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THE ROOT CAUSE OF UNHAPPINESS

INTRODUCTION

Happiness Research Institute
Happiest countries in the world

Harvard Study

80% of millennials said : goal “money”
50% said : “famous”
Because they think money and being popular will make one happy

“Researchers have found almost no correlation between income levels and happiness. Between 1957 and 1990 income levels in the U.S. doubled. Yet at the same period, people’s levels of happiness did not increase. In fact, reports of depression actually increased tenfold. Incidence of divorce, suicide, alcoholism and drug abuse also rose dramatically.”

75 year research 724 men on Happiness by Harvard – good relationships. Followed since 1930.
Most of the them are in the 90s (60 are still alive)

“Good relationships makes us happier and healthier. People who are connected with families, communities (e.g. churches) are happier, they are physically healthier and they live longer who are less well connected”

“People who are more isolated than they want to be from others find that they are less happy, their health declined earlier in mid-life, their brain functioning declined sooner and live shorter lives.”

- Harvard Medical School professor and researcher, Robert J. Waldinger

Right from the very beginning, the Bible has already told that :

Genesis 2:18 The Lord God said, “It is not good for the man to be alone. I will make a helper suitable for him.”

I was thinking if there has been a comprehensive study on what makes people happy, which the Bible has already said from the beginning. What is the cause of unhappiness? Is it bad relationships?

But based on my study in the Bible, bad relationships is not the cause of unhappiness. It’s one of the results of unhappiness but not the cause.

The cause of unhappiness is not social but spiritual.

It means it comes from inside of us.

Proverbs 15: 15 A miserable heart means a miserable life; a cheerful heart fills the day with song. (MSG)

Unhappiness comes from inside of us, then what is the root cause? If we find out what the root cause is then we will now know how to deal with it.

Example : From a physical standpoint, if something is hurting inside your stomach, the first step of the doctor is to find out the root cause in order for him to give the proper medical attention to cure the problem.

That's when we go back to beginning when God created man and woman and the day misery or unhappiness came into their lives.

Genesis 3: 3 Now the serpent was more crafty than any of the wild animals the Lord God had made. He said to the woman, "Did God really say, 'You must not eat from any tree in the garden'?"

2 The woman said to the serpent, "We may eat fruit from the trees in the garden, 3 but God did say, 'You must not eat fruit from the tree that is in the middle of the garden, and you must not touch it, or you will die.'"

4 "You will not certainly die," the serpent said to the woman. 5 "For God knows that when you eat from it your eyes will be opened, and you will be like God, knowing good and evil."

6 When the woman saw that the fruit of the tree was good for food and pleasing to the eye, and also desirable for gaining wisdom, she took some and ate it. She also gave some to her husband, who was with her, and he ate it. 7 Then the eyes of both of them were opened, and they realized they were naked; so they sewed fig leaves together and made coverings for themselves.

Genesis 3: 3 Now the serpent was more crafty than any of the wild animals the Lord God had made.

The enemy plans against you and me. To the world outside, they are easy picking. But to Christians who are close to the Lord and knows His Word, he plans his attack. He studies us and watches closely and waits for the proper timing.

That's why the Bible said

1 Peter 5:8 Be alert and of sober mind. Your enemy the devil prowls around like a roaring lion looking for someone to devour.

It means we need to watch what we are thinking. Your unhappiness or happiness starts in your thought process.

Always watch what you're thinking. Ask yourself, does this thought come from the Lord?

Illustration : I was walking home yesterday coming from the grocery when I was attacked by worry all of a sudden. I was thinking about the future. What if like this and what if like that?

The worrisome thoughts were making me miserable. And I said to myself, worry doesn't come from the Lord. In fact, my Lord Jesus said, "Do not worry..." several times.

Etymology : crafty "aruhm" means also subtle.

It means the devil will not usually attack you and scare you and make you afraid. He will come like someone who cares for you, that he is your friend but in the end, he has another motive.

In order for us not to fall into the devil's trap, we need to know his purpose on why he tells us lies.

2 Corinthians 2:11 in order that Satan might not outwit us. For we are not unaware of his schemes.

ROOT CAUSES OF UNHAPPINESS

1. Distrust

- The devil wants us to distrust God's word.

He said to the woman, "Did God really say, 'You must not eat from any tree in the garden'?"

Examples of Did God Really say?

Did God really say in Jeremiah 29:11 that His plans for you are for your good and not for your disaster, to give you hope and a future?

Did God really say in Romans 12:19 to forgive and not take revenge because He said "Vengeance is mine,"

Did God really say in Philippians 4:19 He will supply all your needs?

Did God really say in 1 John 1:9 He will forgive you and purify you if you confess your sins?

Did God really say in Ephesians 2:8-9 that we are saved by grace through faith in Jesus Christ alone and not by my good works?

Did God really say Matthew 6:33 all these things will be added unto you if you seek Him first?

Did God really say in Malachi 3:8-11 to put Him to the test when it comes to giving your tithes and offering and He will abundantly bless you?

- The devil wants us to distrust God's character.

2 The woman said to the serpent, "We may eat fruit from the trees in the garden, 3 but God did say, 'You must not eat fruit from the tree that is in the middle of the garden, and you must not touch it, or you will die.'"

4 "You will not certainly die," the serpent said to the woman. 5 "For God knows that when you eat from it your eyes will be opened, and you will be like God, knowing good and evil."

The devil was trying to say to Eve that God's motives for them wasn't good because He's restricting your happiness that's why He gave this rule.

Usually, the enemy comes to make us doubt God when we are undergoing trial.

If God really is a blessing God, why didn't He give you the job you wanted?

If there is really nothing impossible with God, why didn't He heal your husband?
If God is truly loving, why did He take my child away?

The purpose of the enemy is to make us distrust God.

One of the things that God has been teaching our family through the years is that our happiness and thankfulness doesn't depend on the circumstance. When everything is good, lots of money, health is good, the sun is shining, we say "God is good!" But when the clouds are dark, the money is short, we complain. One time I was complaining and wasn't thankful because things weren't going well in our life and I was whining. I thought my wife would join me in my whining, but then my wife told me, "Nakakahiya kay Lord. Kapag ok tayo...happy-happy. Pero kapag hindi ok...angal tayo. Nakakahiya."

Quote : We have to learn that our happiness does not depend on the present situation but on the promises of the Saviour. Our happiness does not depend on the temporary conditions of this life but on the eternal character of God.

One of my favorite stories I always play in my mind is Hudson Taylor and his happy state. He was in missions and some of his people noticed that the support wasn't coming and they were getting worried. Until one person asked him, how much money they still have, Hudson Taylor replied, "We've got 25cents and all the blessings of God." Hudson could have complained and feel miserable but he chose trust God to deliver Him in a situation and even if he does not, just like Job, he will still choose to praise Him.

2. Discontent

6 When the woman saw that the fruit of the tree was good for food and pleasing to the eye, and also desirable for gaining wisdom,

In short, she focused on the one thing God said that they should not eat when God said, *Genesis 2: 16 And the Lord God commanded the man, "You are free to eat from any tree in the garden; 17 but you must not eat from the tree of the knowledge of good and evil, for when you eat from it you will certainly die."*

Discontentment makes you unhappy not because you do not like what you have but because you are so focused on what you don't have, you fail to appreciate all the other things that you have.

Illustration : William Randolph Hearst was a very wealthy newspaper publisher who had an incredible collection of art. The Hearst mansion in northern California is a testament to his insatiable desire for artistic treasures. On one occasion he learned of some artwork he was determined to obtain. He sent his agent abroad to search for the treasure. After months of investigating, the agent reported that the treasure had been found. To further sweeten the find, Hearst learned that the relic wouldn't cost him a dime. He already owned it. The

rediscovered piece was in Hearst's warehouse with many other treasures that had likewise never been uncrated.

People are so busy chasing treasures thinking it will give them happiness when the real treasure is in already in front of them.

People think they can find happiness on special moments they forget to enjoy the moment they are in. Remember what makes any moment special is when you enjoy it.

A simple meal with your family can be a special moment. Watching TV can be a special moment if you enjoy it. Walking along the street can be a special moment when you enjoy it.

3. Disobedience

she took some and ate it. She also gave some to her husband, who was with her, and he ate it. 7 Then the eyes of both of them were opened, and they realized they were naked; so they sewed fig leaves together and made coverings for themselves.

It's not the disobedience that causes misery, it's the consequences of the disobedience. This time, it's shame for Adam and Eve

Conclusion : relationship with God