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In search of Happiness

In the Bible, in Galatians chapter 5, we find:

5¹ It is for freedom that Christ has set us free.

And then, in the same chapter, and on the same subject, we read at verse 22:

²² But the fruit of the Spirit is love, joy, peace, forbearance, kindness, goodness, faithfulness, ²³ gentleness and self-control. Against such things there is no law.

So in the Bible we are clearly told that the fruit of the Holy Spirit for us as Christians is love, joy and peace. This does not mean that we never encounter problems or difficulties and we will come to that extra, but important, point later.

Right now, at the time of writing, the Duke and Duchess of Sussex are in the news for the interview that Meghan and Harry gave to Oprah Winfrey. Meghan is a millionaire, she has money, lots-of-it, and indeed everything she wants, and yet the interview reveals just how unhappy she is. So even when we put aside any nitpicking over-accuracy of various points, what we see is someone who has everything, and yet is still very unhappy. Money doesn't bring happiness, nor does being waited upon hand-and-foot, that doesn't bring happiness either, nor does respect, titles or celebrity status bring happiness.



You would have thought that being a couple and having a child would bring happiness, but the interview with Oprah Winfrey suggests that for Meghan, the Duchess of Sussex, that is not the case.

We live in a society that is now totally obsessed with hedonism.

Hedonism is searching for happiness, and yet every attempt at finding happiness is totally failing to reveal any sort of happiness at all. Quite the opposite, what it produces is division, contempt and hate.

The entertainment industry is in our faces in the media and on television. We are all supposed to listen to celebrities more than to facts and evidence. A lot of us are wondering who these celebrities even are! In the American elections recently we were all supposed to listen to people like Alec Baldwin, Cher and Robert De Niro, but why? They

didn't know any more than we did! The Duchess of Sussex, Meghan, has a title, has celebrity status and everything else – Has it made her happy? No!

It isn't just valuing celebrities. For international women's day on 8th March 2021 Joe Biden, the president of the USA, signed an executive order in favour of trans-people. For women trans-people relegate being a woman to being nothing more than an emotion and not a scientific fact at all. What happiness can come to women from such thoughtless "political correctness"? Being a woman is certainly not just a feeling or an emotion, it is much more. It is very degrading to women to relegate the status of being a woman to merely how someone feels. This is hatred and division, not happiness.

Many trans-people end up regretting it, but those that try to undo it all just find that they have damaged their bodies permanently. That was all originally done to find some kind of happiness in the first place, and yet no happiness was found at all.

It is not just trans-people. Many define themselves by one of the categories of LGBTIQ, only to discover that others in NGO's that are supposed to be affirming, constantly re-define what is meant by LGBTIQ.

So, once again, there is no genuine happiness to be found in that at all, when the category you have chosen to put yourself into keeps being redefined as something different altogether. So that creates real divisions within LGBTIQ people. Likewise the trans-push is simply causing serious division and unhappiness.

So every effort secular society makes to go for happiness results in severe unhappiness instead. So even more secular solutions are then tried and they also end up creating even more unhappiness. Alongside all that, people then demand ever more counselling and expect the state to provide such counselling and to pay for it. Even if they are lucky enough to get the counselling support, does it make them happy? No!

All that is happening is that secular society's different groups are simply labelling each other with dismissive name-calling to tell others to just ignore everything against their own particular view. It is hateful and it is shockingly dismissive, and it is neither happiness nor unity that is being promoted.

The solution that does work is exactly what the Bible says, which is not a life free from trouble, but is a life *in all its fullness* as our Lord Jesus Christ tells us (John's Gospel, chapter 10, verse 10).

Therefore, by contrast, in the Bible at chapter 5 of the letter to the Galatians we read:

²² But the fruit of the Spirit is love, joy, peace, forbearance, kindness, goodness, faithfulness, ²³ gentleness and self-control. Against such things there is no law. ²⁴ Those who belong to Christ Jesus have crucified the flesh with its passions and desires. ²⁵ Since we live by the Spirit, let us keep in step with the Spirit. ²⁶ Let us not become conceited, provoking and envying each other.

So we will find, love, joy, peace, forbearance, kindness, goodness and faithfulness as we are promised through faith in our Lord Jesus Christ and the Holy Spirit.

As we are told in the Bible in Colossians chapter 3 at verse 12:

¹² Therefore, as God's chosen people, holy and dearly loved, clothe yourselves with compassion, kindness, humility, gentleness and patience.

And in Ephesians chapter 5 verse 9:

⁹ for the fruit of the light consists in all goodness, righteousness and truth

We are told in the Bible in the book of Isaiah at chapter 43:

***43** ¹ But now, this is what the Lord says—
he who created you, Jacob,
he who formed you, Israel:
“Do not fear, for I have redeemed you;
I have summoned you by name; you are mine.
² When you pass through the waters,
I will be with you;*



In verse 2 it talks about passing through the waters and if any of you have tried that it is very hard wading through water, and when the water itself flows with any strong current that is even harder. Yet the promise from God is that “I will be with you.” So this is not any promise that life will be easy but instead a promise that God will be with us always.

There is the well-known story of the person looking back at footprints in the sand and seeing two sets of footprints: One set is their own set of footprints, and the other is God's footprints. They then notice that there is a section of those footprints in the sand in which they can only see one set and they turn to God and say “look – where were you then when I only see the one set of footprints???” ...and God replies that it was then that I was carrying you.

As we are told in the Bible in 2 Corinthians chapter 1:

³ Praise be to the God and Father of our Lord Jesus Christ, the Father of compassion and the God of all comfort, ⁴ who comforts us in all our troubles, so that we can comfort those in any trouble with the comfort we ourselves receive from God. ⁵ For just as we share abundantly in the sufferings of Christ, so also our comfort abounds through Christ.

Secular society is constantly pushing to find happiness and yet never, ever finds it, it is a constant hedonism. Secular society keeps trying harder and harder, and yet fails more and more. The more secular society tries then the farther away happiness gets. By contrast belief in our Lord Jesus Christ does open the door to love, joy, peace, forbearance, kindness, goodness and faithfulness as we are promised through faith in our Lord Jesus Christ and the Holy Spirit.

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