On Christian Eudemonia
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Aristotle on Happiness

A complete and sufficient good

a. it is desired for itself
b. it is not desired for the sake of anything else
c. it satisfies all desire and has no evil mixed in with it
d. it is stable
Aquinas on Happiness

It is impossible for any created good to constitute man’s happiness. For happiness is that perfect good which entirely satisfies one’s desire; otherwise, it would not be the ultimate end, if something yet remained to be desired. Now the object of the will, i.e., of man’s desire, is what is universally good; just as the object of the intellect is what is universally true. Hence it is evident that nothing can satisfy man’s will, except what is universally good. This is to be found, not in any creature, but in God alone, because every creature has only participated goodness. Therefore, God alone can satisfy the will of man, according to the words of the Psalms (103:5): ‘Who alone satisfies your desire with good things.’ Therefore, God alone constitutes man’s happiness.
Augustine

You have made us for Yourself, O Lord, and our hearts are restless until they rest in Thee.” (Augustine, *The Confessions*, Book I, Chapter 1)
If I find in myself a desire which no experience in this world can satisfy, the most probable explanation is that I was made for another world....” (Lewis, *Mere Christianity*)
I know how to be brought low, and I know how to abound. In any and every circumstance, I have learned the secret of facing plenty and hunger, abundance and need. 13 I can do all things through him who strengthens me” (Philippians 4:12)
1. Our bad things will turn out for good
2. Our good things can never be taken away from us
3. The best things are yet to come
Questions to Consider

1. Are you a happy Christian? Would others be able to tell that you’re living in light of the hope of eternity?
2. How are you helping and serving others to live in light of our future hope?
C.S. Lewis

I must keep alive in myself the desire for my true country, which I shall not find until after death; I must never let it get snowed under or turned aside; I must make it the main object of life to press on to that other country and to help others do the same. (Lewis, *Mere Christianity*)