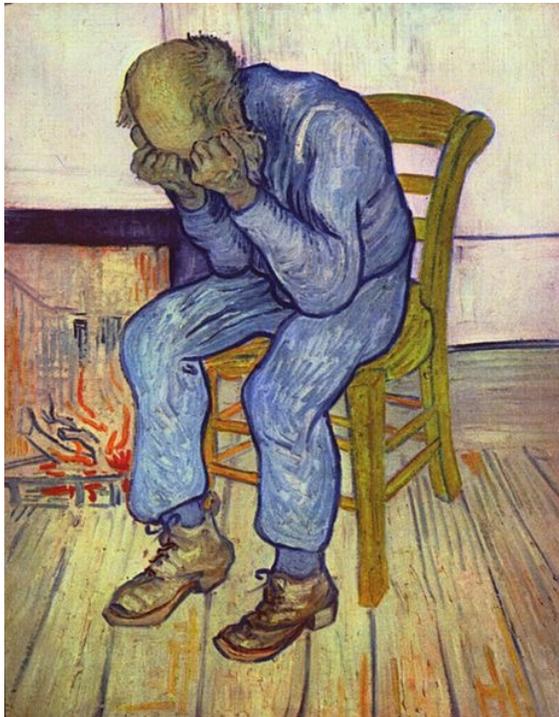


## The Secret of Happiness

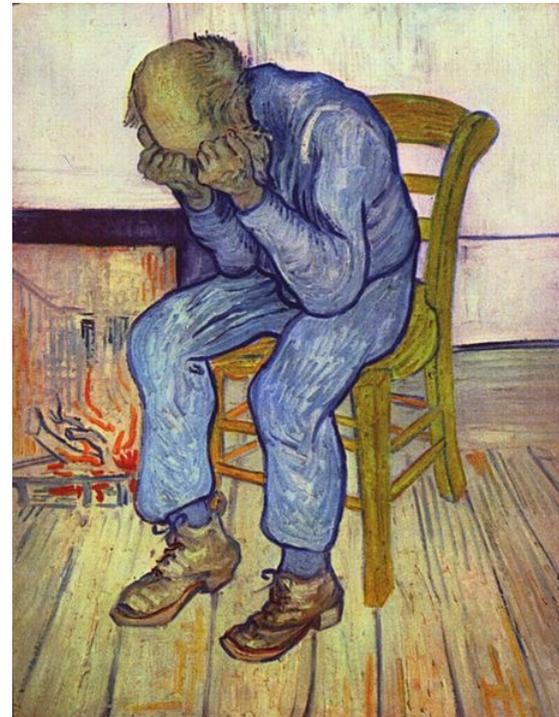
1. Tell about the happiest person you know. What brings this person happiness?
2. Most people look for happiness in possessions, relationships, or circumstances. Others look for happiness in the absence of trouble or difficulty. In what way do you pursue happiness?
3. King Solomon, recording his observations about people and life wrote, “This is what I have observed to be good: that it is appropriate for a person to eat, to drink and to find satisfaction in their toilsome labor under the sun during the few days of life God has given them—for this is their lot. Moreover, when God gives someone wealth and possessions, and the ability to enjoy them, to accept their lot and be happy in their toil—this is a gift of God.”  
What do you think Solomon is saying?  
It seems that wealth and possessions do not guarantee happiness.  
What responsibility do people have for their happiness? Explain.
4. Do you think sorrow is the opposite of happiness?  
Is it possible to be sad and happy at the same time? Explain.  
Draw what happiness looks like to you.



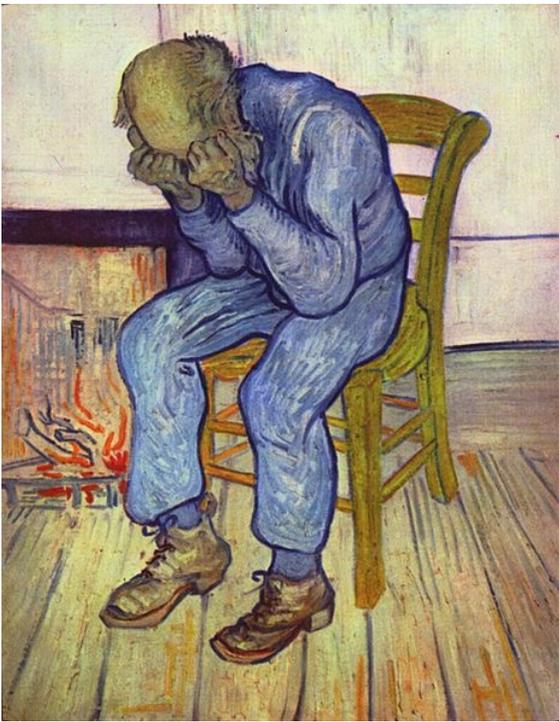
Vincent van Gogh. Sorrowing Old Man (“at Eternity’s Gate”), c 1890. Oil on canvas, 81 x 65 cm. Kroller-Muller Museum, Otterlo, Netherlands

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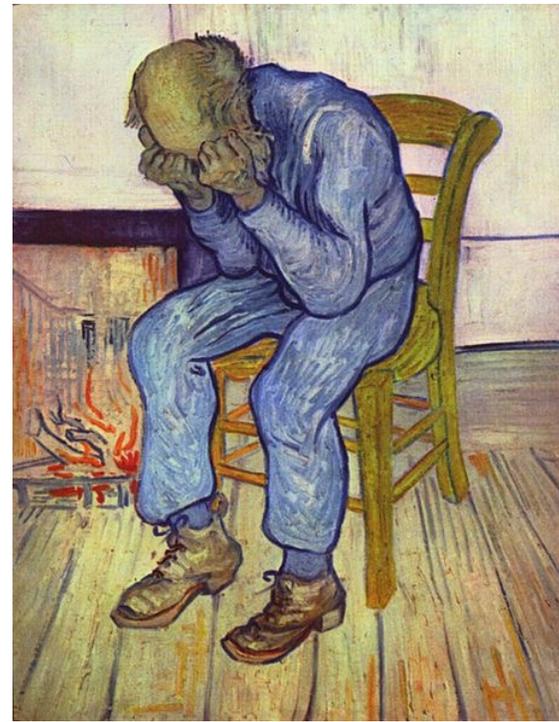
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