



A Guide to Wise Living

About the Series: Life's a maze with many challenges, distractions, and obstacles, and sometimes we take a wrong turn or make foolish choices. The Book of Proverbs gives us practical ways to live wisely so as not to have so many regrets in life and helps us live in such a way that we fully enjoy our lives as God intended.

Part 10

In Pursuit of Happiness

Proverbs 3:13, 14:21, 15:15, 15:30, 17:22, 21:15 | Dr. Stephen G. Tan

DISCUSS

Where does true happiness and lasting joy come from? Someone once said that there are three enemies that oppose happiness—worry, boredom, and self-centeredness. Let's look at three biblical principles that directly counteract these three enemies of happiness:

Our happiness is not dependent on present circumstances but on our acceptance of biblical truths (v. 15:15, 17:22)

- With the correct perspective, our hearts can be joyful and happy, and press on in life even in difficult times. Why will the world we live in never present a problem-free life?
- How do you find joy and happiness amidst life's many problems?
- How does being secured of your eternal destiny give you joy in this sinful world?

- How does having a joyful heart cure like medicine while being unhappy and depressed negatively affects a person, including one's physical and mental health?
- Where do you anchor the joy and happiness in your life?

Our happiness comes from living out godly wisdom that brings peace of mind and the best in life (v. 3:13, 14-15, 21:15, 17-18)

- This proverb tells us that WISE LIVING through the understanding of God's Word will lead to happiness, which is worth much more than any treasures or wealth. Why is it a fact that happiness cannot be bought nor can it come from wealth?
- How does living out the truths of the Word of God with wisdom and understanding lead to finding happiness and true joy?
- How would living in sin rob a person of living in joy and peace?
- Read 2 Corinthians 5:10. What does it say will happen before the Judgment Seat of Christ? Are you looking forward to it with dread OR joy?
- How is peace related to joy and happiness? And why is happiness the key to success? Share how your obedience to God's Word provides guidance for how you can live a happy life.

Our happiness comes when we joyfully and willingly help and bless others (v. 14:21)

- This proverb warns against looking down or disregarding neighbors who are poor and in need. But instead, when one is kind to those in need and shows care, they will be happy. Share how reaching out with helping hands to someone who is in need gives you joy.
- Why is being unselfish a source of personal happiness?
- What should be your motive to cheerfully and willingly give and help others?
- When was the last time you blessed someone in words and action?

REFLECT

There's a wonderful Christian song with these words: *Happiness is to know the Savior / Living a life within His favor / Having a change in my behavior / Happiness is the Lord.* Could you sing that song with all honesty? Are you happy because Jesus lives in your heart?

PRAY

Heavenly Father, thank You from the clear lessons I learned today about true happiness that really depends on my acceptance of biblical truths, and it comes from living out godly wisdom that brings peace of mind and the best in life. Thank You for the lesson that happiness comes when I joyfully and willingly help and bless others. May these be the sources of my happiness and true joy, which You are the only source I can lean on. In Jesus' precious name. Amen.