

## Topic | HAPPINESS

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Happiness is the state of being contented or satisfied, being excited with something or a situation. It involves gestures like smiles, tears of joy, sharing, dancing e.t.c.

### **Sources Of Happiness Today.**

Having one's parents alive and able to support him/her is the major source of happiness.

Having children especially the disciplined, the bright, obedient is a source of happiness as they are a source of pride to the parents.

Acquiring of education and knowledge brings happiness especially those who complete, as one can acquire a job, get money and have a better life.

Acquiring of leadership by an individual brings happiness since your able to serve people and earn some income.

Sharing with others e.g. food, clothes and fellow worshipping since you get blessings from God.

Being good fearing brings happiness since you receive all fruits of life from God and you also receive salvation.

Passing exams with flying colours brings happiness especially to students because they are promoted to another academic level and also become successful in life.

Attending parties( social functions) is also a source of happiness since it relieves one from stress and strengthens social relationships.

Belonging to a good and recognized family is a source of happiness since you will be respected in society.

Having good or sound health is happiness as you save money instead of spending it on medication.

Marriage to the right person also brings happiness to the concerned person since you fulfill cultural and Christian demands and be happy.

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Touring new places is a source of happiness because you are able to discover new things that God created which brings about joy.

Providing charity to the needy is a source of happiness to the concerned since the giver receives blessings from God.

Remaining single or unmarried as a vocation brings happiness to the concerned people like the priests and nuns. This is because they serve God better.

### **WHAT MAKES A STUDENT HAPPY**

Being beautiful or handsome brings happiness to the students because people appreciate yr beauty.

Having many friends who are good especially those of opposite sex because you get to learn their ways, get advise from them.

Passing exams with flying colours brings happiness, as one is promoted to another class and receive gifts from their parents.

Being loved by parents, sisters and brothers is a source of happiness since you are at home with them.

When they visit other schools for seminars and interact with other students and get knowledge for a particular subject.

Being God fearing because you will receive all the gifts of life from God and salvation.

Having a lot of pocket money since you can buy what ever you need and concentrate on your studies.

Being brilliant amongst other students brings happiness because you excel and get a scholarship and make your parents happy.

Acquiring of leadership by students brings happiness since they are able to serve others.

Having one's parents alive and able to support them financially and spiritually is a major source of happiness.

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Acquiring of education or knowledge bring happiness to a student as one is able to get a job and live a descent life.

### **OCCASSIONS/ MOMENTS OF HAPPINESS IN THE PRESENT SITUATION.**

Giving birth to a child or baby shows continuity of a family, a clan and brings status and respect to both the man and woman.

Electing and swearing in of leaders in an occasion of happiness today as people filled with new hope.

Appointing of a king is an occasion of joy because people are able to get new leaders and new ideas for community development.

Attending weddings and taking up of marriage is an occasion of joy which authorities a person to make his own home and one is able to pass on life to the next generation.

Parties like birthdays, graduation parties bring people together and they are able to share happiness and views which brings team work in the society.

Praying to God is an occasion of happiness since you are in communication with God and his able to answer your prayers.

Enjoying good leisure activities is an occasion of happiness since you relax your body and mind.

Surviving an accident is an occasion of happiness since it shows God's love for you.

Visiting friends and having a chat is an occasion of happiness because it helps to strengthen relationship.

Celebrating national days like independence is an occasion of happiness. This is because there is togetherness and unity that is expressed among the people.

When people take part in religious rituals e.g. baptism where people get new names as followers of Christ hence being a member of God's family.

Helping the needy is an occasion of happiness since one receives God's blessings the needy also feels comfortable.

## **SourcesOfUnhappinessInThePresentSituation/InSocietyToday.**

Barrenness in marriage causes unhappiness because one loses a marriage and respect in society due to lack of children.

Famine brings unhappiness because at times it causes death since people lack food to eat.

Accidents bring misery admit people since they caused death of the loved ones.

Poverty is a source of unhappiness because people are unable to meet their basic needs in life.

Diseases like HIV/AIDS, high blood pressure, cancer cause unhappiness since they are expensive to treat and causes physical pain to a person and a loved one e.g. Ivan Semwanga who died of pressure in South Africa brought pain to his relatives

Death of a believed one since you miss his/her company e.g. Prof Lawrence Mukibi of St. Lawrence schools who died after falling in a bedroom will be missed by his 53 children.

Political instabilities also bring about unhappiness as they cause destruction of property and family breakups.eg the LRA war in northern uganda which led to death of many people.

Natural calamities e.g. landslides lead to unhappiness as they cause displacement of people e.g. landslides in Bududa in Mbale which caused displacement of people in Kiryandongo.

Corruption e.g. emblezzment of funds causes unhappiness as it's an injustice to the people. It deprives people of social services.

Mistreatment of women by men. Women are victims of terrible beatings and are considered inferior and at times end up dying e.g. Katusiime from bushenyi whose limbs and ears were cut off by her husband when she was 7 months pregnant being suspected of cheating.

Laziness causes unhappiness as one is unable to get his /her basic needs of life and suffers a lot.

Failure in class brings unhappiness since it causes frustration to students, parents and relatives.

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Repeating a class brings shame to the student among his/her classmates since they look at the student as being academically weak.

### **SolutionsOfUnhappiness.**

Pray to God for intervention because he is the answer to every problem.

Seek guidance and counselling from professional counsellors to help you overcome causes of unhappiness and give you solutions.

Develop a spirit of hardwork in order to meet the basic needs of life and fight poverty.

Be faithful and trustworthy in life in order for people to work well with you because they they will become confident of you.

Forgiveness and reconciliation especially to those who have caused misery to you since forgiveness gives peace to a person.

Repenting and confessing of one's sins is a solution of unhappiness because one is able to be good in terms with God and man.

Being open and free with each other is a solution of unhappiness since one associates freely with one another and reconcile with each other in case of any wrong made.

In case of sickness, seek for medical advise for better health.

Read the Bible for God's guidance and encouragement. This will bring peace to your heart and soul.

Help the needy so that they receive basic needs of life and be happy and also receive God's blessings.

### **HappinessInAfricanTraditionalSociety(ATS).**

**ThefollowingwereregardedassourcesofhappinessinATS;**

One having wealth, lan, cattle and a large homestead made people happy e.g. among the Banyankole when one had a herd of cattle and a lot of food was a happy man since he met his basic needs and received a lot of honour and respect.

A man with many wives from various clans was seen as happy because of respect and honour e.g. among the Basoga, the Kyabazinga had many wives

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from many clans. This brought happiness because there was less conflict in the society.

A family with many children both boys and girls was regarded as happy as children were source of wealth and source of respect.

Paying for bride wealth and receiving bride wealth for your daughters brought happiness to the concerned family e.g. among the Dinkas of South Sudan a girl was taken for over 150 heads of cattle which brought wealth to her family.

Living up to a ripe age ( old age) was a source of happiness and pride because such people were regarded as successful, they were able to see their grandchildren e.g. among the Acholi when an elderly person died, people rejoiced and celebrated because he had seen his great grandchildren.

Carrying out initiation ceremonies like circumcision brought a lot of happiness to the concerned people e.g. among the Bagisu of Eastern Uganda. When a boy was circumcised to be initiated into manhood from childhood it brought a lot of happiness to the family.

Victory over ones enemies during the war was regarded as a source of happiness because it portrayed defeat and conquering.

Having many hardworking members of the family like wives, children and workers brought happiness to the family since it was a source of food.

Being in good terms with the gods brought happiness to the people because they got blessings from them.

Attending social activities like beer partying, wrestling brought happiness to people because they got relieved of stress and were able to socialise.

Performing heroic acts like killing of a fierce animal because it guaranteed against loss of lives and priority.

Offering of sacrifices, thanksgiving to gods and ancestors brought happiness to a society because blessings were expected from god and the spirits.

Living amongst one's relatives in an extended family was a source of happiness because individual members were taken care of by the rest.

Having morally upright children brought happiness to the family members because they received respect from society.

### **Moments/OccasionsOfHappinessInATS.**

Prayer to ancestral spirits, was a moment of happiness as they were able to get blessings.

Carrying out introductions and wedding was a moment of happiness this is because the man received a wife and was able to produce children and expand on the clan.

Offering sacrifices to ancestral spirits was a moment of happiness this was because they received gifts from them.

Attending beer parties where people eat, drink and had fun was a moment of happiness.

Carrying out wrestling where people expressed their emotions and became happy.

Naming of children, this gave them a sense of belonging.

Having leisure time, this helped to relax their minds.

Receiving rewards for hardwork done since it was a form of appreciation.

Giving birth to children. These helped to expand on the clan.

Burial of an old person. This is because they bid farewell to him for the good advise and work done.

Coronation of the king. This is because it gave them a leader.

Victory over their enemies. This is because it brought peace in society.

Carrying out initiation ceremonies e.g. circumcision was a sign of transition from childhood to adulthood.

Harvesting time/ season was an occasion of joy because people were assured of food.

### **SourcesOfUnhappinessInATS.**

Witchcraft and magic destroyed happiness as it caused suffering and death to the people.

Natural calamities like earthquakes, floods, famine and landslides brought unhappiness to people as it destroyed lives.

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Harsh punishment was given to law breakers like sentencing them to death brought misery and suffering e.g. among the Bakiga of Western Uganda, of a girl got pregnant before marriage, she would be thrown down river Kisizi by the brother to die in order to serve as an example to the rest of other girls.

Diseases like measles, small pox brought unhappiness because they caused death to the children which was misery to their parents.

Mistreatment of the poor, the sick, disabled and those with contagious diseases where kept away, it was a form of discrimination leading to isolation hence unhappiness.

Slavery brought unhappiness because people were separated from their families and relatives which led to broken homes and they were oppressed by the strong.

Death of the dear ones brought unhappiness to many Africans since they missed their company, care and support.

Failure to produce children in marriage. This is because of the belief that the ancestral spirits would have cursed the couple.

Bad relationship between man and god brought unhappiness since it brought about disharmony in society. And it also brought about curses.

Lacking material possession such as land was a source of unhappiness as it was seen as a source of poverty and suffering.

Defeat in wars brought unhappiness because such communities were raided of the valuables e.g. the daughters, wives and cattle.

## **ASSIGNMENT**

Qn: How is Christian understanding of happiness different from that of ATS?

### **HappinessInChurchHistory.**

#### **EarlyChurch**

Receiving the holy spirit and his gifts brought happiness to the people e.g. the holy spirit came upon the apostles when they were in the upper room praying they began to speak in tongues and were happy.



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Preaching the word of God brought happiness to the early Christians e.g. St. Paul preached the gospel to the Galatians and many were converted to Christianity.

The belief in Jesus' resurrection was a source of everlasting happiness because it was strength to their own resurrection.

The early Christians found happiness when they baptised new members in large numbers to make them enter into God's family e.g. Peter baptised 3,000 people in Samaria.

Repenting of sins, forgiving others and reconciling with those who had wronged them which enabled to receive forgiveness from God and also to receive peace.

Through performing miracles which signified God's glory e.g. healing the lame and the sick e.g. Peter and John healed a lame man who seats at the gate of the beautiful temple.

Carrying out charity to the needy which gave them hope and comfort e.g. Lydia sewed linen clothes and gave them to the poor and widow which brought peace into their lives.

Establishing of new churches where new converts prayed from e.g. St. Paul established new churches in Corinth where people prayed from which strengthened their faith.

Fellowshipping and bible study which helped them to share the word of God, comfort and pray for one another.

Carrying out missionary journeys to spread the gospel to people which made them convert to Christianity.

Persecution and martyrdom of Christians brought happiness to the people because it was Christ's seek e.g. St. Stephen who was stoned to death because of preaching the gospel and instead surrendered his spirit to God.

Carrying out the Eucharist brought happiness because they were remembering the body and blood of Christ and how Jesus died for their sins.

Writing epistles and letters to friends brought happiness it was a way of sharing Gods word e.g. St. Paul wrote letters to the people of Ephesus which encouraged them to stay stronger in their faith.

Christians in the middle ages got happiness by composing hymns, singing and listening to Christian music e.g. St. Ambrose composed most of the hymns which are now being sung up to date.

Watching slaves and animals, animals and animals and prisoners and prisoners fight was happiness, they were happy to see an angry lion grab a man and kill him.

Providing food stuffs to the poor, welcoming strangers and traders was a source of happiness because it caused them to live a life of comfort.

Carrying out church marriages brought happiness since it led to continuity of the human race thru production of kids.

Decorating and clearing around church structures brought happiness because it attracted many people for prayers.

Equipping of christians with skills e.g. the monks and nuns equipped Christians with carpentry skills which enabled them earn a living.

Giving scholarships to children to study in higher institutions which helped them to acquire education and eradicate illiteracy e.g. the missionaries gave scholarships to the sons of kings to go and study abroad so as to get knowledge about leadership skills

Translating scriptures to the local languages enabled the Africans to read and understand the word of God e.g. Ludwig Krapf translated the Bible to Swahili.

Stopping bad African practices e.g. killing of twins, women circumcision brought happiness which brought curses to the people and also reduced sexual satisfaction of the woman.

Establishing schools, health centers etc which improved on the health of people and eradicated illiteracy amongst the people e.g. the missionaries constructed NGO which helped to educate many boys.

Stopping slavery and slave trade which imposed a lot of suffering and misery to people e.g. doctor David Livingstone fought against slave trade.

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Engaging in childish competitions like eating competitions, crying, laughing competitions et.c. which was fun to them and relieved stress from them.

### **Sources Of Happiness Of The Monks And Nuns.**

The nuns and monks achieved happiness by doing away with worldly pleasures such as sexual intercourse and instead they followed Jesus Christ and his teachings.

The monks and nuns found happiness through engaging in productive work such as agriculture. They cultivated crops and distributed the outputs to the needy.

The monks and nuns found happiness by attending fellowship where they shared the word of God and encouraged one another in the word.

The nuns and monks found happiness in reading scriptures which was very important in keeping their faith strong.

The nuns and monks found happiness when they participated in the holy sacraments like baptising the new converts and partaking of the Lord's supper hence being part of God's family and remembering Jesus' death.

The monks and nuns found happiness in helping the needy e.g. the widows and the orphans. This is because it reduced in their level of suffering and also followed the example of Christ.

The monks and nun found happiness when they preached the gospel and converted many people to Christianity.

The monks and nuns found happiness in providing educational services e.g. the built schools which helped to impart knowledge and skills to the people.

The monks and nuns found happiness when they built health centres where they treated people who were suffering from various diseases hence improving on their health.

The nuns and monks found happiness in being prayerful and also fasting e.g. they had 9 services a day which helped to draw close to God.

The nuns and monks were happy when they gave hospitality to a stranger in the desert. They welcomed them, gave accommodation for a night and catered for their needs. (food).

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The monks found happiness when they carried out trade with other people in the desert where they sold their products especially food stuffs and they got money which they used to support their work and the needy.

The monks and nuns found happiness through celebrating important religious days e.g. Pentecost day which reminded them about the day when the holy spirit descended upon the disciples who were praying in the upper room, which led to growth of Christianity and Christian faith.

### **Sources Of Happiness To The Uganda Martyrs.**

The Uganda martyrs were happy when they carried out missionary journeys by moving from their home areas to other places to preach the gospel e.g. Matia Mulumba moved from Mityana to Mengo where he preached the word of God to people.

The Uganda martyrs were happy when they lived a life of prayer. This enabled them to get strength from God and also helped them and also helped them to endure persecution.

The Uganda martyrs were happy when they were being persecuted i.e they suffered persecution under the political authority under Kabaka Mwangi of Buganda for refusing to denounce their faith.

The Uganda martyrs were happy when they lived a life of self denial i.e fasting and sharing the little they had and living in their lives to be burnt.

The Uganda martyrs were happy when they preached the gospel and converted many people to Christianity e.g. Charles Lwanga preached to Kizito Omuto and he converted into Christianity.

The Uganda martyrs were happy when they accepted the gospel of salvation of Jesus Christ and followed His teachings and commandments.

The Uganda martyrs were happy when they carried out charitable work i.e when they helped the elderly widows in the community since it helped them to live a comfortable life.

The Uganda martyrs were happy when they carried out Bible study they learnt more about God's word and grew stronger in faith.

The Uganda martyrs attended fellowship meetings which made them happy since they comforted one another.

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The uganda martyrs were happy when they carried out baptism of new converts and they joined the family of God e.g. Charles Lwanga baptised Kizito Omuto.

### **BishopCyprianOfCarthage.**

1.He was born 2000 AD in North Africa of pagan parents.

2.He was a bishop of Carthage in North Africa. He didn't experience suffering in his life but found happiness in the following ways;

He was happy when he got converted to Christianity because this was the beginning of understanding the gospel truth that later inspired him to be a bishop.

He felt happy on the day of baptism. This was after knowing that he had joined the family of God.

He felt happiness through repentance of his sins which made him unite with God since his sins were forgiven.

Having numerous believers made him so happy. He thought that was some thing impossible because of his sinful background.

He was happy when he was filled with the Holy Spirit. This gave him courage to do his work even in times if difficulty.

He experienced happiness in healing the sick. He organised a program of medical relief and nursing to treat the sick during the severe plague.

He read the Bible ( scriptures) and this gave him a lot of happiness because it was important in keeping him strong in faith.

He preached the good news of salvation to many of his followers which made him happy since they had converted to Christianity and left their pagan way of life.

### **IgnatiusOfAntioch.**

He was born in Syria around 50 AD.

He was the 1st Christian slave but he did his slavery work with a lot of joy because he was a believer in Christ.

He found more joy when he was ordained as bishop of Antioch in Syria.

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He remained happy when he was in prison for his belief in Christ.

He was joyful when writing thanksgiving letter to the Christians who were visiting.

He used to sing songs of praises while he was in his slavery.

He endured alot of suffering for Christ with alot of Joy. He knew that he would be rewarded in heaven.

He was happy when he attained freedom from spiritual slavery (slavery of sins) through repentance.

He was joyful when being murdered by a gang of brutal soldiers for the sake of believing in Christ.

### **St. Augustine Of Hippo Regions.**

Born 354 AD in North Africa. His mother was a christian called Monica but Augustine was a non Christian. He found happiness in the following ways;

He found happiness when he became converted to as a Christian. He confessed that “ Our heart is restless until it rests in you”.

He studied pagan literature but his new life as a Christian made him happy.

In his new life, he experienced a new depth of happiness that is why he travelled to many countries searching for the truth and good creatures.

He gained happiness in sharing the word of God with others and converting them to Christianity.

He was ever happy to listen to songs composed by St. Ambrose which helped people to come back to the true worship of God.

He endured suffering and persecution in life because he believed that he will get a better life in heaven.

He composed prayers and tried to draw people closer to God and this made him to be very happy.

### **Limitations To Happiness Of Christians In Church History.**

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Martyrdom and persecution which denied them life especially the disciples e.g. Stephen was stoned to death under the instruction of Saul. This discouraged the disciples.

Inadequate resources/funds leading to poverty which made it difficult from them to carryout their work e.g. missionaries who run short of food and medicine and some died.

Harsh government authority e.g. the Roman authority ( government ) which made it difficult for the disciples to preach the gospel of Christ.

There was language barrier where by missionaries found it difficult to communicate to the local people due to differences in origin.

They were moving long distances since they didn't have good transport. This made them tired and inefficient.

They kept away from their families which caused loneliness to their wives, husbands and children.

There was high level of illiteracy among the people where by they failed to read and understand the word of God.

Some Christians painfully abandon their wives like the Uganda martyrs. Some were polygamous which led to broken families.

There were hostile tribes like Nandi and karamojongs who were not ready to listen to the word of God and host strangers in their lands where by they instead killed them.

The suffering and death of Christ. The Christians were briefed about the news of Christ's death and suffering since he was their master.

There was hostile climate which made it hard for them to carryout their missionary work.

There was rivalry from other religions like Islam and ATR which made their transmission of Christianity difficult.

**ExamplesOfPeopleWhoExperiencedHappinessDespiteOfSuffering (Adversity).**

Early Christians renounced worldly pressurers like wealth, marriage etc. in order to share friendship with God and fellow men.

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Monks and nuns looked for happiness in the desert living in monasteries, living a celibate life, poverty instead of celebrations and joyful occasions.

St. Stephen the first martyr happily accepted to be stoned to death for the seek of the gospel e.g. he said, “ I see heaven opening and the son of man standing at the right hand side.”

St. Francis of Assisi sold all his property, gave every thing to the poor and need. He embraced the vow of poverty and remained happy.

The Uganda martyrs both Anglicans and Catholics were all tortured to death both remained firm and even rejoiced in their suffering by singing songs of praise when being burnt.

St. Cyprian even when he was accused for having caused a plague which killed many people, he happily looked after the sick until he was killed by a gang of brutal soldiers.

The apostles in the apostolic age lived under hardships and hostility from political authority but they happily spread the gospel of Christ to others.

The 1st Christians suffered from slavery persecution and torture but they all did this with joy and courage.

Ignatius who was once a slave but later became a bishop of Syria died as a martyr in 115AD and he was happy because he was going to heaven.

Felicity and Perpetur were 2 young women from Africa who were martyred shortly after becoming Christians. They died joyfully and courageously.

Mr. Gathenji and his wife were severely tortured after becoming Christians and Mr. Gathenji died but Christians sung praises to God, “ tukutendereza yesu” on his burial.

### **WhatCanTheChurchDoHelpItsMembersAttainHappiness.**

The Church can set up employment projects and employs people or its members. This can help them earn some income and improve on their standard of living.

The church can offer daily prayers for those who are suffering so as to gain happiness which their problems will be solved by God.



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The Church can provide basic needs of life to the needy which enables them survive and live happily e.g. the Anglican church established Sanyu Babies Home which looks after abandoned children and grow up and live happily.

The church can promote forgiveness amongst its members whenever they wrong each other. This can help them to live in peace and harmony with each other.

The church can help its members through guidance and counselling to understand that problems are part of life and that even people in the Bible who had problems overcame them e.g. Job suffered but God saw him through and gave him twice as much as he had. ( Job 42:7).

The church can teach Christians to rely more on the Bible for real happiness through Bible study e.g. the promises in the Bible make us happy like we shall have life after death.

The church can preach love for both enemies and friends to its members. This eliminates bad behaviours like adultery from their midst which enables married people to live in love.

The church leaders can serve as an example to bring about peace among themselves and Christians e.g. they can learn to share their property with the needy e.g. watoto.

The church can carryout other guidance and counselling to members with problems in order for them to attain peace.

The church can organise events which unite people and which in the end bring about happiness e.g. having a party of graduation, weddings, anniversaries where people eat and drink and have fun.

The church can teach the beatitudes to its members e.g. happy are the spiritually poor for the kingdom of God is theirs. (Matthew 5:ff).

The church can give its members sacraments to encourage them on their pilgrimage to the city of God e.g. holy communion, baptism, anointing of the sick. This can encourage them to draw closer to God, receive healing and become members of the family of God.

[HappinessInTheOldTestament.\(OldTestament'sTeachingAboutHappiness\).](#)

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It teaches that good work brings happiness as one gets pleased with his work e.g. God was happy when he completed his work of creation on the 6th day and everything was good. (Genesis 1:31).

It teaches that child bearing brings happiness to the people as one overcomes the curse of barrenness e.g. Hanna was happy when God gave a son called Samuel and she overcame barrenness (Samuel 2:19-28).

It teaches that companionship especially of a wife brings happiness e.g. Adam was happy when God gave him Eve because he had got company. (Genesis 2:21-23).

It teaches that being freed from slavery, suffering and death brings happiness e.g. the Israelites were happy when they came out of Egypt where they had been enslaved for 430 yrs because they were going to enjoy freedom. (Exodus 14:).

It teaches that defeating enemies especially those who attacked the Israelites e.g. when David killed Goliath in the battle it brought happiness to the Israelites because they overcame fear. (Samuel 17:41-54).

It teaches that being faithful to the Mosaic law as well as following the 10 commandments brings happiness and a better working relationship with God and fellow men.

It teaches that being obedient to God brings happiness as it creates a good relationship with God e.g. Abraham was told by God to leave his native land Haran and go to the promised land of Canaan and he obeyed. (Genesis 12:1-9).

It teaches that freedom from suffering and disease brings happiness e.g. Job when he regained his lost property and got healed from a strange disease because he gained his status. (Job 42:7-16).

It teaches that defeat of false prophets brings happiness e.g. Prophet Elijah defeated 450 prophets of Baal which brought happiness because they were to worship the Almighty God only.

It teaches that completing and dedicating of the temple of God by kings brings happiness to God since they had where to worship e.g. King Solomon slaughtered 22000 cattle, 12000 sheep and goats for people to celebrate.

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It teaches that the return of ark of the covenant brought happiness to the Israelites e.g. king David danced beyond his status of being a king because God's presence was with him in Israel. (2nd Samuel 6:1-28).

### **Assignment**

QN:1. What were the sources of happiness to the Israelites?

Qn:2. What were the moments of happiness to the Israelites?

### **SourcesOfHappinessToTheIsraelites.**

The sources of happiness to the Israelites was child bearing which meant that one was blessed e.g. the Israelites were happy when they born children.

The sources of happiness to the Israelites was being freed from slavery e.g. the Israelites were happy when they were freed from the long period of slavery for 400 yrs.

The sources of happiness to the Israelites was defeating enemies especially those who attacked them e.g. when David killed Goliath in the battle, it brought happiness to the Israelites because they overcame fear.

The sources of happiness to the Israelites was being faithful to the Mosaic law as well as following the 10 commandments.

The source of happiness to the Israelites was being saved from death by God e.g. the Israelites were happy when God helped them to cross the red sea.

The source of happiness to the Israelites was being saved from famine e.g. the Israelites were happy when God provided them with manna when they were in the desert.

The source of happiness to the Israelites was being forgiven of their sins e.g. the Israelites were happy when they were forgiven their sins by God.

The source of happiness to the Israelites was celebrating the Passover festival because their 1st sons were spared but of the Egyptians were killed by an angel sent by God.

The sources of happiness to the Israelites was believing in one true God.

They were happy when they repented of their sins, forgave others and reconciled with those who wronged them because it enabled them to receive forgiveness from God and also have peace.

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The Israelites were happy when God answered their prayers as they saw his glory e.g. Hanna was happy God gave her a child Samuel.

12. The Israelites were happy when they lived a long life or having a ripe age since they lived to see their grand children.

### **MomentsOfHappinessToTheIsraelites**

Prayer to God was a moment of happiness as one was able to get blessings from God.

Offering sacrifices to God was a moment of happiness. This is because they received gifts from God.

Giving birth to children was a moment of happiness as it helped them to expand their clans.

Victory over enemies was a moment of happiness i.e. when the Egyptians were killed as they were following them (the Israelites) in the Red sea. This is because it brought peace in society.

Coronation of the king. This is because it gave them a leader e.g. Moses.

Taking part in religious rituals was a moment of happiness which made them part of God's family.

Marriage was a moment of happiness as it united the Israelites as husbands and wives and they became one e.g. Moses was married to Zipporah.

Naming of children was a moment of happiness which gave them a sense of belonging e.g. the naming of Moses.

Having leisure time was a moment of happiness which enabled them to relax their minds.

Burial of an old person was a moment of happiness because they bid farewell to him for the good advice and work done e.g. they buried Moses happily.

Crossing the red sea was an occasion of joy, God saved the Israelites from death.

Receiving food from heaven and water from the rock on their journey to the wilderness was a moment of happiness e.g. the Israelites collected manna for food in six days.

## **SourcesOfUnhappinessInTheOldTestament**

There was adultery which was against the commandments of God e.g. king David committed adultery with Bathsheba and she gave birth to a son and he died.

There was murder of the innocent which denied them life e.g. Cain killed Abel because he was jealous and God made him a wanderer as a punishment.

There was idol worship yet it was God to be worshipped e.g. Aron molded a golden calf which Israelites worshipped and it was against God's laws.

There was suffering of people which led to misery e.g. Job got a strange disease which caused him pain and he was rejected by his friends, wife and relatives.

There was barrenness yet children are a blessing from God e.g. Hanna who stayed a long time without having children until she prayed to God and God gave her a son.

There was slavery of people who made them suffer e.g. king Pharaoh made the Israelites to work in the city and were not given freedom and right to do anything and without payment.

There was over taxation of people which led to misery e.g. king Solomon overtaxed the Israelites in order to meet his wives' desires(700 women) which led to poverty among the Israelites.

There was over exploitation of people during work that led to their suffering.e.g. king Solomon made the Israelites to work and build his palace without pay which led to unhappiness.

Disobedience of God by man brought unhappiness because he was punished e.g. Adam and Eve disobeyed God and were sent away from Paradise and the woman was to produce in pain and the man was to eat after sweating.

Being defeated by enemies caused unhappiness. It showed lack of harmony between God and man e.g. the Philistines were unhappy when they were killed and defeated by David.( Israelites)

Having poor harvest caused unhappiness as it led to famine and starvation in the community.

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Poverty or lack of material possession was a source of unhappiness because it showed that God had cursed the individual e.g. Job's friends advised him to curse God instead of being a poor man.

### **Assignment**

Qn: Explain how the fall of man in Genesis 3 is an occasion of unhappiness.

The fall of man in Genesis 3 was an occasion of unhappiness because a woman was to have birth through too much pain.

The fall of man in Genesis 3 is an occasion of unhappiness because God got annoyed with them. This brought sadness to them.

The fall of man in Genesis 3 is an occasion of unhappiness because man was chased out of the garden of Eden.

The fall of man in Genesis 3 is an occasion of unhappiness because man was to work hard all his life for the food the ground produces.(Genesis 3:17).

The fall of man in Genesis 3 is an occasion of unhappiness because a woman was to desire for her husband very much but he is ruling over her.(Genesis 3:16)

The fall of man in Genesis 3 is an occasion of unhappiness because God pronounced death upon all human beings. One was to toil until he goes back to the soil from which he/she was formed hence this brings unhappiness.

The fall of man in Genesis 3 is an occasion of unhappiness because there was enmity between man and God hence loss of friendship with God.

The fall of man in Genesis 3 is an occasion of unhappiness because man was given understanding to differentiate good and bad hence he realised his nakedness and becomes afraid before God.

The fall of man made man start to die and turn to dust as a result of his disobedience.

The fall of man , made Sin to crop into the world and lost God's blessing.

### **HappinessInTheNewTestament.**

Receiving the holy spirit brings happiness to the people as it enables one to be close to God. e.g when the apostles received the holy spirit on the day of Pentecost and spoke in tongues. They were happy. ( Acts 2).

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Carrying out baptism brings happiness to the new converts because they joined the family of God e.g. Philip baptised an Ethiopian official( eunuch) which made him happy because he had joined God's family. (Acts 28:26-39).

Treating people equally brings happiness because they all feel important e.g. Jesus treated the Jews and Gentiles, women and men, young and old without discrimination.

Jesus' coming in earth brings happiness to the people because it reconciles man to God and his sins are forgiven.

Accepting Christ as a personal saviour brings happiness because he is the way, the truth and the light and through him, one gains eternal life.

Being humble in service brings happiness because God lifts up the humble and pulls down the proud e.g. Jesus was humble when he washed the disciples' feet and wiped them with a towel.

Loving one another brings happiness because people live in peace e.g. God so loved the world that he gave his only son Jesus to die for mankind. (John 3:16).

Forgiveness and reconciliation brings happiness to the people e.g. the adulteress woman was forgiven by Christ and she got her freedom because she was going to be stoned to death. (John 8).

Preaching the gospel brings happiness because man is able to know the truth about God e.g. Peter preached the gospel to Cornelius and he converted to Christianity.(Acts 10:1ff).

It teaches that carrying out teamwork brings happiness to the people because it makes work easier e.g. Jesus worked together with his apostles and he was able to delegate work to them.

### The Beatitudes.(Jesus' teaching about beatitudes(true happiness) Matthew 5:1-10

The beatitudes are the 8 statements made by Jesus about his people who are blessed;

Jesus says that happy are those who are poor in spirit because the kingdom of God belongs to them.

Happy are those who mourn and suffering innocently. They receive God's love and comfort.

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Jesus teaches that happy are those who are humble ( meek) because they will receive the promises of God.

Jesus teaches that happy are those whose greatest desire is to do what God requires because God will satisfy them fully.

Jesus teaches that happy are the merciful to others because God will be merciful to them.

Jesus teaches that happy are those who work for peace because they will call them his children.

Jesus teaches that happy are those whose hearts are pure because they will see God.

Jesus teaches that happy are those when people insult them and they are persecuted and lies are told against them because they are God's followers and will receive a great reward that is kept in heaven.

### MeaningOfTheBeatitudes.

Happy are those who are spiritually poor means that those who accept their sins because the kingdom of God belongs to them.

Those who mourn are happy when they have experienced suffering. Therefore such people can understand when another is suffering and can comfort him/her.

Happy are those who are humble means that such people treat others well, don't dominate them and they work for the good of others and not themselves only.

Happy are those who hunger and thirst for justice means, people who do what God requires of them and oppose evil.

Happy are those who are merciful to others means that they are always tolerant, kind and forgive others easily.

Those who are pure in heart are those who are sincere and genuine before God and men and happy in Christianity.

The peace makers are those people who always try to break the barriers which divide people and so they settle disputes among people and counsel them and stop quarrels.



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Those who are persecuted means people who are laughed at, mocked, nick named and stoned because of following God, such people are happy as far as Christianity is concerned.

### Reasons Why It's Hard To Live According To The Beatitudes.

Desire for wealth can prevent one from being spiritually poor. This is some times difficult to trust God and your material wealthy.

Man's sinful nature of revenge among people can prevent one's desire to work for peace.

Prolonged suffering and sickness leading to hatred of people and makes one to forget God hence being impure in heart.

Poverty leads to crime like stealing which deprives people of peace hence falling to be loving.

Lack of faith which makes people doubt his preachings in the Bible and do what displeases God like committing adultery.

Living in an impure environment can make a Christian loose his spirit of a pure heart since there is a lot of drinking, sex abuse, fighting which are sinful before God.

Persecution of non-believers can affect one's spiritual love for God since one develops hatred for them and hence fail to live a peaceful life.

Unanswered prayers affect a Christian's faith in God hence finding it difficult to be spiritually poor because of frustration.

Desire for too much pleasure especially which is commercialised. It makes people to over spend and remain with less money to the suffering people hence being not merciful.

The government's unjust policies like over taxation prevents one from following justice and destroys one's zeal to work for justice since people's income are reduced.

People are influenced by their friends to ask contrally to what God requires for them. Because they want to fit in the group e.g. Some young people disrespect their parents and go for night dancing.

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Some people are so proud that they can't humble themselves. This is because they are beautiful, have money and arrogant hence failure to be humble and meek.

### How Jesus' Life Restores The Lost Happiness To Man / How Jesus Is A Source Of Happiness To His Followers.

Jesus makes people happy by providing food to them which ensures their survival quenches to their thirst e.g. he fed 5000 men on 2 fish and 5 loaves of bread.

Jesus encourages sharing among his followers, the rich should share with the poor. Sharing is a source of joy and solidarity to both the receiver and the giver.

Jesus encourages marriage stability which is a source of happiness since children are raised up with both parents since he discouraged divorce. ( mark 10:1ff).

Jesus bridges the gap between mankind and God through his death and so many of his believers are true children of God.

Jesus enables Christians to get the gift of the holy spirit which enables them to perform miracles hence bringing happiness to the lame and blind.

Jesus is the giver of eternal life to mankind through his death and resurrection which is a source of happiness because lives for ever with God.

The miracles Jesus performs makes him the giver of life and those who believe in him are assured of life which is a source of happiness.

Jesus helps to strengthen relationships with other people which are a source of happiness e.g. he used to visit Mary and Martha which strengthened their relationship in that he resurrected Lazarus.

Jesus rose from the dead which gives happiness to his followers that they will rise from the dead one day and be with their father in heaven.

Jesus brings happiness to people who are spiritually poor but physically rich. He makes the rich get eternal life e.g. Zacharias who accepted his salvation.