

Keys to Happiness





Happiness is...

- A mental or emotional state of well-being characterized by positive or pleasant emotions ranging from contentment to intense joy - (Peace, Blessed, Joy)



Happiness is...

GOD's Will

- **John 10:10** The thief comes only to steal and kill and destroy. I came that they may have **life** and have it abundantly.



Happiness is...

- John 15:11 These things I have spoken to you, that my joy may be in you, and that your **joy** may be **full**.
- John 14:27 “**Peace** I leave with you; My **peace** I give to you

1st Key to Happiness: Giving of our time, talent & treasure

GOD HAS GIVEN YOU A GIFT - IT'S TIME TO USE IT !

got gifts?



2nd Key to Happiness is:

Fellowship

Get
Connected



3rd Key to Happiness

Living in the moment with
gusto and purpose





4th Key to

Happiness is...

**HAVING AN ATTITUDE
OF GRATITUDE**

5th Key to Happiness:
Right Thinking



6th Key: Happy people are Forgiven & Forgiving



7th Key to Happiness: Knowing Who to Submit to



Happy people have boundaries

- Happy people do not allow others to control, mistreat, manipulate or abuse them.
- They do not submit to controlling and abusive people

Happy people have boundaries

- Ephesians 4:15 speak the truth in love
- James 5:12 let your “yes” be yes and your “no” be no
- Prov.4:23 Above all else, guard your heart, for it is the wellspring of life.

Happy people have boundaries

- Psalm 101:1,2 I will sing of your love and justice; to you, O LORD, I will sing praise. I will be careful to lead a blameless life— when will you come to me? I will walk in my house with blameless heart.

Happy people have boundaries

- Psalm 101:3,4 I will set no worthless thing before my eyes; I hate the work of those who fall away; It shall not fasten its grip on me. A perverse heart shall depart from me; I will know no evil.

Happy people have boundaries

- Psalm 101:5,6 Whoever secretly slanders his neighbor, him I will destroy; No one who has a haughty look and an arrogant heart will I endure. My eyes shall be upon the faithful of the land, that they may dwell with me; He who walks in a blameless way is the one who will minister to me.

Happy people have boundaries

- Ps.101:7,8 No one who practices deceit will dwell in my house; no one who speaks falsely will stand in my presence. Every morning I will put to silence all the wicked in the land; I will cut off every evildoer from the city of the LORD.

7th Key to Happiness: Submit to God





Happiness is...

- Eph 4:18 do not get drunk on wine... **Be Filled** with the Spirit
- Gal.5:22 But the fruit of the Spirit is **love, joy, peace,** patience, kindness, goodness, faithfulness

Happy people trust in the Lord

- Romans 1:17 For in the gospel a righteousness from God is revealed, a righteousness that is **by faith** from first to last, just as it is written: “The righteous will **live** by faith.

Happy people trust in the Lord

- Proverb 16:20 Whoever gives thought to the word will discover good, and **blessed** is he who trusts in the LORD.
- Ps. 128:1 **Blessed** is everyone who fears the LORD, who walks in his ways!

Happy people trust in the Lord

- Ps 144:15 Blessed are the people whose God is the LORD!
- Isaiah 12:2,3 “Behold, God is my salvation; I will trust, and will not be afraid; for the LORD GOD is my strength and my song, and he has become my salvation.” With joy you will draw water from the wells of salvation

Happy people trust in the Lord

- Luke 18:16,17 But Jesus called them to him, saying, “Let the children come to me, and do not hinder them, for to such belongs the kingdom of God. Truly, I say to you, whoever does not receive the kingdom of God like a child shall not enter it.”

Happy people Trust in the Lord

- John 3:14-15 And as Moses lifted up the serpent in the wilderness, so must the Son of Man be lifted up, that whoever believes in him may have eternal life.

Happy people Trust in the Lord

- John 3:16 For God so loved the world, that he gave his only Son, that whoever **believes** in him should not perish but have eternal life.

Happy people Trust in the Lord

- John 3:17 For God did not send his Son into the world to condemn the world, but in order that the world might be saved through him.

Happy people Trust in the Lord

- John 3:18 Whoever **believes** in him is not condemned, but whoever does not **believe** is condemned already, because he has not **believed** in the name of the only Son of God.

Happy people Trust in the Lord

- Rom. 5:2,3 Therefore, since we have been justified by faith, we have peace with God through our Lord Jesus Christ. Through him we have also obtained access by faith into this grace in which we stand, and we rejoice in hope of the glory of God. Not only that, but we rejoice in our sufferings ...

Happy people Trust in the Lord

- Rom. 5:4,5 knowing that suffering produces endurance and endurance produces character, and character produces hope, and hope does not put us to shame, because God's love has been poured into our hearts through the Holy Spirit who has been given to us

**Are you trusting in our
Heavenly Father?**

