

# WHAT MAKES YOU HAPPY

## No Thing

Andy Stanley

**Scripture:** Matthew 22:36–39; James 1:15

**Idea:** No “thing” can make you happy. Happy is about **who**, not **what**. The path to happiness begins with who.

### Introduction

1. What makes you happy? Something comes to mind for all of us.
2. Perhaps you have to think back to when you were actually happy. Perhaps someone just elbowed you in the ribs. Perhaps you did the elbowing. Perhaps having someone to elbow would make you happy.
3. In this series, I’m going to tell you what **makes** you happy. Some of us really don’t know, or some of us have forgotten.

### I. Happiness is more about *who* than *what*.

A. Happiness is always associated with a **who** or **two**.

1. If happiness were about **what**, it would be easy. We could just get people their happy **what**.
2. Happy **what** always leads to happy **what else**.

B. Evidence

1. Have you ever met people who had next to nothing, but were happy?  
*[We call that the **globalX Syndrome**: “How can they be so **happy** when they don’t **have** anything?”]*
2. We get sad when relationships go bad. Parents are generally never happier than their most unhappy child. Husbands are usually not happier than their wives.
3. In the end, you will have **relational**, not **possessional**, regrets.
4. Relationally disconnected people are not happy. You can’t be. We were made to connect with one another. Lone works for wolves, but not you.
5. “I don’t need **anyone** to be happy.” These people fall into two categories: