

# *Pleasure Does Not Equal Happiness*

## **SERIES: LIVING THE BETTER LIFE - Part 2 of 5**

**Ecclesiastes 2:1-10** “I thought in my heart, ‘Come now, I will test you with pleasure to find out what is good.’ But that also was meaningless... And I undertook great projects: I built houses for myself and planted vineyards. I made gardens and parks and planted all kinds of fruit trees in them. I made reservoirs to water groves of flourishing trees. I bought male and female slaves who were born in my house. I also owned more herds and flocks than anyone in Jerusalem before me. I amassed silver and gold for myself, and the treasure of kings and provinces. I acquired men and women singers, and a harem as well the delights of the heart of man ... I denied myself nothing my eyes desired; I refused my heart no pleasure. My heart took delight in all my work, and this was the reward for all my labor...”

*1. Break the connection between temporary **PLEASURE** and lasting **HAPPINESS**.*

**Hebrews 11:24, 25** “By faith Moses, when he had grown up, refused to be called the son of Pharaoh’s daughter; choosing rather to endure ill treatment with the people of God, than to enjoy the passing pleasures of sin...”

**1 Timothy 5:6** “[The one] who lives for pleasure is dead even while [he] lives.”

*2. Break the connection between what you **DO** and who you **ARE**.*

**Ecclesiastes 2:11** “Then I took a good look at everything I’d done, looked at all the sweat and hard work. But when I looked, I saw nothing but smoke; smoke and spitting into the wind. There was nothing to any of it. Nothing.”

*3. Break the connection between your **CIRCUMSTANCES** and your **CHARACTER**.*

**Luke 6:22** “Happy are you when men hate you and when they exclude you and insult you and reject your name as evil because of the Son of Man...”

**1 Peter 3:14** “Even if you should suffer for what is right, you are blessed.”

## **HAPPINESS IS AN INSIDE JOB!**

**Habakkuk 3:17, 18** “Though the fig tree does not bud and there are no grapes on the vines, though the olive crop fails and the fields produce no food, though there are no sheep in the pen and no cattle in the stalls, yet I will rejoice in the Lord, I will be joyful in God my Savior.”

## **HOW DO YOU FIND HAPPINESS?**

### **1. RECEIVE God's FORGIVENESS**

**Psalms 32** “Count yourself lucky, how happy you must be – you get a fresh start, your slate's wiped clean. Count yourself lucky. God holds nothing against you and you're holding nothing back from Him. When I kept it all inside, my bones turned to powder, my words became day long groans. The pressure never let up; all the juices of my life dried up. Then I let it all out; I said, 'I'll make a clean breast of my failures to God.' Suddenly the pressure was gone – my guilt dissolved; my sin disappeared.”

### **2. SUBMIT to God's DISCIPLINE, His way of life.**

**Job 5:17** “Happy is the man whom God corrects; so do not despise the discipline of the Almighty.”

**Luke 11:28** “Happy are those who hear the word of God and obey it.”

**Proverbs 8:34** “Happy is the person who listens to God.”

**Psalms 119:35** “Make me walk along the path of your commands, for that is where my happiness is found.”