

Chapter 12

Religion as the Global Horizon of Human Happiness



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Abstract Despite the modernization of society and the process of secularization, the religious phenomenon continues to have a considerable impact on society today. On the basis that different research and surveys place religion and happiness in a profound relationship, this study aims to explore the religious attitude of the human person and its relationship with mystery in relation to happiness. To this end, different religious expressions in the world today are explored. It then analyses religion and morality and their relationship to happiness in human existence. In addition, three examples are given to observe how different religions understand the path to happiness. Finally, the study ends by addressing how Christianity approaches happiness, focusing on the deep human desire to love, on the human experience of fulfillment, and on the following of Jesus Christ in the help and care of neighbor. All this leads to the reaffirmation that the encounter between the religious subject and the mystery can lead to happiness.

Keywords Happiness · Wholeness · Religion · Humanism · Christianity

1 Introduction

Religions have a significant impact on the social, economic, political, cultural, and digital spheres, as well as on the personal lives of believers (Amo Usanos et al., 2022). Although some research has shown contradictions in the association between religion and happiness, numerous studies have found a significant association between these two categories (Lewis & Cruise, 2007). Currently, surveys suggest that people active in religious communities tend to be happier (Centro de Investigaciones Sociológicas, 2021), and more civically engaged than religiously

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