

Habits of Happiness

Grow healthy relationships

1. Be grateful for the people in my life.
HH: Remember to be grateful.
2. Pray for the people in my life
HH: Quickest way to change a bad relationship to good:
Pray joyfully for them.
Pray they will:
Grow in love
Make wise choices
Live with integrity
Become like Jesus
3. Expect the best from people in my life
HH: celebrate how far people have come
Rather than judging how much they still have to go
(Give them a vision and call them to it.)
4. Love the people in my life like Jesus does.
Cultivate a servant's heart, not ask what is in it for me, but how can I serve you?
How can I love them like you do?
Practice, and the result is happiness.

How to be Happy no Matter What

No matter what happens, I can be happy if I....

1. Look at every problem through God's viewpoint
It's a witness to unbelievers
It's an encouragement to believers
2. Never let others control my attitude.
Critics, comrades, competitors and conspirators
Paul's attitude: "But it doesn't really matter! The IMPORTANT THING is that in every way, whether for right or wrong reasons, the message of Christ is being shared! So I am happy, and I will continue to be happy!"
You don't need the approval of others.
3. only trust God to work things out.
This is not a shameful situation for me.
Are you secure of the eternal life God has given you?
He learned to be taught by the Spirit of God.
4. if I stay focused on my purpose, not my problem.
For me to live is Christ
Auschwitz: They couldn't take the choice away from him how he responded to the situation.

Five Daily Habits for Happiness

1. EVERY DAY: relax in God's grace
The trap: legalism
Rutuals – race – religion – rules – reputation
2. EVERY DAY: remember what matters most
The trap: distraction from what is important
intimacy and friendship with Jesus. Go from head knowledge to heartfelt love and affection for Christ.
3. EVERY DAY: get to know Jesus better
The trap: not taking time for relationship – business
4. EVERY DAY: review where I need to grow
The trap: pride – keeps me from growing
Faithful – available – teachable
5. EVERY DAY: forget what can't be changed and focus on the future
The traps: regret – forget it in the sea of God's grace
unforgiveness – resentment, holding on to what has caused us harm.
You sacrifice your future on the altars of the past.
Tradition – We've always done it that way. All has become new.

Living Free of Anxiety

1. Refuse to worry about anything.
Worry is unreasonable
Worry is unnatural
Worry is unhelpful
Worry is unnecessary
2. You can talk to God about anything and everything.
One way to deal with stress – bring everything before the Lord.
3. Thank God for all things.
Thank you that you will help me in this situation.
He will give it to you, or change your mind to bring you into alignment with him.
If you have a better plan (God), go for it.
4. Think about good things.
What we feed our minds with will lead to stress or not.
Guard your hearts and minds in Christ Jesus.
Refuse to worry about anything – worry is a temptation.
5. Be content
Discontentment is like envy. It has to do with coveting. The opposite of coveting is contentment.