

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_____.