

ONE MORE THING

Part 2: The Back Door To Happiness

THE PURSUIT OF HAPPINESS

- ❖ **The science of happiness (4 levels)**
 - ◆ The “pleasant life” - pleasure is good, pain is bad
 - ◆ The “good life” - doing what you are good at
 - ◆ The “meaningful life” - operating in your strengths + helping others
 - ◆ The “full life” - a culmination of all of these with balance
- ❖ **The “God honoring life” (*2 Corinthians 5:18 NKJV*)**
 - ◆ Different level of motivation, different level of fulfillment

JESUS REVEALS A HAPPY LIFE (*John 13:1-17 NIV*)

- ❖ **Jesus created an awkward moment for the disciples**
 - ◆ Foot washing was a servants job - and the lowest job available
 - ◆ So awkward for Peter he opted out
- ❖ **A challenging moment for Jesus**
 - ◆ He knew who would betray Him - not immune to the sting of betrayal
 - ◆ He had to override feelings - washed Judas’ feet and did not expose him
- ❖ **A powerful object lesson**
 - ◆ Jesus acknowledged His role as Teacher and Lord
 - ◆ The message was that they were not above Him
- ❖ **An unusual conclusion**
 - ◆ Jesus washing of His disciples feet was called an act of love
 - ◆ Jesus equated doing acts of service with being happy
 - ◆ Jesus established a new code of conduct for His Kingdom

SERVING OTHERS - THE BACK DOOR TO HAPPINESS

- ❖ **You are equipped by God to serve others (*1 Peter 4:10 NLT*)**
 - ◆ There is always something you have been given grace to do
 - ◆ God would not leave you out of an opportunity for happiness
- ❖ **Nothing we do for the Lord is without value (*1 Corinthians 15:58 NIV*)**
 - ◆ No one too important - no task too insignificant
- ❖ **God sees and remembers all you do for Him (*Hebrews 6:10 NIV*)**
 - ◆ Loving Him looks a lot like loving and serving people
- ❖ **Happiness is the by product of an outward focus**
 - ◆ Focusing on ourselves is a dead end
 - ◆ Jesus was under the pressure of the impending scourging and cross