

Sunday, June 7, 2026

## *The Pursuit of Happiness*

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**Matthew 5:3-12 ESV** **3** “Blessed are the poor in spirit, for theirs is the kingdom of heaven. **4** “Blessed are those who mourn, for they shall be comforted. **5** “Blessed are the meek, for they shall inherit the earth. **6** “Blessed are those who hunger and thirst for righteousness, for they shall be satisfied. **7** “Blessed are the merciful, for they shall receive mercy. **8** “Blessed are the pure in heart, for they shall see God. **9** “Blessed are the peacemakers, for they shall be called sons[a] of God. **10** “Blessed are those who are persecuted for righteousness' sake, for theirs is the kingdom of heaven. **11** “Blessed are you when others revile you and persecute you and utter all kinds of evil against you falsely on my account. **12** Rejoice and be glad, for your reward is great in heaven, for so they persecuted the prophets who were before you.

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In the 2006 movie “Pursuit of Happiness” starring Will & Jaden Smith, we see the paradox of happiness in the midst of life's challenges. In one of the opening scenes, Chris Gardner confronts the daycare owner about the profanity on their wall and the misspelling of happiness in their mural. In all honesty, I believe this is a challenge for many of us; we put the wrong words in the most impressionable places, and we get “*happyness*” wrong.

- **Hedonic** and **Eudaimonic** are the two primary psychological frameworks for understanding happiness and well-being.
- **Hedonic Happiness is about feeling good. It focuses on pleasure, enjoyment, and the avoidance of pain.**
- **Eudaimonic Happiness is about living well. It focuses on meaning, purpose, personal growth, and self-realization.**

- ***True happiness is not a destination; it's a state of being that is supported by our way of living.***
- ***Happiness is not the absence of negative situations or circumstances; it is the choice of focus amid varying conditions.***
- Negative emotions are necessary signals that alert us to make changes in our lives. We must come away from the Toxic positivity notion of “Good vibes only.” Because when we say that, we are actually saying fake vibes only. Because there is no variation of real life that is “all good only”.
- When we approached our text of focus, we see Jesus preaching His sermon on the mount, and He starts with a litany of sayings that seem pretty straightforward, but as you look into His language, you begin to understand that He is literally giving his listeners the keys to true happiness.
- **The word for *blessed* in the Greek New Testament is *μακάριος (makarios)*, which literally means happy or fortunate.**
  - 🔑 **Our access to the riches of God's kingdom is found in the realization of our destitute state. (self-actualization.)**
  - 🔑 **If we allow ourselves to mourn, we will be met with great comfort. (Grief)**
  - 🔑 **When you are gentle to others, the riches of the world will be at your disposal.**
  - 🔑 **One's pursuit of God's righteousness will always be met with fulfillment.**
  - 🔑 **The mercy that we dispense will be the same mercy that we receive in our time of need.**
  - 🔑 **Divine revelation will be a byproduct of integrity and godly motives.**
  - 🔑 **Those who manifest the character of God will enter conflicts and create pathways of peace.**
  - 🔑 **Righteous persecution is an honor for the Kingdom citizen.**