

What Makes You Happy? - Peaceful, Easy

Review

Happiness is more about a W__ than a W_____.

Happy W_____ always leads to a happy W_____ E_____.

*“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.’”*
Matthew 22:36-39

Anything that undermines your P_____ undermines your H_____.

Finding P_____ with Y_____.

The Happiness Pie

50% Genetic S_____ P_____

10% Life E_____

40% Intentional H_____

Let no debt remain outstanding, except the continuing debt to love one another, for whoever loves others has fulfilled the law.
Romans 8:13

Happy Habit #1: P_____ P_____.

*Don't **worry** about anything; instead, **pray** about everything. Tell God what you need, and **thank him** for all he has done. Then you will experience **God's peace**, which **exceeds** anything we can understand. **His peace** will guard your hearts and minds as you live in Christ Jesus.*
Philippians 4:6,7

Replace W_____ with P_____.

L_____ for the A_____.

Act like a P_____ of P_____.

What Do I Do Now?

Identify your H_____ S_____.

Plan your W_____ P_____.

*“Are you tired? Worn out? Burned out on religion? Come to me. Get away with me and you'll **recover your life**. I'll show you how to take a **real rest**. Walk with me and work with me— watch how I do it. Learn the unforced rhythms of grace. I won't lay anything heavy or ill-fitting on you. Keep company with me and you'll learn to **live freely and lightly**.”* **Matthew 11:28-30**

Receive P_____ that L_____ F_____.