

Happiness - Part 5

12 Essentials to Producing Ongoing Happiness – Pt. A

Essential #1 Make _____ choices.

The most important choice: to believe-in and receive Jesus Christ as Savior.

- Happiness is a choice.

“Given my past experiences and my future hopes and dreams what’s the wise thing to do?” (Andy Stanley)

Galatians 6:7 Don't be misled—you cannot mock the justice of God. You will always harvest what you plant. NLT (Deuteronomy 30:19-20 NLT)

Essential #2 Practice _____ habits.

Matthew 6:33 But seek first his kingdom and his righteousness, and all these things will be given to you as well. NIV

- a. The habit of spending time with _____.
- b. The habit of spending time with other _____.
- c. The habit of _____ your life away: time, talent, treasure.

BSR – Belong, Serve, Reach.

Essential #3 Create _____ relationships.

Matthew 22:36-39 Teacher, which is the greatest commandment in the Law?” Jesus replied: “ ‘Love the Lord your God with all your heart and with all your soul and with all your mind.’ This is the first and greatest commandment. And the second is like it: ‘Love your neighbor as yourself.’ NIV

- Healthy relationships are defined by LOVE.

“love” (agapao) v. God’s love of sacrifice and giving, it desires the highest good of the one loved.

An unselfish love that esteems and values another. A love that cherishes the one loved above all else. (Vines Expository Dictionary of Biblical Words)

“Love can be known only by the actions it prompts.” (Vines Dict.) [over]

Essential #4 Refuse to be _____.

Proverbs 17:9 Overlook an offense and bond a friendship; fasten on to a slight and—good-bye, friend! MSG

Proverbs 17:9 Whoever covers an offense seeks love, but he who repeats a matter separates close friends. ESV

Proverbs 19:11 A man's wisdom gives him patience; it is to his glory to overlook an offense. NIV

Essential #5 Walk in _____.

Colossians 3:13 Put up with each other, and forgive anyone who does you wrong, just as Christ has forgiven you. CEV (Matthew 18:21-22 NLT)

- Forgiveness can be instant, but trust must be earned back over time.

God commands us to forgive because...

- a. Forgiveness restores relationships.
- b. Forgiveness sets you free.
- c. When I forgive, I insure I will receive forgiveness from God.
(Matthew 6:14-15 NLT)

- Forgiveness is a grand act of _____ in God.

Rom12:19 Do not take revenge, my dear friends, but leave room for God's wrath, for it is written: "It is mine to avenge; I will repay," says the Lord. NIV

When we take things into our own hands, or hang on to the hurt, we are telling God that we think he can't or won't handle it.

Essential #6 Let God _____ and replenish your soul on a regular basis.

Jeremiah 31:25 I'll refresh tired bodies; I'll restore tired souls. MSG
(Psalm 41:3 NLT; Isaiah 40:31 NKJV)

Psalms 119:93 I will never lay aside your laws, for you have used them to restore my joy and health. TLB