



## Wandering For God

with Pastor Stephen Rehrig,  
First Presbyterian Church of Hillsboro

### Happiness Is Not About Having Or Being—It's About Doing

Epictetus was a humble Greek slave in Rome, during the reign of Nero. He was lame, poor, but serenely content. Epictetus wrote, "If a man is unhappy, remember that his unhappiness is his own fault; for God has made all men to be happy."

I have read that people are unhappy because they look inward instead of outward. They think too much about themselves instead of things

outside of themselves. They worry too much about what they lack; about circumstances they cannot change; about things they believe they must have or be before they can have a satisfying life.

But happiness is not about having or being—it is about doing. The only true ambition consistent with happiness is to do things with and for others. The only way to find happiness

is to look for it in a focus outside of ourselves.

If we live for self, if we focus on self and are concerned only with our self, boredom will probably be the result because of the repeated pondering of our own views and problems and interests. But when we look outside of ourself, outside of our own interests and problems, to the greater human interests and needs around us, it doesn't matter what our worries may be or our circumstances are—happiness will be ours.

"God has made all men to be happy." Just about anyone can be happier than he or she is.



Kindness Is  
Not Canceled