



Can Happiness Last?

Steve Osmond



JIMMY SOUL



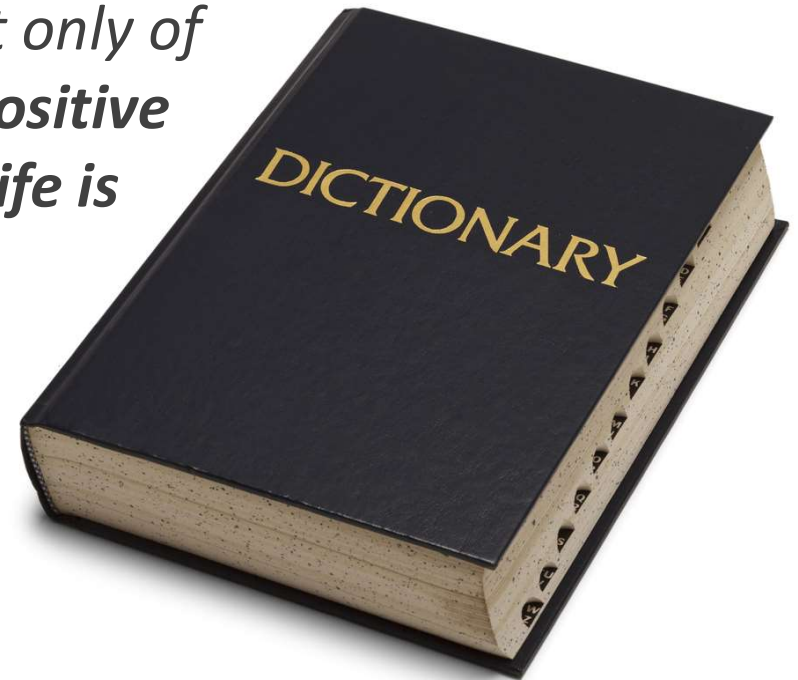
**IF YOU
WANNA
BE HAPPY**

What is Happiness?

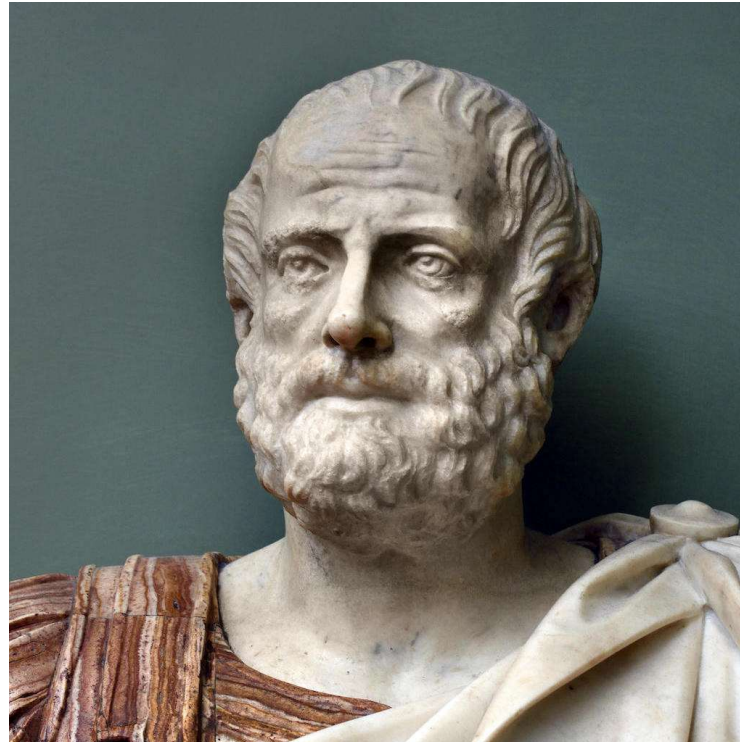


What is Happiness?

*“an **enduring state** of mind consisting not only of feelings of **joy, contentment**, and other **positive emotions**, but also of a sense that **one's life is meaningful and valued**”*



The 4 Levels of Happiness



Level 1: Animal Happiness (*Laetus*)

- Fulfilment of appetite
- Material objects
- Transient!



Level 2: Comparison (*Felix*)

- Ego gratification
- ‘The Comparison Game’
- Compare ourselves to others
- Can be good, but only last so long!



Level 3: Doing Good (*Beatitudo*)



- Based on goodness, compassion, love
- Leads to good in the world usually
- But, comes to an end as well
- Boils down to being about us

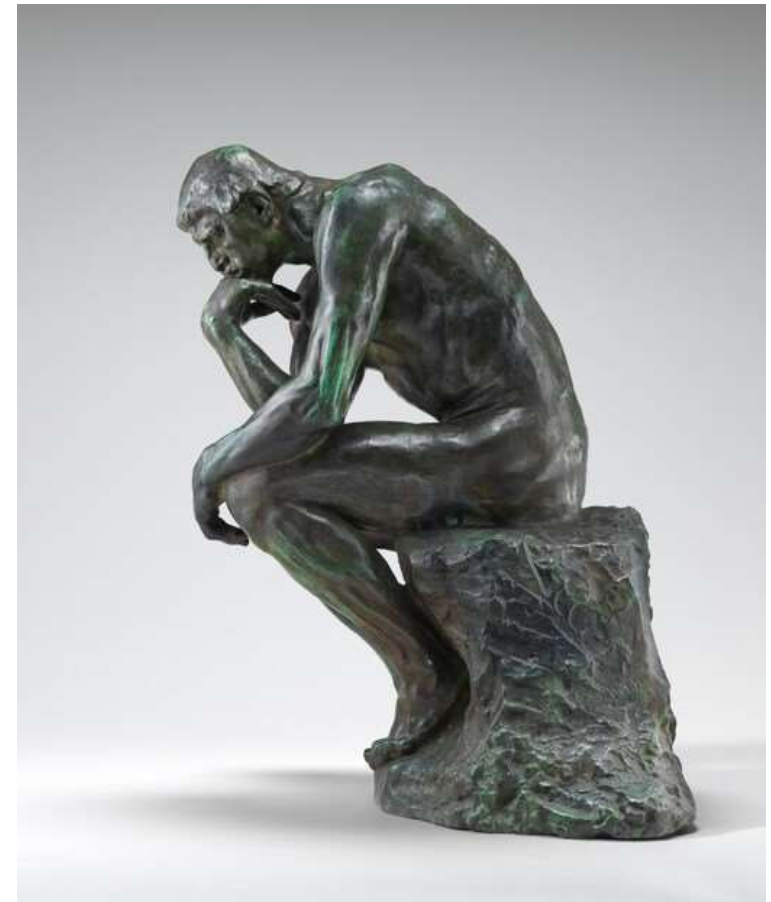
Diagnosing the Problem

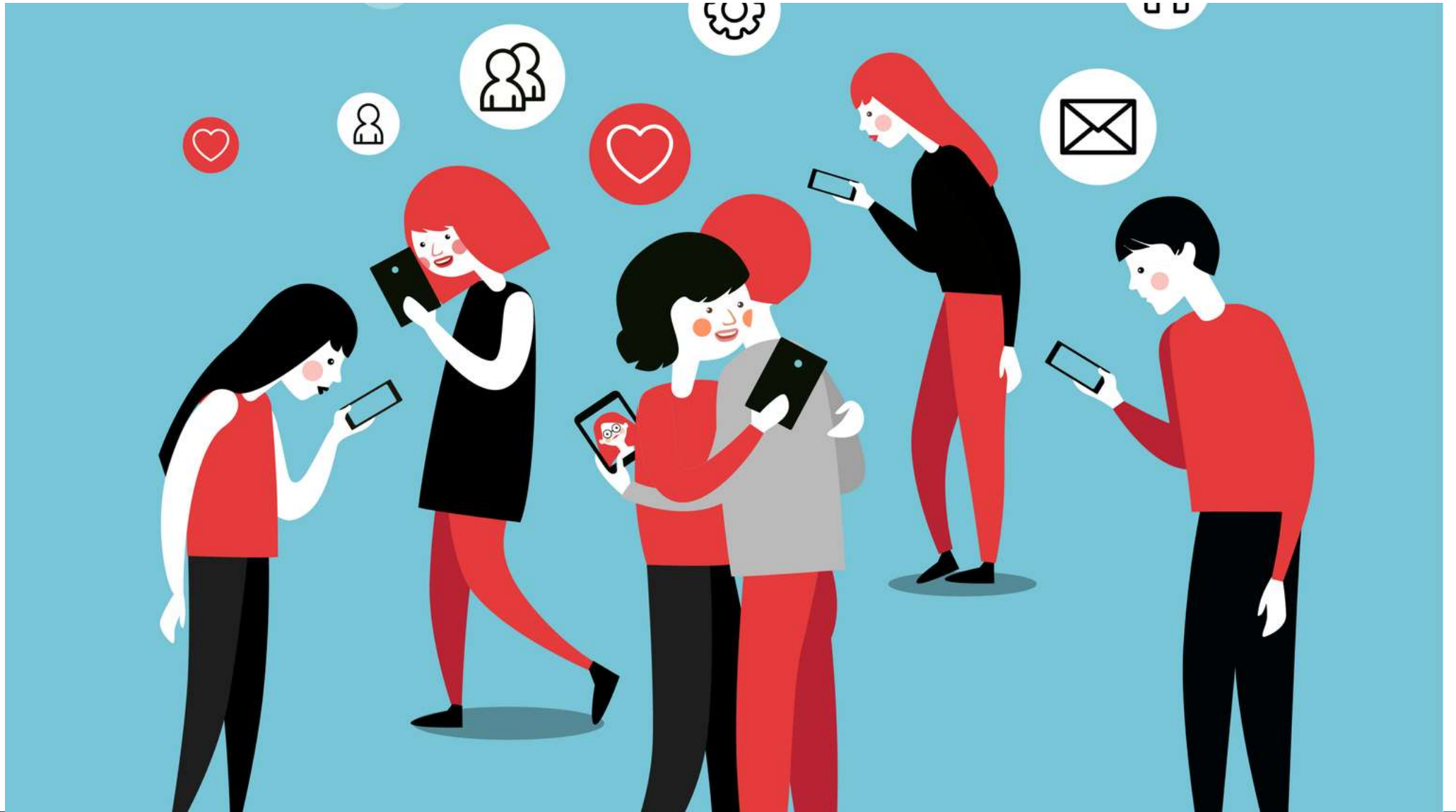


1. When people have plenty to eat, they turn to thinking great thoughts!

2. We need to **make sure of our physical survival** before we can do **serious thinking**

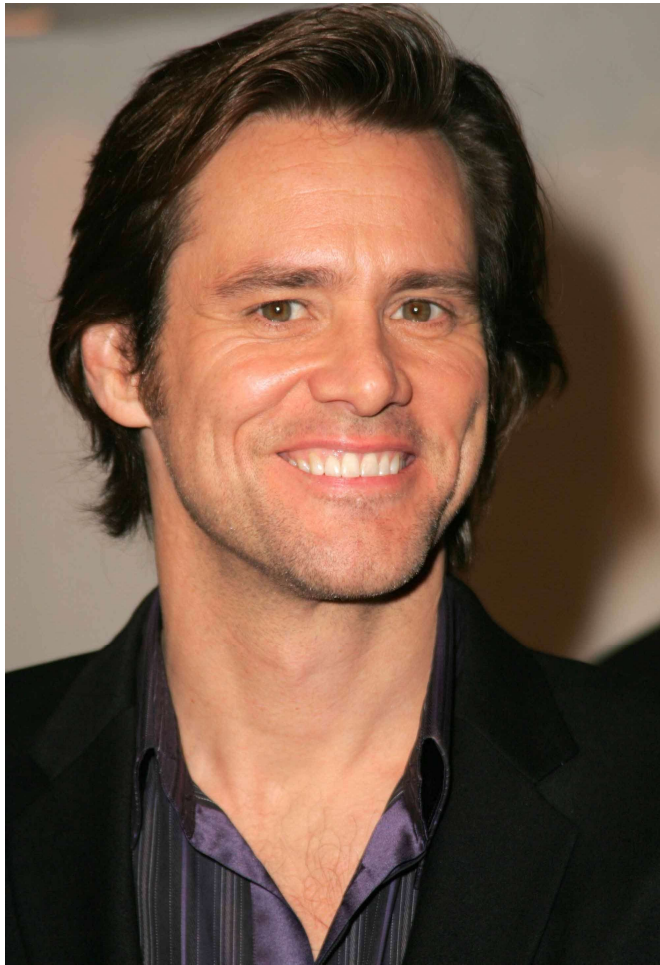
3. Having **satisfied their physical hunger**, people become aware of a **deeper kind of hunger** – a **longing for something** that will really satisfy.





What About Money & Fame?





“I think everybody should get rich and famous and do everything they ever dreamed of so they can see that it’s not the answer.”

- Jim Carrey

What About Career Success?



Aspirations Index (AI)

- People who put career, financial, or academic success ahead of emotional and spiritual development end up suffering.
- More **stress, anxiety**, more prone to **depression, substance abuse, narcissism** and a sense that **life is joyless**.





A Quest for Happiness

An Ancient Issue

“I undertook great projects: I built houses and planted vineyards. I made gardens and parks and planted fruit trees in them. I made reservoirs to water groves of flourishing trees ... I also owned more herds and flocks than anyone in Jerusalem before me. I amassed silver and gold, and the treasure of kings and provinces. I acquired male and female singers, and a harem as well—the delights of a man’s heart ... I denied myself nothing, I refused my heart no pleasure.”

“So I hated life, because the work that is done under the sun was grievous to me. All of it is meaningless, a chasing after the wind. So my heart began to despair over all my toilsome labour under the sun.”

The Bible, Ecclesiastes

Have You Ever
Wondered?



“If we find ourselves with a desire that nothing in this world can satisfy, the most probable explanation is that we were made for another world.”

- C.S. Lewis

The Christian Faith

- A better explanation

The Christian Faith

- A better explanation
- A right diagnosis

The Christian Faith

- A better explanation
- A right diagnosis
- A unique solution

The Christian Faith

“For God so **loved the world** that he gave his one and only Son, that **whoever believes in him** shall not perish but have **eternal life.**”

- The Bible, John 3:16

Level 4: Ultimate (Sublime *Beatitudo*)

- Comes from outside of us
- Infuses the other 3 levels with right orientation
- Encountering the full expression of truth, beauty, and goodness
- Finding the source of true human value and purpose.

Level 4: Ultimate (Sublime *Beatitudo*)

It is satisfying the spiritual hunger of the soul with its maker – God.

*“I have come so that you may have life,
and have it to the full”*

- Jesus Christ
(Gospel of John 10:10)



Thank you

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