

# The Original Quest for Happiness

Name: \_\_\_\_\_

Read the account of the Creation of Adam and Eve in Genesis 2:5–25. As you read, **circle** anything that would cause Adam and Eve to be happy.

Gen 2:5–25

**2** <sup>5</sup>When no plant of the field was yet in the earth and no herb of the field had yet sprung up—for the LORD God had not caused it to rain upon the earth, and there was no man to till the ground; <sup>6</sup>but a mist went up from the earth and watered the whole face of the ground—<sup>7</sup>then the LORD God formed man of dust from the ground, and breathed into his nostrils the breath of life; and man became a living soul. <sup>8</sup>And the LORD God planted a garden in Eden, in the east; and there he put the man whom he had formed. <sup>9</sup>And out of the ground the LORD God made to grow every tree that is pleasant to the sight and good for food, the tree of life also in the midst of the garden, and the tree of the knowledge of good and evil. <sup>10</sup>A river flowed out of Eden to water the garden, and there it divided and became four rivers. <sup>11</sup>The name of the first is Pi'shon; it is the one which flows around the whole land of Hav'ilah, where there is gold; <sup>12</sup>and the gold of that land is good; bdellium and onyx stone are there. <sup>13</sup>The name of the second river is Gi'hon; it is the one which flows around the whole land of Cush. <sup>14</sup>And the name of the third river is Tigris, which flows east of Assyria. And the fourth river is the Euphrates. <sup>15</sup>The LORD God took the man and put him in the garden of Eden to till it and keep it. <sup>16</sup>And the LORD God commanded the man, saying, "You may freely eat of every tree of

the garden; <sup>17</sup>but of the tree of the knowledge of good and evil you shall not eat, for in the day that you eat of it you shall die." <sup>18</sup>Then the LORD God said, "It is not good that the man should be alone; I will make him a helper fit for him." <sup>19</sup>So out of the ground the LORD God formed every beast of the field and every bird of the air, and brought them to the man to see what he would call them; and whatever the man called every living creature, that was its name. <sup>20</sup>The man gave names to all cattle, and to the birds of the air, and to every beast of the field; but for the man there was not found a helper fit for him. <sup>21</sup>So the LORD God caused a deep sleep to fall upon the man, and while he slept took one of his ribs and closed up its place with flesh; <sup>22</sup>and the rib which the LORD God had taken from the man he made into a woman and brought her to the man. <sup>23</sup>Then the man said, "This at last is bone of my bones

and flesh of my flesh;  
she shall be called Woman,  
because she was taken out of  
Man."<sup>24</sup>Therefore a man leaves his father and his mother and clings to his wife, and they become one flesh. <sup>25</sup>And the man and his wife were both naked, and were not ashamed.

## 1. Do you think Adam and Eve were happy? Why or why not?

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As you read the next section, notice *why* Adam and Eve disobeyed God. **Underline** the statement that reveals *why* Adam and Eve disobeyed God.

**3** <sup>3</sup>But God said, “You shall not eat of the fruit of the tree which is in the midst of the garden, neither shall you touch it, lest you die.” <sup>4</sup>But the serpent said to the woman, “You will not die. <sup>5</sup>For God knows that when you eat of it your eyes will be opened, and you will be like God, knowing good and evil.” <sup>6</sup>So when the woman saw that the tree was good for food, and that it was a delight to the eyes, and that the tree was to be desired to make one wise, she took of its fruit and ate; and she also gave some to her husband, and he ate. <sup>7</sup>Then the eyes of both were opened, and they knew that they were naked; and they sewed fig leaves together and made themselves aprons. <sup>8</sup>And they heard the sound of the LORD God

walking in the garden in the cool of the day, and the man and his wife hid themselves from the presence of the LORD God among the trees of the garden. <sup>9</sup>But the LORD God called to the man, and said to him, “Where are you?” <sup>10</sup>And he said, “I heard the sound of you in the garden, and I was afraid, because I was naked; and I hid myself.” <sup>11</sup>He said, “Who told you that you were naked? Have you eaten of the tree of which I commanded you not to eat?” <sup>12</sup>The man said, “The woman whom you gave to be with me, she gave me fruit of the tree, and I ate.” <sup>13</sup>Then the LORD God said to the woman, “What is this that you have done?” The woman said, “The serpent beguiled me, and I ate.”

**2. Why did Adam and Eve disobey God?**

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**3. Did Adam and Eve’s happiness increase or decrease after they disobeyed God?**

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**4. How do you know?**

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**5. What do you think it means to be happy?**

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**6. What do you think makes a person happy?**

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**7. What do you think makes a person unhappy?**

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# Litany of Detachment

Name: \_\_\_\_\_

Read the **Litany of Humility** printed on the back of this page. This prayer is a series of petitions (or requests) for the grace to let go of comparing ourselves to others. Practicing the virtue of humility lets us focus our attention on God instead of on others. Humility makes us happier since it draws us closer to God, the source of happiness. Humility also reminds us that our identity is not based on how *others* see us. Our identity is grounded in our being made in God's image, as his beloved sons and daughters.

In the space provided, write your own litany. To help you write it, consider the following questions:

- What do you need to let go of in order to draw grow closer to God?
- What would you like God to give you to enable you to respond to his invitation to lasting happiness with him?

## My Litany of Detachment

O Jesus, meek and humble of heart,  
Hear me.

From the desire \_\_\_\_\_,

Deliver me, O Jesus.

From the desire \_\_\_\_\_,

Deliver me, O Jesus.

From the desire \_\_\_\_\_,

Deliver me, O Jesus.

From the desire \_\_\_\_\_,

Deliver me, O Jesus.

From the desire \_\_\_\_\_,

Deliver me, O Jesus.

That \_\_\_\_\_,

Jesus, grant me the grace to desire it.

That \_\_\_\_\_,

Jesus, grant me the grace to desire it.

That \_\_\_\_\_,

Jesus, grant me the grace to desire it.

Amen.

## **Litany of Humility**

*Rafael Cardinal Merry del Val y Zulueta*

O Jesus, meek and humble of heart,  
Hear me.  
From the desire of being esteemed,  
Deliver me, O Jesus. . . .  
From the desire of being honored,  
Deliver me, O Jesus.  
From the desire of being praised,  
Deliver me, O Jesus.  
From the desire of being preferred to others,  
Deliver me, O Jesus.  
From the desire of being consulted,  
Deliver me, O Jesus.  
From the desire of being approved,  
Deliver me, O Jesus.  
From the fear of being humiliated,  
Deliver me, O Jesus.  
From the fear of being despised,  
Deliver me, O Jesus. . . .  
From the fear of being forgotten,  
Deliver me, O Jesus.  
From the fear of being ridiculed,

Deliver me, O Jesus.  
From the fear of being wronged,  
Deliver me, O Jesus.  
From the fear of being suspected,  
Deliver me, O Jesus. . . .  
That others may be esteemed more than I,  
Jesus, grant me the grace to desire it.  
That, in the opinion of the world, others may  
increase and I may decrease,  
Jesus, grant me the grace to desire it.  
That others may be chosen and I set aside,  
Jesus, grant me the grace to desire it.  
That others may be praised and I go unnoticed,  
Jesus, grant me the grace to desire it.  
That others may be preferred to me in everything,  
Jesus, grant me the grace to desire it.  
That others may become holier than I, provided  
that I may become as holy as I should,  
Jesus, grant me the grace to desire it.