

DESTINATION HAPPINESS

RELIGIOUS APPROACH TO HAPPINESS



Erasmus+

ERASMUS+
PROGRAMME
DESTINATION
HAPPINESS

2019-t-PLO1-
KA229-065687

6th SENIOR HIGH

SCHOOL OF KAVALA

RELIGIOUS
APPROACH TO
HAPPINESS

LESSON PLAN:
1st GRADE OF THE 6th
SENIOR HIGH
SCHOOL OF KAVALA

TEACHER: ZOI
ARMENOPOULOU

It is more blessed to give than to receive

Acts K', 35

New Testament

Blessed are the peacemakers, for they shall be called sons of God.

(Blessings)

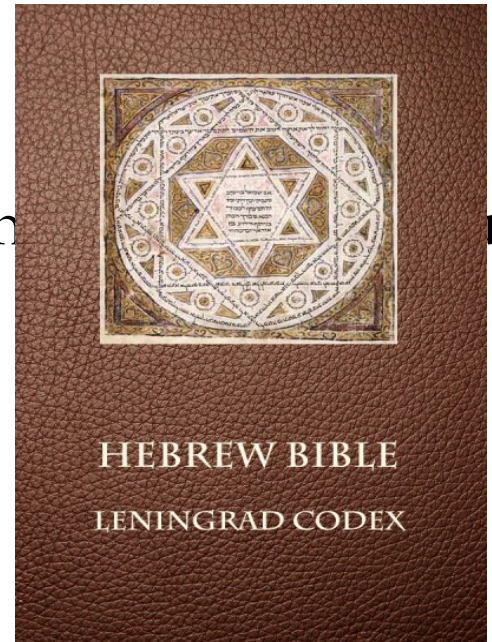
Matt. S 1-12 New Testament



Ask for happiness from the Lord and what your soul desires.

Psalms 37

Hebrew Bible

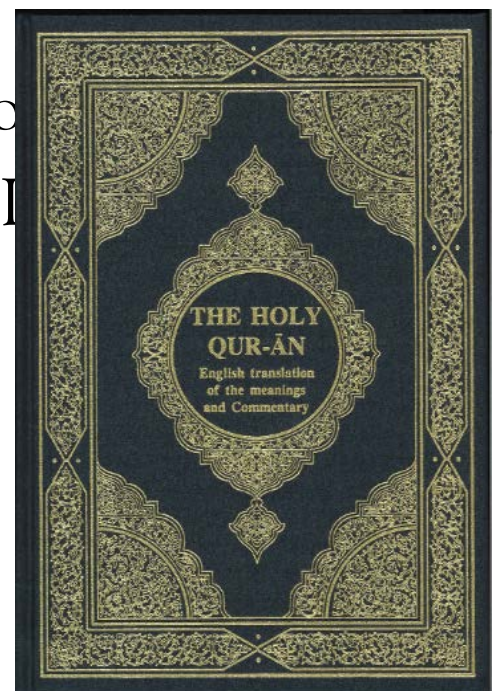


The ones who have faith they are for creatures. Their reward is with the Lord.

Holly Quran

Surah 98,7

(chapter)



The “ego is free from evil, free from senility, free from death, free from sadness, free from famine and thirst. Every person who has found and known the “ego”, he acquires all the worlds and succeeds the fulfillment of all desires!

The Upanishads

Hinduism

All that we are is a result of what we have thought. It is founded on our thoughts. If one speaks or acts with a pure thought, happiness follows one, like a shadow hat never leaves.

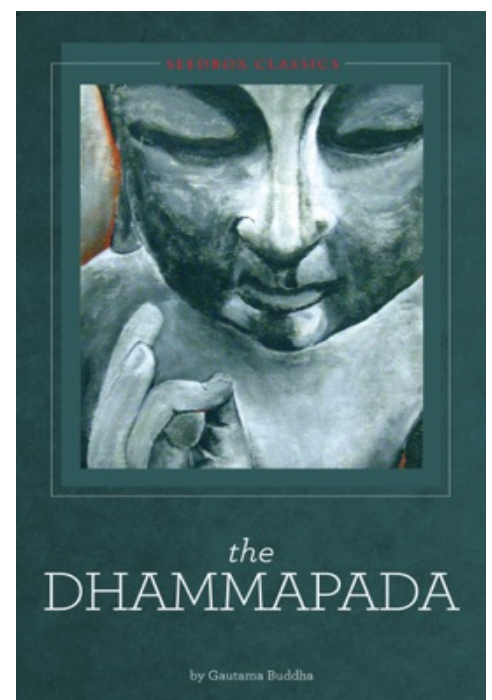
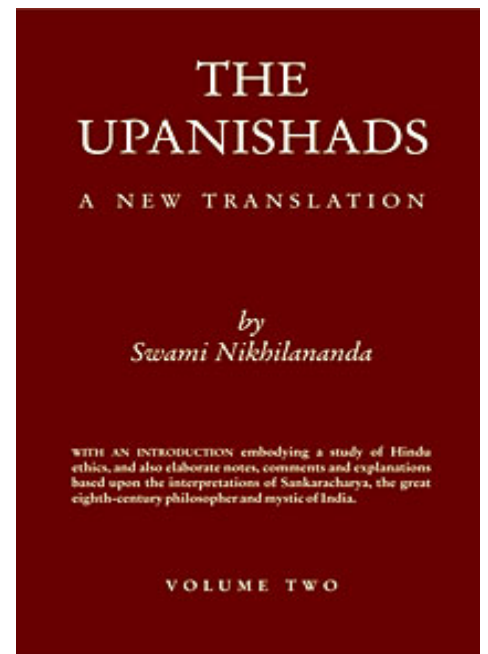
Dhammapada 1-2

Collection of Buddha's sayings

Happiness exists inside everything as long as you know how to get it out.

Confucius

Chinese philosopher

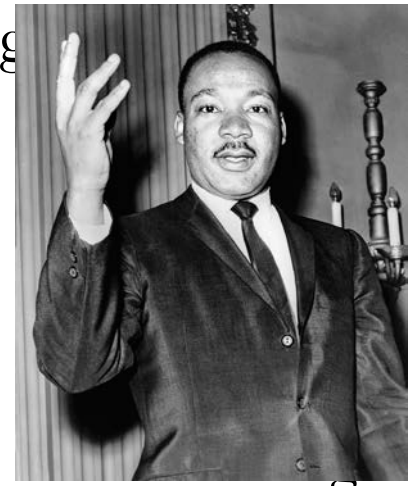


If a man has not discovered something
die for, he isn't fit to live.

Martin Luther King Jr

Baptism minister

Civil-rights activist



Joy lies in the fight, in the attempt, in
involved, not in the victory itself.

Mahatma Gandhi

Indian lawyer

anti-colonial nationalist

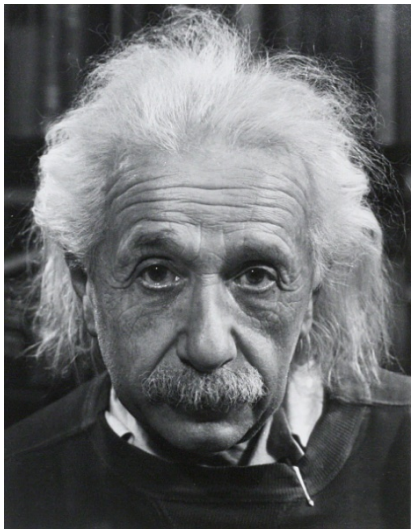


If you want to live a happy life
tie it to a goal, not to people or things.

Albert Einstein

German physicist

Nobel prize in Physics



No one has the right to be
happy alone!

Raoul Follereau

French writer and philanthropist



As long as you chase happiness
You are not ready to be happy,
even if you owned everything

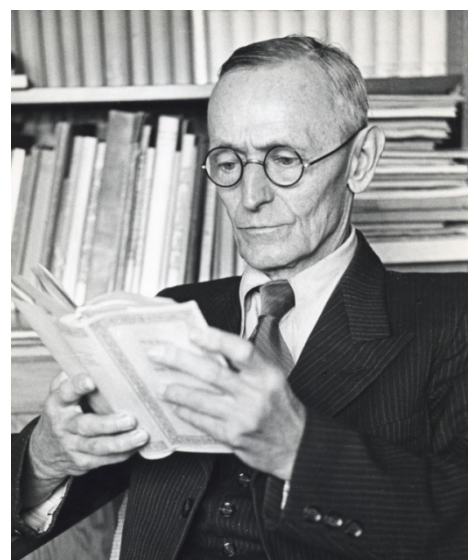
As long as you lament a loss
run after prizes in races,
you have not yet known peace.

But when you have moved beyond desire,
become a stranger to your goals and longings
and call no longer on happiness by name,

Then your heart rises calmly
above the ebb and flow of action
and peace has reached your soul.

Herman Hesse

German poet, novelist and painter



We think happiness is a destination.
When it's actually a starting point. It
enables all the positive outcomes in our
lives if we choose to do it first

Neil Pasricha

Canadian author



Prayer

Good Lord,

Give me a soul that doesn't recognize boredom
anxiety because of the obstacle called "myself"
the sense of humor! Give me the grace to be
jokes and find some joy in life and share it

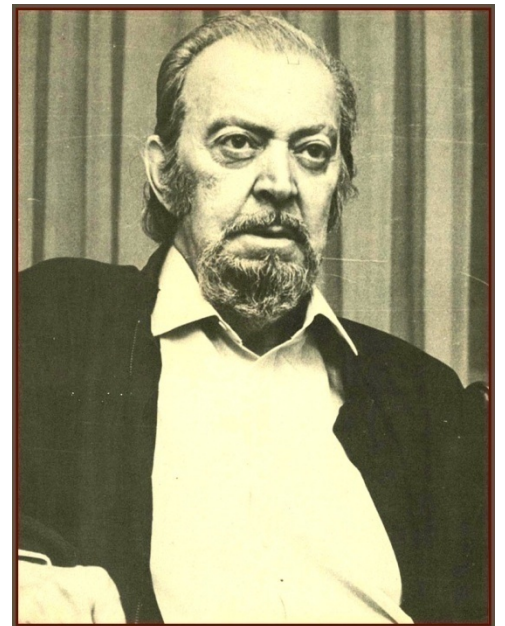
St Thomas More



I open the door at night, I hold the lamp up,
so that the sad people of the earth could see,
come, find company,
So that they could find a table set up,
a pitcher to drink and the pain,
the brother of the world
would stand among us.
So that they could find a place to rest,
a stool for a blind one to sit
and while we'll be talking,
Christ will come.

Tasos Livaditis

Greek poet



TEACHER: ZOI ARMENOPOULOU



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