

The image is a dark, low-resolution photograph. On the left, a person's face is partially visible, lit with a blue light. On the right, another person's face is visible, lit with a warmer, yellowish light. The overall scene is very dark and blurry. The text "Why Am I So Unhappy?" is centered in white, sans-serif font.

Why Am I So Unhappy?

Why Am I So Unhappy?

- Unhappiness is a euphemism
 - A euphemism is the substitution of a less offensive word for one that evokes an unpleasant response.
- Unhappiness is a euphemism for discontentment
 - “I am unhappy” connotes a sense of helplessness and failure to take responsibility; it implies an absence created by external circumstances
 - “Discontentment” is a more accurate word, because it makes the condition active and places the responsibility for that state on the person who is discontent

Why Am I So Unhappy?

- The New Testament uses the word “contentment,” defined as: “able, satisfaction with what one has, sufficient in oneself, and adequate” (Vine).
- Unhappiness and discontentment are really dissatisfaction with life and belief that what God has blessed one is inadequate for happiness.

Some Things That Might Surprise You About Happiness

- Happiness is not an entitlement; God promised happiness in heaven
 - Rev. 22:1-5
- Happiness is not externally generated by circumstances
 - Phil. 4:4-13
- Happiness in this life does not last, nor can one make it last
 - Ecc. 3:1-11

Discontent Is On The Increase

- Americans have more money and material things and are generally in better health than they ever have experienced in the history of this nation; yet, discontent is on the rise.
- Why?
 - Government, society, and the world are not bound to make their lives happy, nor could it if it tried
 - Happiness does not come from circumstances or things

What Confers Happiness?

- Secular knowledge?
 - Ecc. 1:16-18 - “I communed with my heart, saying, Look, I have attained greatness, and have gained more wisdom than all who were before me in Jerusalem. My heart has understood great wisdom and knowledge. 17 And I set my heart to know wisdom and to know madness and folly. I perceived that this also is grasping for the wind. 18 For in much wisdom is much grief, And he who increases knowledge increases sorrow.”

What Confers Happiness?

- Physical pleasure?

- Ecc. 2:1-3 - “I said in my heart, Come now, I will test you with mirth; therefore enjoy pleasure; but surely, this also was vanity. 2 I said of laughter- Madness!; and of mirth, What does it accomplish? 3 I searched in my heart how to gratify my flesh with wine, while guiding my heart with wisdom, and how to lay hold on folly, till I might see what was good for the sons of men to do under heaven all the days of their lives.”

What Confers Happiness?

- Houses?
 - Ecc. 2:4 - “I made my works great, I built myself houses...”
- Land?
 - Ecc. 2:4-6 - “...and planted myself vineyards. 5 I made myself gardens and orchards, and I planted all kinds of fruit trees in them. 6 I made myself water pools from which to water the growing trees of the grove.”

What Confers Happiness?

- Material things?

- Ecc. 2:7-10 - “I acquired male and female servants, and had servants born in my house. Yes, I had greater possessions of herds and flocks than all who were in Jerusalem before me. 8 I also gathered for myself silver and gold and the special treasures of kings and of the provinces. I acquired male and female singers, the delights of the sons of men, and musical instruments of all kinds. 9 So I became great and excelled more than all who were before me in Jerusalem. Also my wisdom remained with me. 10 Whatever my eyes desired I did not keep from them. I did not withhold my heart from any pleasure, For my heart rejoiced in all my labor; And this was my reward from all my labor.”

What Confers Happiness?

- None of these things can satisfy
 - Ecc. 1:14 - “I have seen all the works that are done under the sun; and indeed, all is vanity and grasping for the wind.”
 - Ecc. 2:11 - “Then I looked on all the works that my hands had done And on the labor in which I had toiled; And indeed all was vanity and grasping for the wind. There was no profit under the sun.”

What Does The Bible Say?

- Contentment is a command
 - Heb. 13:5 - “Let your conduct be without covetousness; be content with such things as you have. For He Himself has said, I will never leave you nor forsake you.”
 - Luke 3:14 - “Likewise the soldiers asked him, saying, And what shall we do? So he said to them, Do not intimidate anyone or accuse falsely, and be content with your wages.”

What Does The Bible Say?

- A Christian knows the uncertainty of the material world; he does not build his life on passing things; he has learned better
 - James 1:9-10 - “Let the lowly brother glory in his exaltation, 10 but the rich in his humiliation, because as a flower of the field he will pass away.”

What Does The Bible Say?

- 1Tim. 6:6-8 - “Now godliness with contentment is great gain. 7 For we brought nothing into this world, and it is certain we can carry nothing out. 8 And having food and clothing, with these we shall be content.”
- Phil. 4:11-12 - “Not that I speak in regard to need, for I have learned in whatever state I am, to be content: 12 I know how to be abased, and I know how to abound. Everywhere and in all things I have learned both to be full and to be hungry, both to abound and to suffer need.”