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