



NEW HEART BEAT DEVOTIONS

Pursuit of Happiness

"We hold these truths to be self-evident, that all men are created equal, that they are endowed by their Creator with certain unalienable Rights, that among these are Life, Liberty and the pursuit of Happiness". United States Declaration of Independence

*"The Boston Pamphlet (1772), the Declaration and Resolves of the First Continental Congress (1774), and the Virginia Declaration of Rights (1776) declare the right to life, liberty and property. The Fifth Amendment and Fourteenth Amendment to the United States Constitution declare that governments cannot deprive any person of "life, liberty, or property" without due process of law. Benjamin Franklin was in agreement with Thomas Jefferson in playing down the protection of "property" as a goal of government. A number of possible sources of inspiration for Jefferson's use of the phrase in the Declaration of Independence have been identified, although scholars debate the extent to which any one of them actually influenced Jefferson."*¹

*"The pursuit of happiness has been a central theme in philosophy and psychology for centuries. While there is no single, universally accepted definition of happiness, it is generally understood to be a state of mind characterized by positive emotions, a sense of purpose, and a feeling of fulfillment."*²

*"Happiness is typically a more fleeting emotion, often sparked by a particular moment or event that brings a sense of excitement or exhilaration."*³ In other words, happiness depends on good happenings. When that event or moment is over so is your happiness. For example, you are happy when your team is winning but one lost or bad play you are mad. (Why base your feelings on a game that you have no control over? It is so silly to yell while watching a game on TV. The players cannot hear you. Your good feeling only lasts until the next win.) One must continue to pursue those happenings, events, or things to be happy. Happiness will never help you in tough times. The words happy and happiness only appears in the King James Bible 25 times.

*"Joy, on the other hand, is a more long-lasting state of being, characterized by contentment and satisfaction with life overall."*⁴ The word joy appears in the King James Bible 187 times and rejoice 240 times. "The joy of the Lord is your Strength." Neh 8:10B "But the fruit of the Spirit is love, joy, peace.." Gal 5:22a "Rejoice in the Lord always and again I say Rejoice." Phil 4:4 The Joy of the Bible depends on your relationship with Jesus, Others and Yourself last.

Stop pursuing happiness, when you can have real lasting contentment and satisfaction.



Charles L Stambaugh

"My brethren, count it all joy when ye fall into divers temptations (trials); Knowing this, that the trying of your faith worketh patience." James 1:2

Paul and Silas singing with joy.



¹[en.wikipedia.org/wiki/Life, Liberty and the pursuit of Happiness](http://en.wikipedia.org/wiki/Life,_Liberty_and_the_pursuit_of_Happiness)

² en.wikipedia.org/wiki/Happiness

^{3 4} embarkbh.com/blog/mental-health/joy-vs-happiness/

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