

# EIGHTH SUNDAY IN KINGDOMTIDE

JULY 31, 2022

## THE HOW OF HAPPINESS

### 8 PRINCIPLES FOR POWERFUL LIVING

#### “HAPPY ARE THE HUNGRY AND THIRSTY”

**Scripture:** St. Matthew 5 and 6 (Common English Bible)

##### St. Matthew 5:1-6

<sup>1</sup> Now when Jesus saw the crowds, he went up a mountain. He sat down and his disciples came to him. <sup>2</sup> He taught them, saying:

<sup>3</sup> “Happy are people who are hopeless, because the kingdom of heaven is theirs.

<sup>4</sup> “Happy are people who grieve, because they will be made glad.

<sup>5</sup> “Happy are people who are humble, because they will inherit the earth.

<sup>6</sup> “Happy are people who are hungry and thirsty for righteousness, because they will be fed until they are full.”

##### St. Matthew 6:31-34

<sup>31</sup> Therefore, don’t worry and say, ‘What are we going to eat?’ or ‘What are we going to drink?’ or ‘What are we going to wear?’

<sup>32</sup> Gentiles long for all these things. Your heavenly Father knows that you need them. <sup>33</sup> Instead, desire first and foremost God’s kingdom and God’s righteousness, and all these things will be given to you as well. <sup>34</sup> Therefore, stop worrying about tomorrow, because tomorrow will worry about itself. Each day has enough trouble of its own.



## ~ Sermon Notes ~

Jesus meant these teachings to be avenues to happiness, which means that we need to know about them, understand them, make them our own. However, they seem to be completely out of touch with what we normally understand happiness to be.

What is Jesus seeking to communicate to us about the nature of true happiness in this particular power principle - *“Happy are people who are hungry and thirsty for righteousness, because they will be fed until they are full.”*

**1. Happiness is found in \_\_\_\_\_ living.**

In these simple sayings about happiness, Jesus really gives us a picture of a very special kind of people – people with a higher purpose!

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**2. Happiness is found in being \_\_\_\_\_ oriented.**

Happiness is not found in pursuing pleasure or avoiding pain. It is found in having something great to live for, in loving other people and in putting God first in your life.

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**3. Happiness is found in a \_\_\_\_\_ for the things of God.**

Find a person with a purpose for living, a love for people and a commitment to God and you will find a happy man or woman.

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