

*Message Notes*

**THE SECRET OF SATISFACTION**  
**Don't Worry - Be Happy!**

*"Happy are those who are hungry and thirsty for true goodness, for they will be fully satisfied." Matthew 5:6 (Ph)*

**1. Why are so many so unsatisfied?**

- You don't find lasting satisfaction in \_\_\_\_\_.

*"No matter how much we see, we are never satisfied; no matter how much we hear, we are never content." Ecclesiastes 1:8 (LB)*

*"... the pleasures of sin last a short time." Hebrews 11:25*

- You don't find lasting satisfaction in \_\_\_\_\_.

*"What does a man get for all his hard work? Days full of sorrow and grief, and restless nights." Ecclesiastes 2:23 (LB)*

*"You work for something with all your skill, and then you have to leave it all to someone who hasn't had to work for it."  
Ecclesiastes 2:21 (GN)*

*"(Man) is always working, never satisfied." Ecclesiastes 4:8 (GN)*

- You don't find lasting satisfaction in \_\_\_\_\_.

*"He who loves money will never have enough. The foolishness of thinking wealth brings happiness." Ecclesiastes 5:10 (LB)*

**The Secret of Satisfaction**

*"Seek your happiness in the Lord, and He will give you your heart's desire." Psalm 37:4 (GN)*

**2. How to experience satisfaction in life**

- Recognize my \_\_\_\_\_

*"God humbled you by letting you go hungry and then feeding you with manna ... He did this to help you realize that real life comes by obeying every command of God." Deuteronomy 8:3 (LB)*

- Stop \_\_\_\_\_

*"Why spend your money on what is not bread, and your labor on what does not satisfy? Isaiah 55:2*

- Start \_\_\_\_\_

*Jesus said, "I am the Bread of Life. Whoever comes to me will never go hungry and whoever believes in me will never be thirsty ... If anyone eats of this bread, he will live forever!" John 8:35, 51*

*Jesus said, "Whoever drinks water will get thirsty again; but whoever drinks the water I give will never be thirsty again ... It will become in him a spring of living water ... " John 4:13-14 (GN)*