

UNHAPPINESS IN LIFE

Unhappy or happy is not a biblical word. It is a biblical concept. Happy is a Middle English word (1100-1500 AD) referring to pleasure, goodness, or good fortune. **It is usually an emotion or feeling associated with some faulty belief about circumstances or details of life.**

Unhappiness in life can occur either from a mental attitude or from a mood. When a person doesn't get enough sleep, he can experience moody unhappiness.

You can usually discover the difference between moody and mental attitude unhappiness by using the following questioning technique: "Unhappy about what?"

Today's lesson will explain FOUR aspects of using this questioning technique to get to the root of the problem of unhappiness in order to apply the appropriate Word of God.

1. This brings me to the request for this lesson.

After a Sunday service, a person passed a note to me that read, "could you help me, I'm so unhappy in my marriage that I'm thinking of leaving?"

When we met, I used the questioning technique of UNHAPPY ABOUT WHAT? I used it to get to the root of the problem.

- **I asked**, "You said you were unhappy in your marriage. What in your marriage are you unhappy about?"
- **She responded**, "My husband, he makes me so mad!"
- **I asked**, "What is it about your husband that makes you unhappy?"
- **She responded**, "He is never there for me and he never supports me. He is so self-centered. He thinks only of himself and the kids and I come last."
- **I asked**, "What about he's NEVER there or supports you that makes you unhappy?"
- **She responded**, "I don't know?" [We're getting closer to the root problem.]
- **I asked**, "Can you give an example?"
- **She responded**, "I ask him to help with the kids or with some of the house chores SINCE I also work outside the home. He talked like I do nothing and that the kids and the house are ALL my responsibility."
- **I asked**, "Was he like this before you married?"
- **She responded**, "Not to me! If he had been, I would not have married him!"
- **I asked**, "Please stop and think before you answer. Was he like this before you had children? Or before children, did you only have him to be responsible for and it didn't matter?"

- **She responded**, “NO, you are right! He was like this before we had children, but it wasn’t as big an issue.”
- **I asked**, “So who has changed - you or him?”
- **She responded**, “ME, and I am sick and tired of it!”
- **I asked**, saying once again, “Please stop and think before you answer.” “What has brought about this change in you is it the ‘wife’ or is it the ‘mother’ in you?”
- **She responded**, “The mother.”
- **I asked**, “Is it possible that the root of the problem is more the ‘father’ than the ‘husband’ in him?”
- **She responded**, “Yes”
- **I asked**, “Can we assume then that the primary issue that needs addressing is PARENTING?”
- **She responded**, “Yes”

**SHE WAS ABOUT TO LEAVE HER MARRIAGE (DI #2)
WITHOUT ADDRESSING THE ROOT PROBLEM OF PARENTING (DI #3)**

1. **It is imperative to identify the right problem so that we can apply the correct bible doctrine, faith and prayer to it (1 John 5:14-15; 2 Cor.5:7). It is important to not be deceived (1 Tim.2:14; Gen.3:15; 1 Cor.3:18).**

Remember the principle we learned from Job: “false assumptions lead to false interpretations, which lead to false expectations, leading to false applications.”

- How important was it for this Christian wife to realize that the problem needing to be addressed was parenting?
- How important will it be for her to appeal to the ‘father’ in her husband?
- How important will it be for her to refocus her prayer and energy on her family (DI #3) rather than leaving her marriage (DI #2)?
- How important will it be for her and her husband to realize that as parents they are equal partners in the Lord? (Prov.17:6) [Parents are the pride of children.]

“These things we write so that your JOY may be made complete.” (1 John 1:4)

“How blessed (happy) are the people who are so situated; how blessed are the people whose God is the Lord!” (Ps.144:15)

2. **Paul gives us great advice regarding such situations in the Christian Way of Life (CWL).**

“The faith which you have, have as your own conviction before God. **Happy (makarios) [blessed]** is he who does not condemn himself in what he approves.” (Rom.14:22)

Makarios is the Greek word that is translated BEATITUDE in Matt.5. It is a Greek word that is sometimes translated “happy” like Rom.14:22. But, it is different than the English concept of happy or unhappy as an emotion or feeling dependent on favorable outcome of circumstances of life.

Biblical Happiness (beatitude or +H) is based on cycling Categorical Bible Doctrine (CBD) through the Faith Cycle. “Behold, we count those BLESSED (+H) who endured. You have heard of the endurance of Job and have seen the outcome of the Lord’s dealings that the Lord is full of compassion and is merciful.” (James 5:11)

“Now may the God of Hope fill you with all joy and peace in believing, that you may abound in hope by the power of the Holy Spirit.” (Rom.15:13)

3. My final questions to this woman were:

- **I asked**, “Do you understand the following three categories of the will of God:
 - § **His Directive Will,**
 - § **His Permissive Will, and**
 - § **His Over-Ruling Will?**
- **I asked**, “Do you believe that the will of God is perfect?” (Rom.4:21)
- **She responded**, “Yes”
- **I asked**, “Do you think having your children was a mistake?”
- **She responded**, “No!”
- **I asked**, “Do you think getting married was a mistake?”
- **She responded**, “MAYBE!”
- **I asked**, “Did God permit it? Is God’s Will perfect? Then whose ATTITUDE needs to BE change, yours or God’s? (BEATITUDE)

God wants us to be blessed whether we are happy or unhappy!

“If you know these things, you are **blessed** if you do them.” (John 13:17)

“How **blessed** is the man who finds wisdom, and the man who gains understanding.” (Prov.3:13)

UNHAPPY ABOUT WHAT?
