



A Puppy Story

There once was a puppy who noticed that whenever he was happy, his tail wagged. After awhile he realized he had found the secret to happiness. One day he shared his secret of happiness with an older dog.

He said, "I have learned that the best thing for a dog is happiness, and that happiness is in my tail. So I am going to chase my tail; and when I catch it, I shall have happiness!"

The old dog replied, "I too, believe that happiness is a marvelous thing for a dog, and that happiness is in my tail. But I have noticed that when I chase it, my tail keeps running away from me. However, when I go about my day, my tail follows me wherever I go."

Read [Matthew 5:1-10](#), then discuss the following questions together:

- 1) Where does the world tell us we can find happiness?
- 2) How is the happiness the world promises different than the happiness Jesus promises?
- 3) Which Beatitude do you think is the easiest to do?
- 4) Which is the hardest Beatitude to live?

The Bible has a lot to say about being happy. It doesn't say, "Happy are they who have a lot of money," or "Happy are they who live in big houses and drive fancy cars." It doesn't even say, "Happy are they who only have good things happen to them." What the Bible does say is, "Happy are the merciful, happy are the peacemakers, and happy are the pure in heart." The Bible also says, "Happy is the person who trusts in the Lord." Many of us are like that little puppy chasing his tail—trying to find true happiness that is always just out of our reach. What we need to do is learn that if we live every day trusting in the Lord, happiness will follow us wherever we go.

Closing Prayer:

Dear Lord, help us to place our trust in you so that we may experience the happiness that only you can bring. In Jesus' name we pray. Amen.