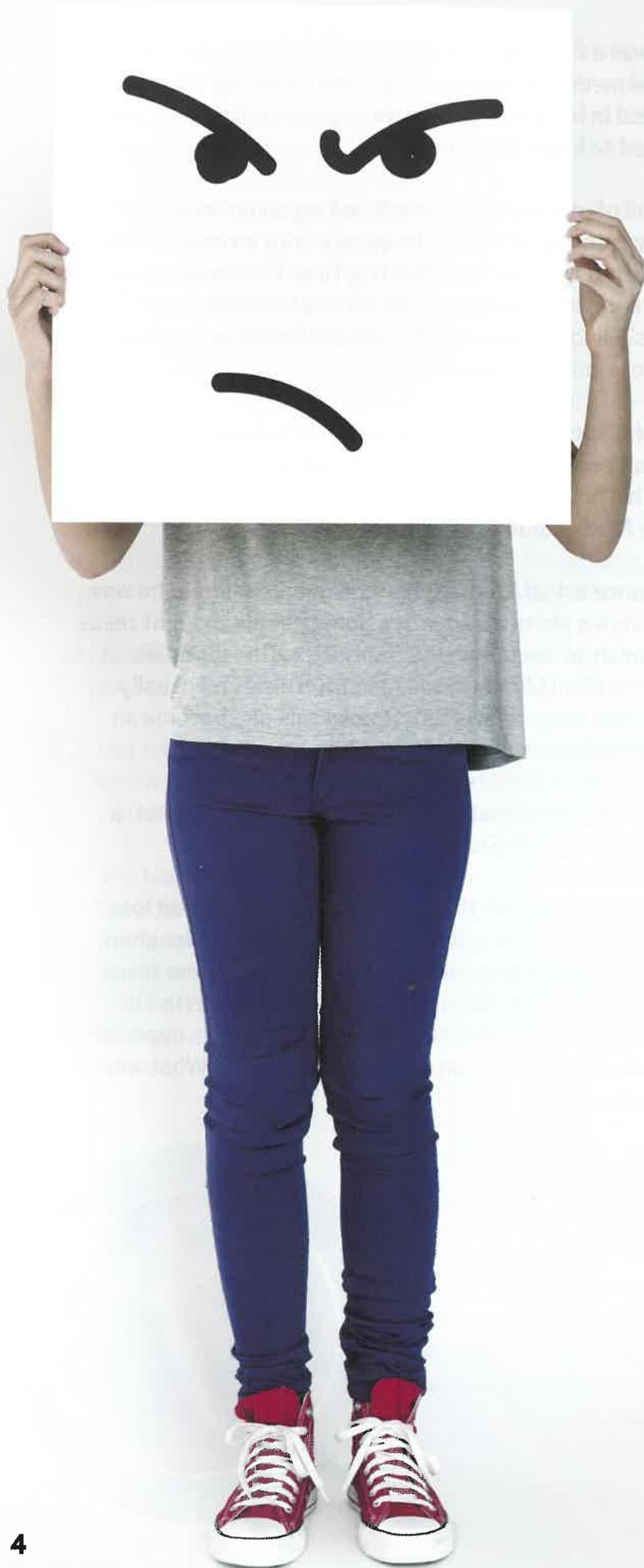
How can WE find happiness in our current day-in-age? It seems with everything going on in our society: the Coronavirus & death & overall scariness out in the world today, that it would be nearly impossible to be happy. Wouldn't it? Well... I want you to try something! Make a list of things that make you happy. This can be ANYTHING and it can be as long of a list as you want. Here are just a few examples of things to think about: A Song, A Movie, Favorite Food, A Friend, A Family Member or A Memory. I want you to think about the things from this list that make you the most happy.

I encourage you to listen to a song that truly makes you happy. And while you listen to this song, journal or draw a picture of the things that make you happy. Or just write and draw how you are feeling. Take the time to be thankful and grateful for the things you have in your life. Evaluate those happy thoughts and memories and think about WHY they make you happy.

(Break for Song & Journaling/Drawing)

Happiness can take many forms. Some in physical, some in emotional or even mental. But I encourage you to think about a happiness that comes in a spiritual form. Think about the fact that if you can establish a relationship with Christ, if you believe and put your trust, hope, faith and even life in God, you can find happiness. But not just a life on earth. God will provide a happiness that will last an eternity. He can grant you salvation in heaven. God will take care of you. Does that mean you don't have to try and live a good, healthy, happy life? No. But by believing in God, you can surely find sincere and true happiness and love.

Self-Prayer: (Suggestion: Thank God for the happiness that you can find in your life every day.)



# The Upside of Anger

Anger is a scary emotion for many people. That's because anger tends to produce a strong physical reaction. Some people get hot and turn red. Some people feel the urge to yell or to release physical energy. Some people tense up and can't relax.

Anger also can cause people to feel out of control. Some people worry that if they allow themselves to feel anger, they will lose their temper and do or say something they'll later regret. That's certainly possible. It's important to pause, think, and pray before you react in anger. But that doesn't mean you never should feel angry.

Anger isn't a bad or negative emotion. Anger is a clue that something is wrong in a relationship or in a community. It's normal to feel angry when someone treats you unkindly or unfairly. It's normal to feel angry when you see injustice happening in your community.

Think of anger as a form of caring. People don't get angry about situations they don't care about. If a stranger says something unkind, you might just brush it off. But if your friend says something unkind, you probably will feel hurt and angry. The more you care about a relationship or a community, the more likely you are to feel angry if something unkind or unfair is happening.

Take Jesus, for example. Jesus loved and cared about everyone, so he got angry when people were treated badly. You may not have heard much about Jesus' angry moments. Here are several:

- Jesus was at a synagogue, and a person in need of healing was there. The Pharisees didn't think Jesus should heal the person on the Sabbath day. Jesus tried to convince the Pharisees that the Sabbath rules shouldn't get in the way of healing a person in need. But the Pharisees were not convinced. Jesus was angry that the Pharisees didn't have compassion for people in need of healing. Jesus healed the person anyway (Mark 3:1-6).
- Jesus taught a hard lesson to the Pharisees and legal experts. He was angry because these faith leaders made it harder for people to follow God. Jesus didn't mince words as he called out their hypocrisy and unjust practices. He called them "hypocrites," "blind guides," and "foolish people." It was probably a pretty uncomfortable moment for the Pharisees and legal experts (Matthew 23:13-36).
- Jesus was so angry at the leaders of the temple that he went inside and threw out everyone who was buying and selling animals for sacrifice. He pushed over tables and chairs. He told everyone that the temple is meant to be a house of prayer, not a cover for people's unjust behaviors (Matthew 21:12-17).
- Jesus was hungry one morning. He walked up to a fig tree, expecting to find a tasty breakfast snack. But there were no figs on the tree. Jesus cursed the fig tree, and it dried up. This may be more of an example of hanger (hunger + anger) than anger (Matthew 21:18-19).

**As you can see, injustice made Jesus pretty angry. What kinds of things make you feel angry?**



When you feel anger, it's a sign that you really care about a relationship or a situation. That's a good thing! Your passion can inspire you to make a positive change. Just remember to pause, think, and pray before taking action based on your anger.