

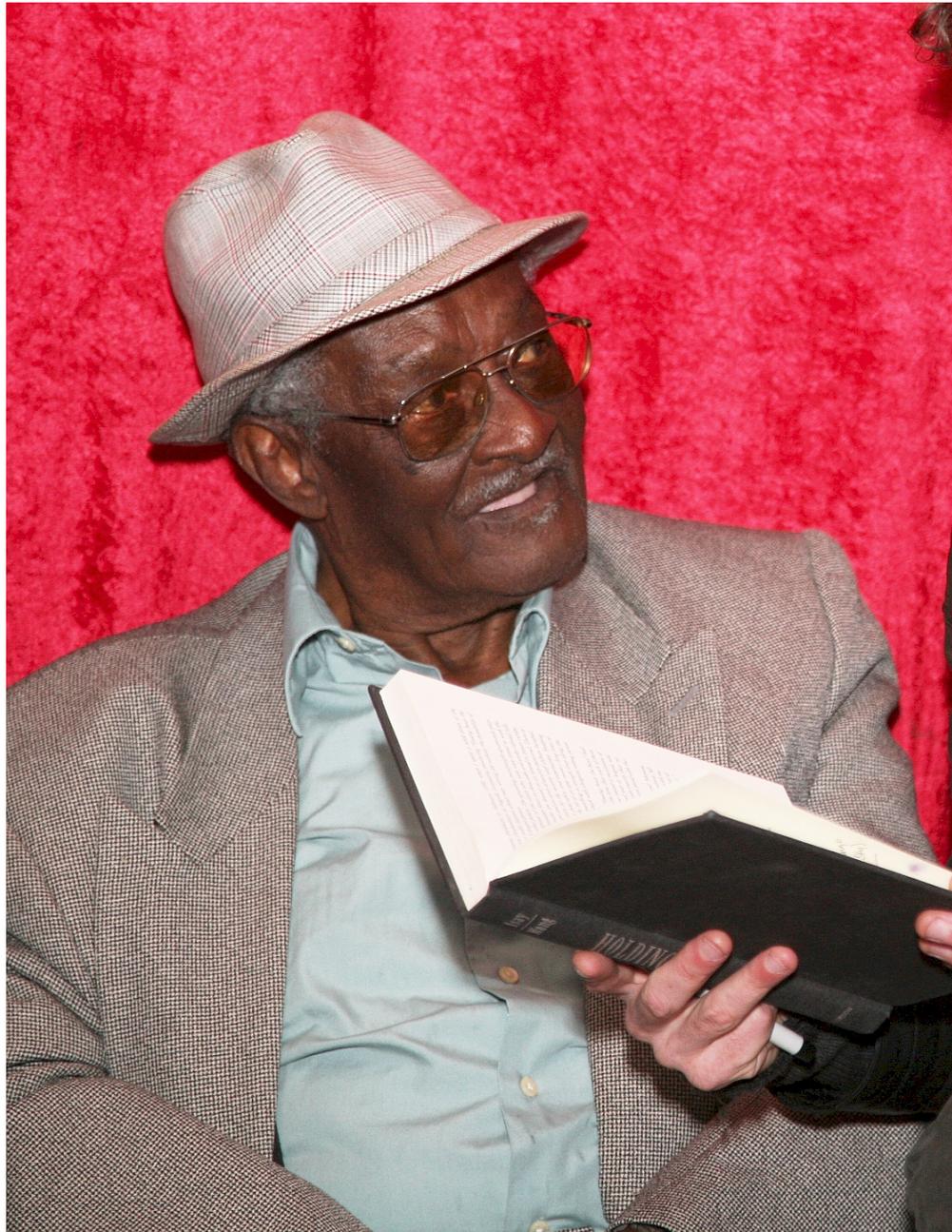
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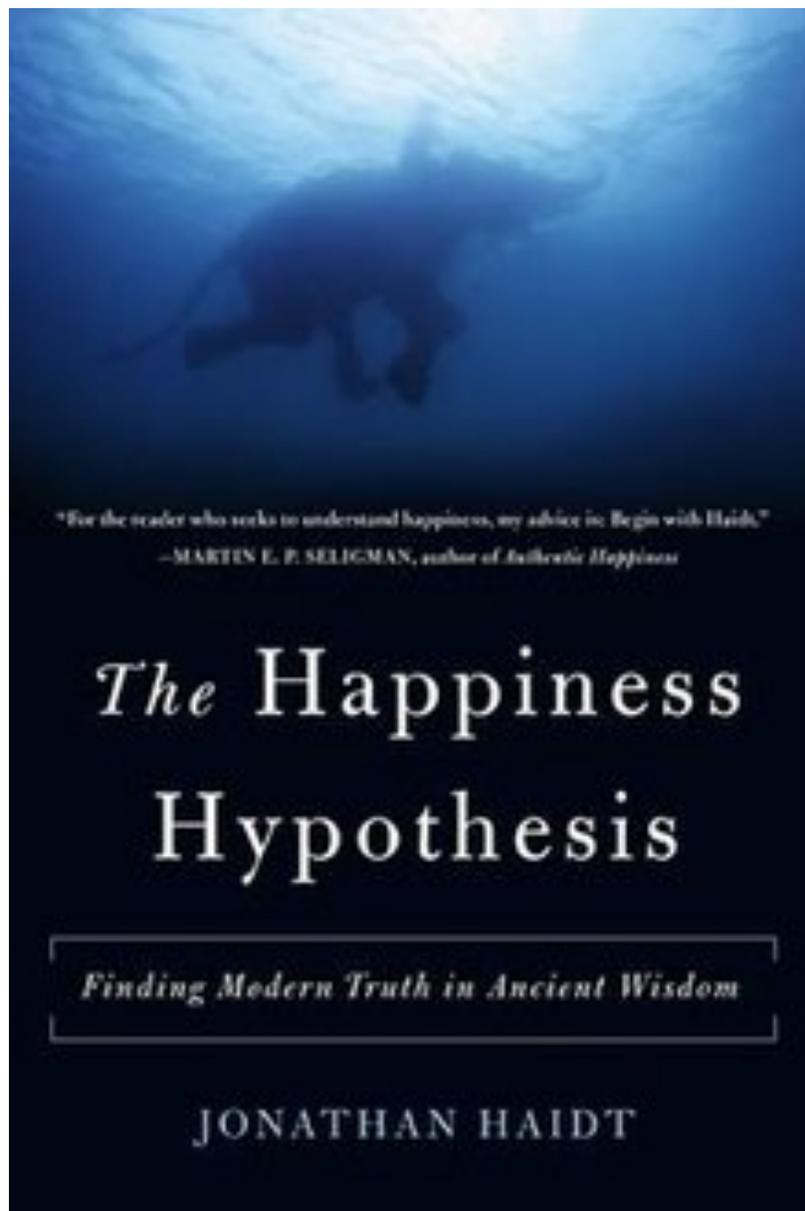
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# *The* Happiness Hypothesis

*Finding Modern Truth in Ancient Wisdom*

JONATHAN HAIDT





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# *The* Happiness Hypothesis

*Finding Modern Truth in Ancient Wisdom*

JONATHAN HAIDT

I run in the path of your commands, for you have  
set my heart free.

Psalm 119:32

Love the Lord your God with all your heart and with  
all your soul and with all your mind and with all  
your strength.

Mark 12:30

# I. Use your mind to thrive in His boundaries

I run in the path of your commands, for you have  
set my heart free.

Psa. 119:32



No temptation has seized you except what is common to man. And God is faithful; he will not let you be tempted beyond what you can bear. But when you are tempted, he will also provide a way out so that you can stand up under it.

1 Corinthians 10:13

## II. Use your mind to trust Him in the mysteries

The secret things belong to the LORD our God, but the things revealed belong to us and to our children forever, that we may follow all the words of this law.

Deuteronomy 29:29

Hear, O Israel: The LORD our God, the LORD is one. Love the LORD your God with all your heart and with all your soul and with all your strength. These commandments that I give you today are to be upon your hearts. Impress them on your children. Talk about them when you sit at home and when you walk along the road, when you lie down and when you get up. Tie them as symbols on your hands and bind them on your foreheads. Write them on the doorframes of your houses and on your gates.

Deut. 6:4-9

See, I set before you today life and prosperity, death and destruction. For I command you today to love the LORD your God, to walk in his ways, and to keep his commands, decrees and laws; then you will live and increase, and the LORD your God will bless you in the land you are entering to possess. But if your heart turns away and you are not obedient, and if you are drawn away to bow down to other gods and worship them, I declare to you this day that you will certainly be destroyed. You will not live long in the land you are crossing the Jordan to enter and possess.

Deut. 30:15-18

### III. Use your mind to love others in their diversity

Romans 14

Accept him whose faith is weak, without passing judgment on disputable matters.

Romans 14:1

One man considers one day more sacred than another; another man considers every day alike. Each one should be fully convinced in his own mind. He who regards one day as special, does so to the Lord. He who eats meat, eats to the Lord, for he gives thanks to God; and he who abstains, does so to the Lord and gives thanks to God.

Romans 14:5-6

So then, each of us will give an account of himself  
to God.

Rom. 14:12

Let no debt remain outstanding, except the continuing debt to love one another, for he who loves his fellowman has fulfilled the law.

Romans 13:8

