

Ms. C. A. Riley, OP

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Reflection on the Treatise of Happiness: Part two of the Summa Theologica:
Question 5, article 3 Whether one can be happy in this life?

Saint Thomas states in his “answer that” a certain level of happiness can be achieved in this life, but true or perfect happiness eludes us, because we are tied to concupiscence in this life

His “reply to objection 1” that some are happy with the “hope” of knowing that they will be happy in eternal life is a limited happiness and not true happiness.

In “objection 2” he acknowledges that man can participate in the “Sovereign Good” in this life, by knowing and loving God. This happiness, which he refers to in the reply is an incomplete happiness and is based on obtaining this happiness thru the “object,” God.

This leads me to conclude that we can be happy with objects in this life, for example, a nice house, a fancy car, or a big bank account, but we should be focused on the next life and true happiness that will come from being free from sin, and seeing God face to face.