

HAPPY & CHEERFUL

[These two studies were grouped-together for this reason: Though the NIV translation uses the word "happy" for the first group of verses, and the word "cheerful" for the second group, many translations will use similar words for BOTH sets of verses.]

PART 1 - HAPPY, etc.

These verses focus on genuine (God-given) happiness, not on the distorted and perverse types of "happiness" that are associated with evil thinking and godless values.

The NIV uses the word "happy" in these passages. Many other translations use words such as: *joy, rejoice, enjoy, joyful, etc.* Only additional word variations (not related to the word "joy") will be mentioned in *[italicized brackets]*.

A. HAPPINESS AS A GIFT FROM GOD... ASSOCIATED WITH...

1. Wisdom and knowledge (given to those who please God) Ecclesiastes 2:26
2. Doing good (together, they form the "best choice" of how to live) Ecclesiastes 3:12
3. Accepting one's lot in life (& happy in one's work... if/when God enables one to not only *have* possessions/wealth, but also to *enjoy* them...) Ecclesiastes 5:19

B. EFFECTS OF HAPPINESS ON ATTITUDE/APPEARANCE

1. Happiness in the heart... effects the face. Proverbs 15:13 [*glad*]
2. If happy... singing is an appropriate reaction. James 5:13 [*cheerful, in good spirits*]

C. CIRCUMSTANCES (FOR HAPPINESS)

1. When enabled by God. Ecclesiastes 5:19, etc. (See first section, above.)
2. At the appropriate time of life - when young (but fully aware of your future judgment). [When old, it will be more difficult to be happy.] Ecclesiastes 11:9 [Note: One's awareness of future judgment, if coupled with a desire to be ready for it, will enable a

person to have a God-honoring type of happiness. This passage encourages happiness, within a God-fearing context.]

3. In good times. [In bad times, we should contemplate that they also come from God. (We should also remember Romans 8:28, which tells us that God can use even *bad* times to accomplish good for us!) Ecclesiastes 7:14
 4. When dead! Ecclesiastes 4:2 [*better off, fortunate, (should be) congratulated*] [This passage is NOT looking at the issue from the perspective of one's *eternal* destiny, but from the perspective of being released from the oppression and evil that occurs "under the sun" - that is, in this present life.]
 5. WARNING: Do not be controlled by happiness, since the time is short. [see context] 1 Corinthians 7:30 [Happiness is NOT our #1 focus.]
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PART 2 - CHEERFUL

[The word "cheerful" occurs only 5 times in the NIV. The other instance (besides the four mentioned below) involves a "cheerful giver" (2 Corinthians 9:7). Other translations may use words such as: *happy, glad, joyful, merry*, which would put these specific passages in some other location in this group of worksheets. The basic message found in these verses, however, would remain the same.]

A. THE FOUR VERSES

Proverbs 15:13 Happy [*glad, joyful*] heart ...results: a cheerful [*happy*] face;

CONTRAST: aching [*sad, sorrowful*] heart ...results: a crushed [*broken*] spirit.

Proverbs 15:15 Cheerful [*happy*] heart ...results: (life is like) a continual feast;

CONTRAST: oppressed people [*afflicted, poor*] ...results: their days are wretched [*difficult, evil, full of trouble, etc.*].

Proverbs 15:30 Cheerful look [*light in the eyes, twinkling eyes, etc.*] ...results: joy [*rejoicing*] in heart;

PARALLEL CONCEPT: good news ...results: healthy [*refreshed, strengthened, etc.*] bones.

Proverbs 17:22 Cheerful [*joyful*] heart ...results: (same effect as) good medicine;

CONTRAST: crushed [*broken, depressed*] spirit ...results: dried bones [*drained strength*].

B. A LOOK AT CAUSE/EFFECT; CONTRASTS/PARALLELS (the above 4 verses combined)

"POSITIVE"

WHAT HAPPENS IN THE HEART	WHAT HAPPENS ON THE FACE	THE FINAL EFFECT / RESULTS	VERSE REFERENCE
Happy heart	Cheerful face		Proverbs 15:13
	Cheerful look	Joyful heart (in others) [The ability to cheer-up others.]	Proverbs 15:30
	Expression of (good news)	Healthy bones (in others)	Proverbs 15:30
Cheerful heart		Medicine	Proverbs 17:22
Cheerful heart		Feasting (metaphoric description of a blessed life)	Proverbs 15:15

"NEGATIVE"

CAUSE	EFFECT / RESULT [or "SECOND" CAUSE]	FURTHER EFFECT / RESULTS	VERSE REFERENCE
Aching heart	Crushed spirit		Proverbs 15:13
	Crushed spirit	Dried bones	Proverbs 17:22
Oppression	Wretched days		Proverbs 15:15

C. NOTE - CONTRAST WITH LAUGHTER.

Laughter is merely "on the surface" and has no necessary relationship with what is in the heart. Proverbs 14:13