

WHAT BRINGS TRUE HAPPINESS AND SATISFACTION IN LIFE?

Has a nice family and cheerful friends, but yet battles loneliness. Enjoys games, movies, pubs and parties, but yet finds all these pleasures are momentary and dissatisfying. Has achieved academically, has a good job and makes good enough money, but yet realizes that there is something more in life than having all these material things.

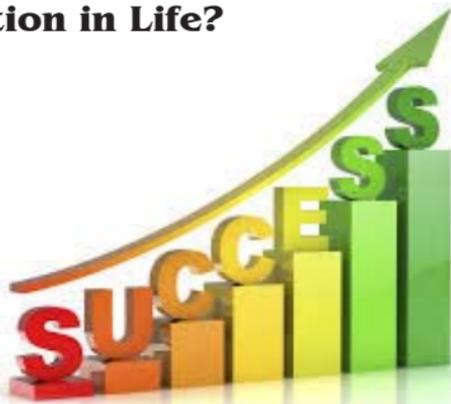
Who is this person?

Could this be you?

Does this description fit your own experience and struggles?

The fact that you are reading this booklet suggests you probably want to find true happiness and satisfaction in your life. Read till the end and you will find the answer to the secret cries of your heart. What you are going to read may transform your life.....forever.

Does Success Bring Happiness and Satisfaction in Life?



Boris Becker is a former World No. 1 tennis player from Germany. He is a six-time Grand Slam singles champion, an Olympic gold medalist in doubles and the winner of the men's singles title at Wimbledon - at the age of 17. However, listen to his struggle and dissatisfaction on the peak of success:

I had won Wimbledon twice before, once as the youngest player. I was rich. I had all the material possessions I needed; cars, women, everything...I know that this is a cliché: it's the old song of the movie and

pop stars who commit suicide. They have everything, and yet they are so unhappy...I had no inner peace. I was a puppet on a string.¹

Our culture has taught us that success is all that matters in life. But does success and fame bring true happiness and satisfaction in life?

Jack Higgins is a bestselling writer whose novels, which he authored more than 60, have sold over 250 million copies. They even got translated into 55 languages. Some of his novels have also been filmed and turned out successful in the movie industry. His breakthrough novel, *The Eagle Has Landed*, sold over fifty million copies.

Nevertheless, at the pinnacle of his success, he was asked what is it that he now knows that he wished he had known as a young man. Jack candidly replied, "I wish I had known that when you get to the top, there is nothing there."²

Not every renowned person would honestly confess their suicidal thoughts like Boris Becker. Not every successful person would frankly admit the vanity of being on the top like Jack Higgins.

Yet all these so-called successful lives speak an undeniable fact—although it is good and exciting to be on the top, success itself doesn't bring true happiness and satisfaction in life. In fact, those who are successful go through tremendous pressure to go even higher or at least struggle to keep themselves from declining from the top.

King Solomon, one of the greatest kings in the world history, rightly said, "I saw that all labor and all achievement spring from man's envy of his neighbor. This too is meaningless, a chasing after the wind."³

Let's never forget—when you get to the top, there is nothing there!

Does Worldly Pleasures Bring Happiness and Satisfaction in Life?



Can we get an India example here

Philip Yancey, an American journalist, speaks about the empty lives of the stars who dominate the entertainment media:

My career as a journalist has afforded me opportunities to interview “stars”, including football greats, movie actors, music performers, bestselling authors, politicians, and TV personalities. These are the people who dominate the media. We fawn over them, poring over the minutiae of their lives:

the clothes they wear, the food they eat, the aerobic routines they follow, the people they love, the toothpaste they use. Yet I must tell you that . . . our “idols” are as miserable a group of people as I have ever met. Most have troubled or broken marriages. Nearly all are incurably dependent on psychotherapy.⁴

Isn't it amazing that the entertainment stars, to whom we look to amuse our thirsty hearts, have their own hearts void, unfulfilled and dissatisfied? Malcolm Muggeridge, a literary giant who enjoyed much of popularity and pleasures, wrote in his book *A 20th Century Testimony*:

When I look back on my life nowadays, which I sometimes do, what strikes me most forcibly about it is that what seemed in the past most significant and seductive seems now the most futile and absurd. For instance, success in all its various guises: being known

and being praised; ostensible pleasures like acquiring money or seducing women, or traveling, going to and fro in the world and up and down in it like Satan, exploring and experiencing whatever Vanity Fair has to offer. In retrospect all these exercises in self-gratification seem pure fantasy, what Pascal called "licking the earth."⁵

So what does all this speak? Worldly pleasures do not bring true happiness and satisfaction. In fact, they leave us more thirsty and empty inside. Ravi Zacharias was right when he said, "I am absolutely convinced that meaninglessness does not come from being weary of pain; meaninglessness comes from being weary of pleasure."

Are you aware the World Health Organization has predicted that by 2020 depression will be the second leading cause of health disability worldwide?⁶ In a world full of opportunities for rich entertainment, how

come the rate of depression is accelerating? This obviously reveals the fact that the pursuit of more pleasures brings more dissatisfaction to one's heart. The loneliest people in the world, we sadly discover, are those who pursue pleasures day in and day out.

Again to hear the words of King Solomon, the one who sought and relished every pleasure: "I denied myself nothing my eyes desired; I refused my heart no pleasure . . . Yet when I surveyed all that my hands had done what I had toiled to achieve, was meaningless, a chasing after the wind; nothing was gained under the sun."⁷

Let's never forget—pursuing the pleasures of the world for self-gratification is like licking the earth.

Does Money Bring Happiness and Satisfaction in Life?



J. D. Rockefeller Sr., the world's first billionaire, was once asked how much money a man needs. His astute reply: "Just a little more." "Don't you think this is the cry of greed—just a little more? Nothing could satisfy greed. The more money and material things that a man has, the more he becomes attached to them, thereby living a life of greed and dissatisfaction.

Moved Williams example downwards

William Fay, << insert some background about Fay>>, pursued only one thing in life—money, money and money. His resume spelled p-o-w-e-r. Hear his own confession:

I was the president and CEO of a multimillion-dollar international corporation. I had ties with the mob, and I owned one of the larger houses of prostitution in the United States. I was involved in racketeering, bookmaking and gambling. I had a gold Rolex, chauffeured limo, money, my fourth wife and trophies from my many racquetball championships. I felt I had everything the world spelled *success*. And I mocked anyone who dared share his faith in God with me.⁸

Despite everything he had, William was empty inside. He later discloses, “Yet no matter what I did, I found it was fun for only a while. No one ever knew how lonely I really was.”⁹

Let's face it: a man can have everything outside and yet remain nothing inside.

Do you know that the most miserable people in the world are the ones who have everything the world has to offer? Finding this hard to believe? Listen to Dr. Frank Minirth and Dr. Paul Meier, the notable psychologists of our time. In their book, Happiness Is a Choice, they write:

Dr. Minirth and I are convinced that many people do choose happiness but still do not obtain it. The reason for this is that even though they choose to be happy, they seek for inner peace and joy in the wrong places. They seek for happiness in materialism and do not find it. They seek for joy in sexual prowess but end up with fleeting pleasures and bitter long-term disappointments. They seek inner fulfillment by obtaining positions of power in corporations, in government, or even in their own families (by exercising

excessive control), but they remain unfulfilled. I have had millionaire businessmen come to my office and tell me they have big houses, yachts, condominiums in Colorado, nice children, a beautiful mistress, an unsuspecting wife, secure corporate positions—and suicidal tendencies. They have everything this world has to offer except one thing—inner peace and joy. They come to my office as a last resort, begging me to help them conquer the urge to kill themselves. Why? The answers are not simple.¹⁰

King Solomon, in his time, was greater in riches and wisdom than all the other kings of the earth.¹¹ He nevertheless said, “Whoever loves money never has money enough; whoever loves wealth is never satisfied with his income. This too is meaningless.”¹² Then he wrote, “Naked a man comes from his mother’s womb, and as he comes, so he

departs. He takes nothing from his labor that he can carry in his hand.”¹³

How true, how inarguably true!

What do all these rich and well-off people say to us? That money and material things cannot bring happiness and satisfaction in life. They may give temporal excitement but cannot bring true inner peace and lasting joy in life.

What Brings Real Happiness and Satisfaction in Life?



Or



The world we live in has deceived many into thinking that success, pleasure and money are all that matter in life. But we have learned from the people who possessed all these that they are just a distant mirage. They have power only to evoke sensation but have no ability to give lasting satisfaction.

So if success, pleasures and money are *not* the answers to the cries of our heart, then what brings real happiness and satisfaction in life? To answer this, we have to go back to the origin and purpose of life: How are we here on this earth? Why do we exist in this world?

Do you know that your life is not an accident? Your life did not evolve by itself. In fact, no creature has life in itself. You are created by God and your life is a gift from God. And the purpose for which God created you is not so that you would make a name for yourself, indulge in pleasures, make wealth and wallow in luxury.

Here is the purpose of your life: The Holy Bible says, "For by Him all things were created: things in heaven and on earth, visible and invisible, whether thrones or powers or rulers or authorities; *all things were created by Him and for Him.*"¹⁴

Have you read it *carefully*? You were created *by* God and *for* God. You were not created for fleeting success, passing pleasures and vanishing material things. You were created for God Himself, who is the Creator, Almighty, Unchanging, Holy, Loving, and Eternal being.

At one time the human race knew this God intimately, but through sin, all mankind became separated from this One and the Only True God. We all like sheep, have gone astray, each of us has turned to his own way.¹⁵ As a result, like a thirsty man seeking to quench his thirst with salty water, we have been left thirsty in utter hopelessness, trying to quench our thirst with worldly things and man-made religious activities.

Nonetheless, God did not forsake us and leave us without hope. In His love for us, He became a man, suffered for our sins, shed His precious blood and gave His life on the Cross, so that we unholy people could stand in the presence of a holy God again. Has anyone loved you to the extent of laying down His life for you? Jesus Christ manifested this love for you to save you from sin and vanity.

That's not the end. Jesus rose from the

dead and became the Savior of the whole world. He commanded people to repent of their sins and to trust in Him to save them from inner emptiness, spiritual blindness, and everlasting destruction caused from sin. Are you willing to allow Jesus to transform your life?

<< Can we get an Indian testimony here>>

Yes, none and nothing can affect your life as powerfully as Jesus Christ. I can testify about how I sought happiness and satisfaction in success, money and pleasures, only to find myself disappointed and dissatisfied. But when I heard the love of Christ demonstrated on the cross, when my life turned to Jesus—there was joy unspeakable and peace indescribable.¹⁶

Dear friend, Jesus loves you. He cares for you. He has healed numerous broken and sinful lives. He can heal your broken and sinful heart too. After being weary of living life on his

own terms, indulging in endless philosophies and boundaryless pleasures, a young man finally turned to Christ and joyfully exclaimed, "You have made us for Yourself, O Lord, and our hearts cannot rest until they find rest in You."¹⁷

Mark these words, *"You have made us for Yourself, O Lord, and our hearts cannot rest until they find rest in You."*

Are you struggling, driven by dissatisfaction and a longing for "something more"? Something you are not quite sure what? Something you may not express, but can't suppress either? Are you are like a fish taken out of water? Face it - all the other things you seek and experience, apart from Christ Jesus, will never be able to quench the thirst of your heart. You cannot live at peace without Him, for you were created by Him and for Him.

Your thirsty and dissatisfied heart

desperately needs Jesus who said, "Come to Me, all you who are weary and burdened, and I will give you rest."¹⁸ "If anyone thirsts, let him come to Me and drink."¹⁹

My friend, Jesus Christ's invitation is loving and trustworthy. Wherever you are, He is right there to hear your cry. Would you call upon Him - right now - for the forgiveness of your sins and for the transformation of your empty life? You will be amazed to see yourself changed, not merely for a moment, but forever. You may try it right now. Just call out to Jesus Christ to reveal Himself to you, and give you true happiness and satisfaction in life. In fact, Jesus Himself will be your happiness and satisfaction.

— *C. Stephen David*

End Notes:

(Endnotes)

¹Ibid., pg. 62.

² See Norman L. Geisler and Paul K. Hoffman,

Why I

Am A

Christian: Leading Thinkers Explain Why They Believe

(Grand Rapids, MI: Baker Books, 2009), pg. 306.

³ Ecclesiastes 4:4

⁴ Philip Yancey,

The Jesus I Never Knew

(Grand Rapids, MI: Zondervan, 1995), pg. 117-118

⁵ See Selwyn Huges,

The Seven Laws of Spiritual Success

(Nashville, TN: Broadman& Holman Publishers, 2005), pg. 16.

⁶See

<http://news.bbc.co.uk/2/hi/health/1108793.stm>

⁷ Ecclesiastes 2:10-11

⁸ William Fay,

Share Jesus Without Fear

(Nashville, TN: B&H Publishing Group, 1999),
pg. 1.

⁹Ibid., pg. 187.

¹⁰Frank Minirth and Paul Meier,

Happiness is a Choice

(Grand Rapids, MI: Baker Books, 1994), pg.
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¹¹ 1 Kings 10:23

¹² Ecclesiastes 5:10

¹³ Ecclesiastes 5:15

¹⁴ Colossians 1:16

¹⁵ Isaiah 53:6

¹⁶ To read my complete testimony, visit:

[http://messageforourage.blogspot.in/search/
label/Testimony](http://messageforourage.blogspot.in/search/label/Testimony)

¹⁷St. Augustine, See Frank Viola,

From Eternity to Here

(Colorado Springs, CO: David C. Cook, 2009),
pg. 204

¹⁸ Matthew 11:28

¹⁹ John 7:37