

Why Am I So Unhappy?

(Compiled by Paul R. Blake)

Introduction:

- A. Unhappiness is a euphemism. A euphemism is the substitution of a less offensive word for one that evokes an unpleasant response.
 - 1. Unhappiness is a euphemism for discontentment
 - 2. "I am unhappy" not only communicates a lack of joy and contentment, it also connotes a sense of helplessness and failure to take responsibility; it implies an absence created by external circumstances
 - 3. Discontentment is a more accurate word because it makes the condition active and places the responsibility for that state on the person who is discontent
 - 4. As kids when we said, "We're bored," my Mom had a stock answer: "Well, find something to do." Our boredom was our responsibility, and it was up to us to do something about it.
 - 5. Likewise with unhappiness or discontent; "Well, do something about it."
- B. The New Testament uses the word contentment defined as: "able, satisfaction with what one has, sufficient in oneself, and adequate" (Vine).
 - 1. Unhappiness and discontentment is really dissatisfaction with life and feeling that what God has blessed one is inadequate for happiness.
- C. Some things that might surprise you about happiness
 - 1. Happiness is not an entitlement; God promised happiness in heaven - Rev. 22:1-5
 - 2. Happiness is not externally generated by circumstances - Phil. 4:4-13
 - 3. Happiness in this life does not last, nor can one make it last - Ecc. 3:1-11

I. DISCONTENT IS ON THE INCREASE

- A. It is believed that money and health are the answer to discontentment.
 - 1. However, Americans have more money and material things and are generally in better health than they ever have experienced in the history of this nation; yet, discontent is on the rise. Young and old alike are restless, dissatisfied, and complaining about the misery in the world and the destitution in their own lives.
 - 2. Why?
 - a. Government, society, the world is not bound to make their lives happy, nor could it if it tried
 - b. Happiness does not come from circumstances or things
 - 3. Secular knowledge - Ecc. 1:16-18
 - 4. Physical pleasure - Ecc. 2:1-3
 - 5. Houses - Ecc. 2:4
 - 6. Land - Ecc. 2:4-6
 - 7. Material things - Ecc. 2:7-10
 - 8. It cannot satisfy - Ecc. 1:14, 2:11

II. WHAT DOES THE BIBLE SAY?

A. Contentment is a command - Heb. 13:5; Luke 3:14

1. God does not want us to be without ambition and goals; He wants us to be content with the circumstances that are beyond our control

B. Christians know the uncertainty of the material world; he does not build his life on passing things; he has learned better

1. James 1:9-10; 1Tim. 6:6-8; Phil. 4:11-12