

“Don’t worry, Be Happy!”

“THESE THINGS I HAVE
SPOKEN TO YOU, THAT MY
JOY MAY BE IN YOU, AND
THAT YOUR JOY MAY BE
FULL” (JOHN 15:10-11)

SCOTT SWEETLAND, ASSOCIATE PASTOR, NHCC



Don't worry, be Happy!



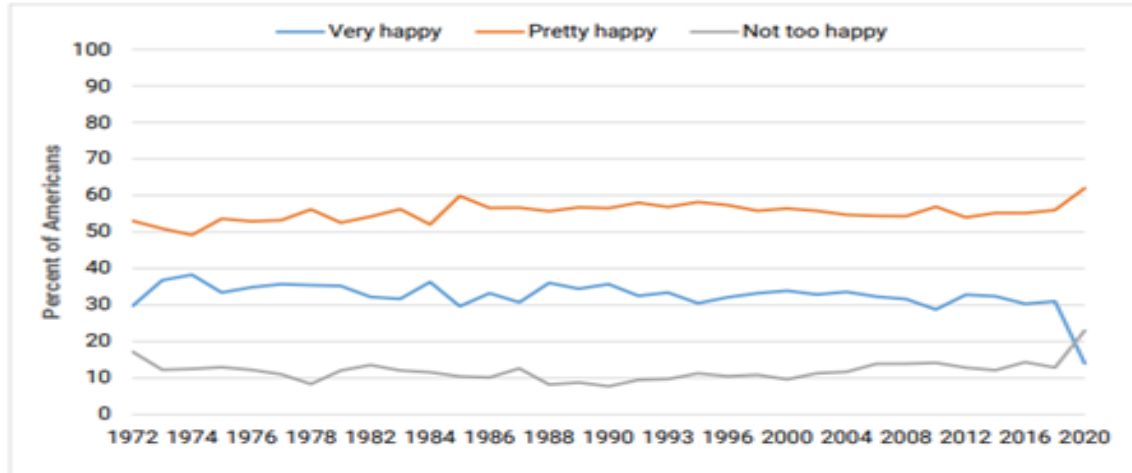
We hold these truths to be self-evident, that all men are created equal, that they are endowed by their Creator with certain unalienable Rights, that among these are Life, Liberty and the pursuit of Happiness.

Don't worry, be Happy

What does the data say?

HISTORIC SHIFT IN AMERICANS' HAPPINESS AMID PANDEMIC

Happiness reaches lowest point in decades.



Question: Taken all together, how would you say things are these days—would you say that you are very happy, pretty happy, or not too happy?

Source: COVID Response Tracking Study conducted 5/21-29/2020, with 2,279 adults age 18 and over nationwide, and the General Social Survey, conducted 1972-2018.

Twenty-three percent say they are not too happy—a 10 percentage point jump since 2018 and the highest percentage on record since 1972.

Therefore do not worry about tomorrow, for tomorrow will worry about itself. Each day has enough trouble of its own.

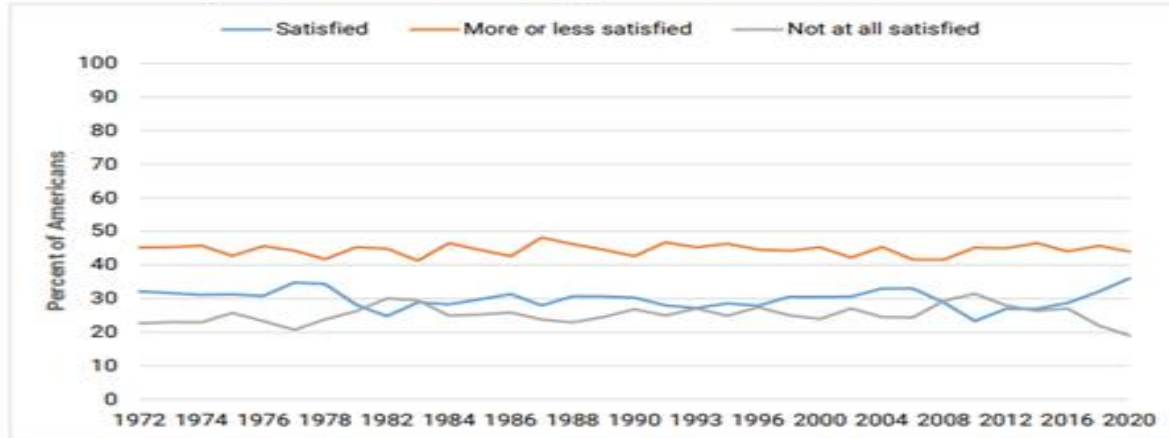
Matthew 6:34

Don't worry, be Happy!

Satisfaction with personal finances is not the reason people are less happy

HISTORIC SHIFT IN AMERICANS' HAPPINESS AMID PANDEMIC

Satisfaction with personal finances has been rising since the Great Recession.



Question: We are interested in how people are getting along financially these days. So far as you and your family are concerned, would you say that you are pretty well satisfied with your present financial situation, more or less satisfied, or not satisfied at all?
 Source: COVID Response Tracking Study conducted 5/21-29/2020, with 2,279 adults age 18 and over nationwide, and the General Social Survey, conducted 1972-2018.

Other data shows that once you make over \$36K per year, your level of happiness doesn't change much

Don't love money;
 be satisfied with what you have.
 For God has said, "I will never fail
 you. I will never abandon you."

Hebrews 13:5

Americans' perceptions of their family's income relative to others have also not changed significantly. In the

Other Happiness Data

*Source: Gallup Panel,
April 27-May 10, 2020
** PEW Research

- ▶ By income*
 - ▶ < \$36K per year, 56%
 - ▶ \$36-\$90K/year, 74%
 - ▶ >\$90K per year, 75%
- ▶ By Marital Status*
 - ▶ Single/Divorced: 61%/62%
 - ▶ Married/Widowed: 77%/76%
- ▶ By Gender*
 - ▶ Men 73%
 - ▶ Woman 71%
- ▶ By Party Affiliation*
 - ▶ Democrats XX%
 - ▶ Republicans XX%
 - ▶ Independents XX%
- ▶ Religious people**
 - ▶ 36% vs 25% very happy as compared to in-active or unaffiliated people
- ▶ By Dog or Cat Owners
 - ▶ Dog owners are 50% happier than cat owners



Don't Worry, Be Happy

Book of Philippians

Philippians 1:3-6

³ Every time I think of you, I give thanks to my God. ⁴ Whenever I pray, I make my requests for all of you with joy, ⁵ for you have been my partners in spreading the Good News about Christ from the time you first heard it until now. ⁶ And I am certain that God, who began the good work within you, will continue his work until it is finally finished on the day when Christ Jesus returns.




Don't worry, Be Happy

Are we looking in the wrong places?

Happiness. It's what we all long for, what all human beings seek in our jobs, our relationships, our activities. We try so hard to be happy, and all too often we end up empty and unsatisfied.

Why?



Don't wait for things to get better. Life will always be complicated. Learn to be happy right now, otherwise you'll run out of time.

BRIGHTSIDE.ME

Don't Worry, Be Happy

The Beatitudes, Matthew 5:3-10

- ▶ “Blessed are the poor in spirit, for theirs is the kingdom of heaven”
- ▶ “Blessed are those who mourn, for they will be comforted”
- ▶ “Blessed are the meek, for they will inherit the earth”
- ▶ “Blessed are those who hunger and thirst for righteousness, for they will be filled”
- ▶ “Blessed are the merciful, for they will be shown mercy”
- ▶ “Blessed are the pure in heart, for they will see God”
- ▶ “Blessed are the peacemakers, for they will be called children of God”
- ▶ “Blessed are those who are persecuted because of righteousness, for theirs is the kingdom of heaven.”

Don't Worry, Be Happy!

Is Happiness a Moral Obligation?

- ▶ Why is happiness a moral obligation?
- ▶ Not saying that you should change your feelings, but rather you should change your behavior
- ▶ You can't be happy unless you take responsibility for your life
- ▶ Jewish faith gives us a great example

Don't worry, Be Happy!

Is happiness a moral obligation?

- ▶ A happy disposition is a gift to those around you.
- ▶ Happy people make the world a better place
- ▶ Unhappy people make the world a worse place
- ▶ Your behavior is more important than your feelings

Don't Worry, Be Happy!!! Back to Jesus!

- ▶ To the best of our knowledge, Jesus never asked the disciples: “Are we having fun yet?”
- ▶ But He did teach them that happiness is the result of aligning our lives with God’s purposes for us. “If you keep my commandments,” Jesus promised, “you will abide in my love, just as I have kept my Father’s commandments and abide in his love. These things I have spoken to you, that **my joy may be in you**, and that **your joy may be full**” (John 15:10–11). The **pursuit of such single-minded faithfulness, not simple-minded fun**, is the **true road to human happiness**.