

Week Fourteen

Where Does Happiness Come From?

Does money provide happiness? Many people value things and forms of success (such as power and fame) over quality relationships. However, Robert Lane, professor of political science at Yale University, discovered that except for the very poor, larger incomes have almost no effect on happiness. In fact, he learned that once most people have their basic needs met, the real source of contentment and happiness is family and friendships. In other words, the most important ingredient in happiness is RELATIONSHIPS (I would add to that a RELATIONSHIP with Jesus Christ)!

Furthermore, in a study by the National Opinion Research Center, it was determined that if a person is happy in their marriage, they are quite likely to be happy, overall, in life. Yet if someone is not happy in their marriage, the odds of them being happy in life are nil.

So, where do you want to put your greater energies? Into having more and more money or into your marriage?

Next week: Priorities