

- [7] \_\_\_\_\_ (makarios) are the merciful,  
because they will be shown mercy.
- [8] \_\_\_\_\_ (makarios) are the pure in heart,  
because they will see God.
- [9] \_\_\_\_\_ (makarios) are the peacemakers,  
because they will be called sons of God.
- [10] \_\_\_\_\_ (makarios) are those who are  
persecuted for righteousness,  
because the kingdom of heaven is theirs.
- [11] “\_\_\_\_\_ (makarios) are you when they insult  
you and persecute you and falsely say every kind of evil  
against you because of Me.
- [12] Be \_\_\_\_\_ and \_\_\_\_\_, because your  
reward is great in heaven. For that is how they persecuted  
the prophets who were before you. Matthew 5.3-12

### **A Straight PATH to Happiness**

How \_\_\_\_\_ is the man who does not follow  
the advice of the wicked (instead he goes \_\_\_\_\_ )  
or take the path of sinners (instead he goes \_\_\_\_\_ )  
or join a group of mockers! (instead he goes \_\_\_\_\_ )

Additional Notes:



### **No “APOLOGETICS” Today**

- ◆ Apologetics is about defending the faith and working through logical arguments or discussion to convince non-believers that \_\_\_\_\_ is \_\_\_\_\_.
- ◆ Well that is \_\_\_\_\_ my goal today. To any and all non-believers, skeptics or those dragged here by parents, your spouse or friend rest easy, well kinda easy.
- ◆ C.S. Lewis said “A man can’t be always \_\_\_\_\_ the truth; there must be a time to \_\_\_\_\_ on it.”

### **Psalm ONE—How to be HAPPY**

#### **Levels of Happiness**

Three levels of Happiness in Modern Psychology

- ◆ Level 1 happiness: Represents \_\_\_\_\_ feelings of JOY and PLEASURE
  - ◇ \_\_\_\_\_ - \_\_\_\_\_ positive emotions sometimes referred to as “simple pleasures”
- ◆ Level 2 happiness: Represents judgements about \_\_\_\_\_
  - ◇ how happy you are with your life in \_\_\_\_\_
- ◆ Level 3 happiness: Represents a higher meaning of life, flourishing and fulfilling one’s \_\_\_\_\_
  - ◇ a higher meaning or \_\_\_\_\_ \*

## 7 types of Happiness

### **Seven types of Happiness we can experience**

- ⇒ TYPE 1 happiness: \_\_\_\_\_ happiness: Experienced through our senses.
- ⇒ TYPE 2 happiness: \_\_\_\_\_ happiness: Experienced with family and friends
- ⇒ TYPE 3 happiness: \_\_\_\_\_ happiness: Experienced through our jobs
- ⇒ TYPE 4 happiness: \_\_\_\_\_ happiness: Experienced when healthy or when health is restored.
- ⇒ TYPE 5 happiness: \_\_\_\_\_ happiness: Experienced when we master a subject or solve a problem
- ⇒ TYPE 6 happiness: \_\_\_\_\_ happiness: Experienced between people because some things are just funny.
- ⇒ TYPE 7 happiness: \_\_\_\_\_ Happiness: Experienced in relationship with God.

### What does it mean to be Happy?

- ◆ \_\_\_\_\_ it is the root word in Hebrew for “happy.” The word \_\_\_\_\_ (Happy) comes from this root word and is used through out the Old Testament.
- ◆ •It’s prime meaning is “TO GO \_\_\_\_\_,” to be happy.
- ◆ •I will show you how this applies and why “to go straight” is translated “happy” in just a short while. If you can understand this it could change your view of real happiness.

### What Made Them Happy?

- ◆ Leah said, “I am \_\_\_\_\_ that the women call me \_\_\_\_\_,” so she named him \_\_\_\_\_. Genesis 13.30
- ◆ How \_\_\_\_\_ are your men. How \_\_\_\_\_ are these servants of yours, who always stand in your presence hearing your wisdom. 1 Kings 10.8

## The PATH To Happiness

- ◆ How \_\_\_\_\_ is the man who does not follow the advice of the wicked, or take the path of sinners, or join a group of mockers! Psalms 1.1
- ◆ Remember Asherey from Ashar means to go \_\_\_\_\_.

How happy is the man who does not follow the advice of the wicked (instead he goes \_\_\_\_\_), or take the path of sinners (instead he goes \_\_\_\_\_), or join a group of mockers! (instead he goes \_\_\_\_\_)

### What about the New Testament?

[3] John the Baptist “went into all the vicinity of the Jordan, preaching a baptism of repentance for the forgiveness of sins, [4] as it is written in the book of the words of the prophet Isaiah:

A voice of one crying out in the wilderness:  
“Prepare the way for the Lord;  
make His paths \_\_\_\_\_!”

[5] Every valley will be filled,  
and every mountain and hill will be made low;  
the crooked will become \_\_\_\_\_,  
the rough ways smooth,

[6] and everyone will see the salvation of God.” Luke 3.3-6

### A STRAIGHT PATH Equals

- [3] “ \_\_\_\_\_ (makarios) are the poor in spirit,  
because the kingdom of heaven is theirs.
- [4] HAPPY (makarios) are those who mourn,  
because they will be comforted.
- [5] \_\_\_\_\_ (makarios) are the gentle,  
because they will inherit the earth.
- [6] \_\_\_\_\_ (makarios) are those who hunger  
and thirst for righteousness,  
because they will be filled.