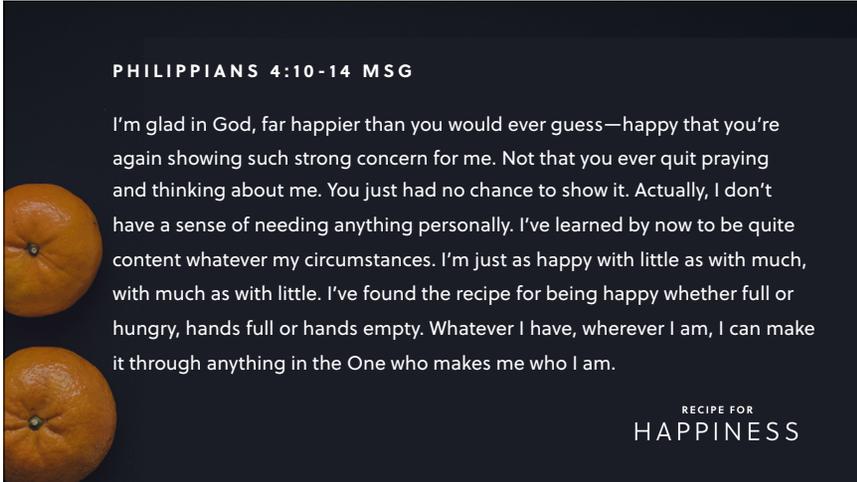
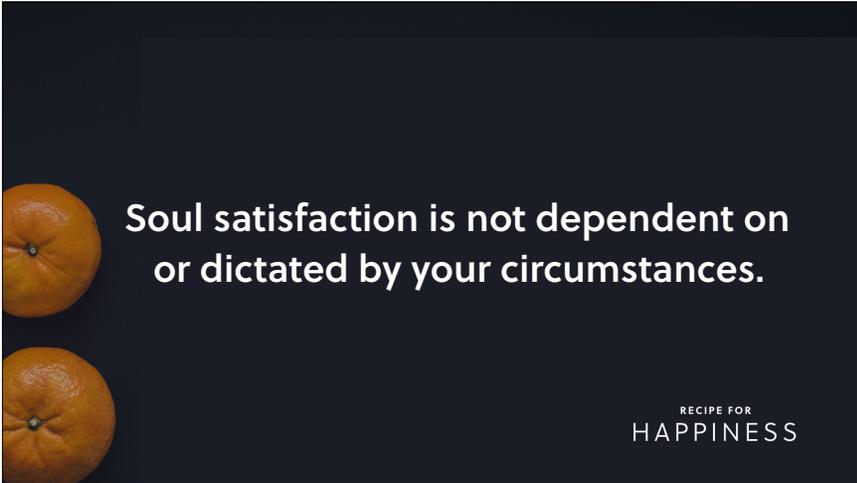




1



2



3



4



1. When will we have enough?

RECIPE FOR
HAPPINESS

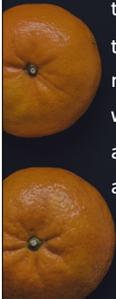
5



2. Why do we do this to ourselves?

RECIPE FOR
HAPPINESS

6



ECCLESIASTES 2:4-11 ESV

I made great works. I built houses and planted vineyards for myself. I made myself gardens and parks, and planted in them all kinds of fruit trees. I made myself pools from which to water the forest of growing trees. I bought male and female slaves, and had slaves who were born in my house. I had also great possessions of herds and flocks, more than any who had been before me in Jerusalem. I also gathered for myself silver and gold and the treasure of kings and provinces. I got singers, both men and women, and many concubines, the delight of the sons of man.

RECIPE FOR
HAPPINESS

7



ECCLESIASTES 2:1-10 ESV

So I became great and surpassed all who were before me in Jerusalem. Also my wisdom remained with me. And whatever my eyes desired I did not keep from them. I kept my heart from no pleasure, for my heart found pleasure in all my toil, and this was my reward for all my toil. Then I considered all that my hands had done and the toil I had expended in doing it, and behold, all was vanity and a striving after wind, and there was nothing to be gained under the sun.

RECIPE FOR
HAPPINESS

8

C. S LEWIS

"If I find in myself desires which nothing in this world can satisfy, the only logical explanation is that I was made for another world."

RECIPE FOR
HAPPINESS

9

1 SAMUEL 21:10 ESV

And David rose and fled that day from Saul and went to Achish the king of Gath. And the servants of Achish said to him, "Is not this David the king of the land? Did they not sing to one another of him in dances? 'Saul has struck down his thousands, and David his ten thousands?'" And David took these words to heart and was much afraid of Achish the king of Gath.

RECIPE FOR
HAPPINESS

10

1 SAMUEL 21:10 ESV

So he changed his behavior before them and pretended to be insane in their hands and made marks on the doors of the gate and let his spittle run down his beard. Then Achish said to his servants, "Behold, you see the man is mad. Why then have you brought him to me? Do I lack madmen that you have brought this fellow to behave as a madman in my presence? Shall this fellow come into my house?"

RECIPE FOR
HAPPINESS

11

PSALM 34:1-9 ESV

Of David, when he changed his behavior before Abimelech, so that he drove him out, and he went away. I will bless the LORD at all times; his praise shall continually be in my mouth. My soul makes its boast in the LORD; let the humble hear and be glad. Oh, magnify the LORD with me, and let us exalt his name together! I sought the LORD, and he answered me and delivered me from all my fears.

RECIPE FOR
HAPPINESS

12

PSALM 34:1-9 ESV



Those who look to him are radiant, and their faces shall never be ashamed. This poor man cried, and the LORD heard him and saved him out of all his troubles. The angel of the LORD encamps around those who fear him, and delivers them. Oh, taste and see that the LORD is good! Blessed is the man who takes refuge in him! Oh, fear the LORD, you his saints, for those who fear him have no lack!

RECIPE FOR
HAPPINESS

13

1 SAMUEL 22:1-2 ESV



David departed from there and escaped to the cave of Adullam. And when his brothers and all his father's house heard it, they went down there to him. And everyone who was in distress, and everyone who was in debt, and everyone who was bitter in soul, gathered to him. And he became commander over them. And there were with him about four hundred men.

RECIPE FOR
HAPPINESS

14

EPHESIANS 4:17-18 ESV



Now this I say and testify in the Lord, that you must no longer walk as the Gentiles do, in the futility of their minds. They are darkened in their understanding, alienated from the life of God because of the ignorance that is in them, due to their hardness of heart.

RECIPE FOR
HAPPINESS

15

1 SAMUEL 30:1-6 ESV



Now when David and his men came to Ziklag on the third day, the Amalekites had made a raid against the Negeb and against Ziklag. They had overcome Ziklag and burned it with fire and taken captive the women and all who were in it, both small and great. They killed no one, but carried them off and went their way. And when David and his men came to the city, they found it burned with fire, and their wives and sons and daughters taken captive.

RECIPE FOR
HAPPINESS

16

1 SAMUEL 30:1-6 ESV

Then David and the people who were with him raised their voices and wept until they had no more strength to weep. David's two wives also had been taken captive, Ahinoam of Jezreel and Abigail the widow of Nabal of Carmel. And David was greatly distressed, for the people spoke of stoning him, because all the people were bitter in soul, each for his sons and daughters. But David strengthened himself in the LORD his God.

RECIPE FOR
HAPPINESS

17

MATTHEW 11:28-30 MSG

"Are you tired? Worn out? Burned out on religion? Come to me. Get away with me and you'll recover your life. I'll show you how to take a real rest. Walk with me and work with me—watch how I do it. Learn the unforced rhythms of grace. I won't lay anything heavy or ill-fitting on you. Keep company with me and you'll learn to live freely and lightly."

RECIPE FOR
HAPPINESS

18

THE RECIPE FOR HAPPINESS

Tyler Hannel | June 4, 2017

19