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HAPPINESS, SUFFERING, AND THE LOVE OF GOD

Study Guide

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Lesson One—The Four Levels of Happiness

Outline Summary

I. Series Introduction: What Happiness Means to You



Episode Timecode

1:08

The Mystery of Unhappiness

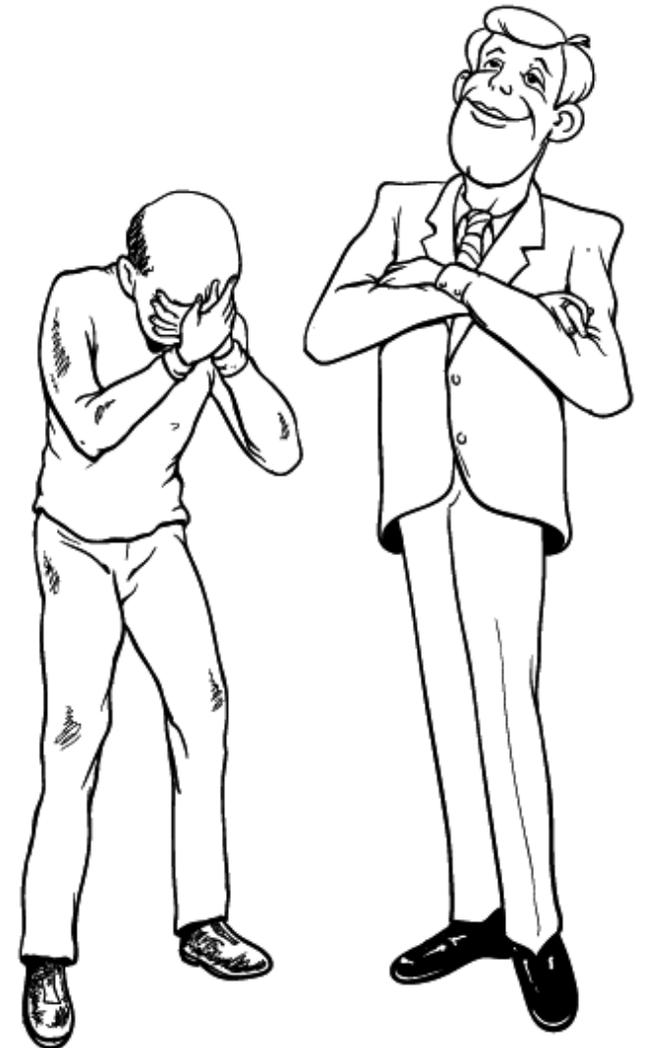
What does it take to be happy?

Sometimes people seem to have everything they could ever want, but they are still unhappy. Maybe you or someone you know has desired something for a long time, but then—unexpectedly—still felt empty after getting it.

We all want to avoid being unhappy, but often we don't seem to know how—or, since we live in a world with evil and suffering, if it's even possible.

It's strange that we need happiness so much and can still know so little about what it is. This series is dedicated to helping you understand more deeply what happiness is and examine how you are pursuing happiness in your own life.

NOTES



Lesson One—The Four Levels of Happiness

Giving Your Best vs. Being Better

So how can Level 3 be different? Instead of asking, “Am I better than others?”, the contributive drive in Level 3 makes us ask, “Did I use whatever I had to do as much good as I could?”

The happiness that comes from doing as much good with our lives as we can isn’t threatened by whether others can do more or less.



Viktor Frankl
(1905–1997)

Psychiatrist and philosopher

Best known for his 1946 book, *Man’s Search for Meaning*, detailing his own experience in the Nazi concentration camps and the search for purpose in existence even under the darkest conditions.

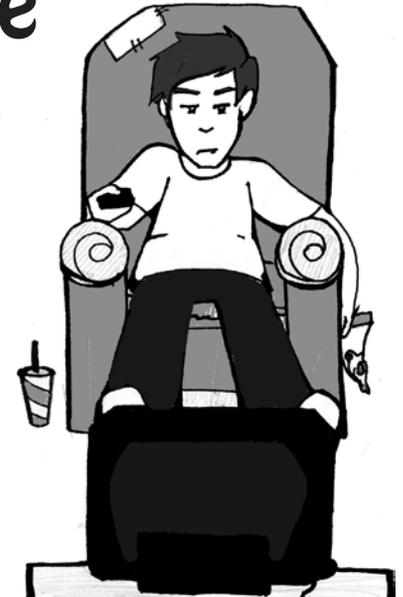


Contributive Happiness



- Doing
- Being With

vs.



- Disengaged
- Loneliness

NOTES

