



Pastor Kris Beckert  
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Sustaining Happiness  
Matthew 5:1-7

If you could draw a happy life, what would it look like?

Matthew 5:1-5 *Seeing the crowds, he went up on the mountain, and when he sat down his disciples came to him. 2 And he opened his mouth and taught them, saying: 3 "Happy are the poor in spirit, for theirs is the kingdom of heaven. 4 Happy are those who mourn, for they will be comforted. 5 Happy are the meek, for they will inherit the earth..."*

Happiness is about more than you:

## I. Happiness' \_\_\_\_\_ is in a relationship

Who is happy? Why are they happy?

Matthew 5:6 *"...Happy are those who **hunger and thirst** after **righteousness**, for they shall be **filled**..."*

## II. Happiness is \_\_\_\_\_ through relationships

Who is happy? Why are they happy?

Matthew 5:7 *"...Happy are the **merciful**, for they shall receive mercy..."*

### Point:

### Doggy Bag: Something to take home and chew on!



1. How do you attempt to sustain happiness in your life? What things do you attempt to "feed on?"
2. What kind of righteousness do you hunger and thirst for? God's or your own?
3. How does your desire to be right and your stubbornness get in the way of being filled by Christ's peace? How is it draining you?
4. Are you merciful to others? When have you experienced freedom and Christ's peace by giving up your right to justice?
5. With whom is Christ calling you to step out and be relationally generous this week?

If you'd like to talk personally and confidentially w/ Pastor Kris about your relationship with Christ, please email [krisbeckert@thevineva.org](mailto:krisbeckert@thevineva.org) to set up an appointment.