

# Happiness:

## A feeling of well-being and contentment.



Happiness is something everyone wants and often pursue, even to the detriment of relationships. While the United States Declaration of Independence states that the *pursuit of happiness* is an “inalienable” right of all people, most people find the feelings of happiness to be elusive. Philosophers, psychologists, and theologians have sought to define happiness and researchers spend a lot of time and money attempting to discover how people can find happiness and maintain it. Too many people expect their spouse to make them happy and if they don’t, many leave the relationship.

Interestingly, the Old Testament law stated that a newly married man was not to be sent to war, but was to be free to stay at home and bring *happiness* to his wife. (Deuteronomy 24:5) Solomon wrote that God would give happiness to the person who pleased Him. (Ecclesiastes 2: 26) Biblically, happiness is a good feeling to have, but while Jesus spoke of many things, He *never* mentioned happiness. In fact, John 16:33 quotes Jesus stating that we would have *trouble* in this world - certainly, we will not find feelings of well-being and contentment while experiencing trouble!

It would be nice if all I had to do in life was to bring happiness to my wife. The problem is that we have to work, take care of homes, children, responsibilities, and a myriad of other things on a daily basis. So, what are we to do? We want to be happy, but too often are too busy or too tired to even *pursue* happiness! First, we must *not* make happiness our primary goal in life. Remember, God gives happiness to the person who pleases Him. Second, we must be used by God to be that vessel of happiness God gives to our spouse. Author Kenn Kington wrote that if we are looking for someone to make us happy, we *will* be disappointed. BUT, if we will seek to make someone else happy (i.e. our spouse), we will find fulfillment, joy, and peace. Make the time to do something for your spouse to bring happiness into their life; speak his or her love language, do something romantic, take them away for the night or the weekend - there are *many* things you can do to make your spouse happy. It will strengthen your marriage and probably bring some happiness your way.

**Helpful Resources:** *Fortified Marriages Resource page:* [www.fortifiedmarriages.com](http://www.fortifiedmarriages.com)

The *Fortified Marriages Manual and Workbook* is a great tool to help couples grow together.

See the Fortified Marriages Resource page for romantic ideas.

***6 Things to do When Happiness Fades in Your Marriage*** by Drs. Les & Leslie Parrott

***11 Ways To Make Your Long-Term Marriage Happier, Starting Today*** by Ann Brenoff