**Happiness**

**More than simply positive mood, happiness is a state of well-being that encompasses living a good life—that is, with a sense of meaning and deep satisfaction. We all want to be in a good mood and feeling positive. We get upset when others try and take this a way from us. Sometimes we look for various things (material things, people, places) and circumstances to make us happy. There is a joy beyond things and people they we all must shoot for. It does not matter the circumstances. Life will have its ups and downs; its good and bad, its happy and sad. Life can be the ultimate yoyo regarding our emotions. Let’s see what the bible says on this:**

[Psalm 37:4](https://www.biblegateway.com/passage/?search=Psalm+37%3A4&version=ESV) **- Delight yourself in the Lord, and he will give you the desires of your heart.**

[Ecclesiastes 3:12](https://www.biblegateway.com/passage/?search=Ecclesiastes+3%3A12&version=ESV) **- I perceived that there is nothing better for them than to be joyful and to do good as long as they live;**

[Philippians 4:4](https://www.biblegateway.com/passage/?search=Philippians+4%3A4&version=ESV) **- Rejoice in the Lord always; again I will say, Rejoice.**

[Isaiah 12:2](https://www.biblegateway.com/passage/?search=Isaiah+12%3A2&version=ESV) **- “Behold, God is my salvation; I will trust, and will not be afraid; for the Lord God is my strength and my song, and he has become my salvation.”**

[Proverbs 3:13-18](https://www.biblegateway.com/passage/?search=Proverbs+3%3A13-18&version=ESV) **- Blessed is the one who finds wisdom, and the one who gets understanding, for the gain from her is better than gain from silver and her profit better than gold. She is more precious than jewels, and nothing you desire can compare with her. Long life is in her right hand; in her left hand are riches and honor. Her ways are ways of pleasantness, and all her paths are peace. ...**

[Proverbs 14:13](https://www.biblegateway.com/passage/?search=Proverbs+14%3A13&version=ESV) **- Even in laughter the heart may ache, and the end of joy may be grief.**

[Philippians 4:7](https://www.biblegateway.com/passage/?search=Philippians+4%3A7&version=ESV) **- And the peace of God, which surpasses all understanding, will guard your hearts and your minds in Christ Jesus.**

[Isaiah 12:3](https://www.biblegateway.com/passage/?search=Isaiah+12%3A3&version=ESV) **- With joy you will draw water from the wells of salvation.**

[Ecclesiastes 3:13](https://www.biblegateway.com/passage/?search=Ecclesiastes+3%3A13&version=ESV) **- Also that everyone should eat and drink and take pleasure in all his toil—this is God's gift to man.**

[1 Peter 3:14](https://www.biblegateway.com/passage/?search=1+Peter+3%3A14&version=ESV) **- But even if you should suffer for righteousness' sake, you will be blessed. Have no fear of them, nor be troubled,**

[Psalm 37:3](https://www.biblegateway.com/passage/?search=Psalm+37%3A3&version=ESV) **- Trust in the Lord, and do good; dwell in the land and befriend faithfulness.**