

HOW TO LIVE THE
JOYFUL, HAPPY LIFE
JESUS CAME TO GIVE YOU!

Psalms 100 ¹ Lift up a **GREAT SHOUT OF JOY**, all the earth! ² **Be HAPPY!**... ⁵ For the Lord is **ALWAYS GOOD!** So loving it will amaze you! So kind it will astound you! And He is famous for His faithfulness... for He keeps his promises to every generation! NLT/ERV/TPT

John 10 ¹⁰ I came to give you better life than you ever dreamed, with JOY and abundance! MSG/VC

BESIDES THE HAPPINESS THAT FLOWS FROM JOY, JOY GIVES YOU GOD'S STRENGTH!
JOY ALSO HELPS YOU BE A BETTER SPOUSE OR PARENT OR FRIEND... AND MUCH BETTER
IN YOUR CAREER. THE ATTITUDE OF JOY WILL HELP YOU WALK IN LOVE TOWARD PEOPLE,
WHICH MAKES YOUR LIFE MORE PEACEFUL, AND THAT PEACE WILL ADD TO YOUR JOY!
THE CASCADING EFFECT OF JOY IS AMAZING! IT CHANGES EVERYTHING!
SO WHATEVER YOU DO, NEVER LET GO OF YOUR JOY!

HOW DO YOU LIVE A JOYFUL, HAPPY LIFE?

#1 BE CONVINCED THAT GOD WANTS YOU TO BE HAPPY

RELIGION SAYS: "GOD DOESN'T WANT YOU TO BE HAPPY, HE WANTS YOU TO BE HOLY."

Galatians 5 ²² The HOLY Spirit produces this kind of fruit in our lives: LOVE, JOY, PEACE... NLT

John 15 ¹¹ Jesus said... "...You can have the TRUE HAPPINESS that I HAVE!
I WANT YOU to be COMPLETELY HAPPY!" ERV

Romans 14 ¹⁷ The Kingdom of God is... living a life of GOODNESS and PEACE and JOY...! NLT

#2 MAKE A HABIT OF CHOOSING HAPPINESS, FOCUSING ON GOOD THINGS

NEARLY EVERYONE WANTS TO BE HAPPY. In fact, it's the main thing that motivates most people in most of what they do. But do we truly know what makes us genuinely happy? And is happiness just a feeling that we hope for, or is it deeper than that? Abraham Lincoln said "People are as happy as they make up their mind to be!" Happiness is a choice and a habit that we can develop. First, we choose happiness, and then feelings will follow. In Psalm 118, David said "This is the day the Lord has made. We WILL be VERY HAPPY TODAY!" (vs. 24 EASY) The statement "we WILL" is the deciding factor. If you don't DECIDE to be happy, there will always be something to steal your joy. Groucho Marx said "EVERY MORNING when I open my eyes, I say to myself: 'I, not events, have the power to make me happy or unhappy today. I can choose which it shall be. Yesterday is dead, tomorrow hasn't arrived yet. I have just one day, today, and I AM GOING TO BE HAPPY IN IT!'"

Philippians 4 ⁴ ALWAYS BE HAPPY because you belong to the Lord. I will say that again, 'BE HAPPY!' ... ⁸ ...FOCUS YOUR THOUGHTS on GOOD THINGS... Fill your minds with... PRAISEWORTHY THOUGHTS... ⁹ THEN the God who gives PEACE will be with you. EASY/CJB

Proverbs 15 ¹⁵ All the days of the gloomy are made evil BY ANXIOUS THOUGHTS, but for the HAPPY HEART, life is a continual feast, regardless of circumstances AMPC/NLT/TLB

Focusing on good, praiseworthy things is vital for happiness because the THOUGHTS WE DWELL ON DETERMINE OUR FEELINGS. UNHAPPINESS is not an EMOTIONAL problem, it's a FOCUS problem. A person will never be consistently happy if they believe happiness depends on circumstances. Jesus taught that CHEERFULNESS IS A CHOICE we make by trusting God.

John 16 ³³ I have told you these things, so that in Me you may have PERFECT PEACE. In the world you have trials and trouble, but BE OF GOOD CHEER, confident, undaunted, FILLED WITH JOY! FOR I have overcome the world. I have deprived it of power to harm you! AMP

#3 HAVE FAITH IN GOD! FAITH ALWAYS INCREASES JOY!

James 1 ²⁻⁴ ...When troubles of ANY KIND come your way, consider it an opportunity to be VERY HAPPY! For you know that when your FAITH IS TESTED, your endurance has a chance to grow. IF you let that patience work in you, THE END RESULT WILL BE GOOD! NLT/ERV

Rom 15 ¹³ God...will bless you with COMPLETE HAPPINESS and peace because of your FAITH. CEV

Proverbs 16 ²⁰ ...TRUST IN THE LORD and YOU WILL BE HAPPY! GNT

#4 IN YOUR GOALS, PUT RELATIONSHIPS FIRST, STARTING WITH GOD

ARE YOU REACHING FOR THE RIGHT THINGS? We often think that some “thing” or some pursuit of pleasure will make us happy if we can attain it, only to be disappointed when we reach our goal and discover we are still as unhappy as we were before. Experience teaches us that things alone can't keep us happy for very long. Many people have put careers ahead of everything. They work excessive hours, ignoring personal, family and spiritual relationships. They may have some “success,” but are often lonely and unhealthy. They can buy “things,” but have no one to share it with, and even if they did, they wouldn't feel good enough to enjoy it. GOOD RELATIONSHIPS and good health feed happiness, and they should be near the top of our list of goals. Our NUMBER ONE GOAL should be to pursue a close, personal relationship with God. GOD IS LIFE, so how can we hope to enjoy life apart from Him? If people are so busy trying to climb the ladder of success that they have no time for God, they may reach the top, but they will find that their ladder has been leaning against the wrong building! They spent their lives trying to get somewhere, but find that it isn't where they want to be.

#5 NEVER WAIT FOR CIRCUMSTANCES OR PEOPLE TO CHANGE TO BE HAPPY

WHAT ARE YOU WAITING FOR? ARE YOU PUTTING OFF HAPPINESS UNTIL SOME OTHER TIME?

A major enemy of happiness is thinking “I will be happy when...” We fall into the trap of thinking “I will be happy when it's Friday and I have the weekend free” or “I will be happy when it's vacation time” or “when I retire and don't have to work anymore” or “when the kids are grown and my life is my own” or “when I lose 20 pounds.” There can be a million “whens” that keep us from enjoying “now.” Make a decision not to base your happiness on some future event, and be happy today! Learn to enjoy everyday life because that is what most of life is. If we base our happiness on the “special events” that we have in the course of life, we miss out on a lot of happiness in between. You don't have to just be happy on Friday... you can be happy every day! God wants us to ENJOY LIFE IN THE PRESENT! Ecclesiastes 3:12 says “There is nothing better for people than to BE HAPPY and to ENJOY THEMSELVES as long as they live... ¹³...for these things are a GIFT FROM GOD.” NET

ARE YOU WAITING FOR SOMEONE IN YOUR LIFE TO CHANGE HIS OR HER BEHAVIOR SO YOU CAN BE HAPPY? If so, that is a **HUGE MISTAKE!** Don't let **someone else's choices** determine **YOUR LEVEL OF JOY**. Besides, **no one else** can make you **permanently happy** - not your **spouse**, not your **child**, not your **friend**. We **cannot control people**, and the **sooner** we learn that, the **happier** we will be. **Most** "unhappy days" come from **OUR RESPONSE** to things other people do or don't do. Someone might **offend us** or **hurt our feelings**. People can be **rude** or **disrespectful**. We **do** get **hurt** and **disappointed** by people, but we **DO NOT** have to **DWELL** on what **they do**. Realize they are hurting themselves more than they are hurting you and let that **motivate you** to **pray for them** rather than feeling sorry for yourself and **losing your joy**. **TAKE RESPONSIBILITY** for your **OWN HAPPINESS** and **never again** base it on what **someone else does**.

John 16 ²² You will be **FULL OF JOY**, and **NO ONE** can **ROB YOU** of **THAT JOY!** MSG/NLT

#6 RECEIVE GOD'S UNCONDITIONAL LOVE AND MERCIFUL PATIENCE

ARE YOU LETTING "YOU" MAKE YOU UNHAPPY? A **root cause** of a **lot** of unhappiness is **not being happy** and **at peace** with **ourselves**. We're not happy with the way we **look**, our **talents**, or our **level of perfection**. We **compare** ourselves with others instead of **happily being** who **God intends us to be**. **You are with yourself more than you are with anyone else**, so if you can learn to **enjoy your own company**, it will **greatly improve** your life. Do **NOT** take a daily inventory of all your faults and then **beat yourself up** over them. **Trust God** to show you **how to grow and change**, and **work with** our **patient** Holy Spirit toward those changes.

#7 SERVING OTHERS THROUGH LOVE IS THE GREATEST KEY TO HAPPINESS

Matthew 20 ²⁸ Your **attitude** must be like my own... I did **not** come to **BE SERVED**, **BUT TO SERVE**, and to **give my life**... for many. TLB

TRUE AND LASTING JOY IS FED BY DOING THINGS FOR OTHER PEOPLE. If we live to **be a blessing** and **SOW HAPPINESS** into the lives of **OTHERS**, there will be a **HARVEST OF HAPPINESS** in our lives. No matter what kind of problem you have, if you **focus** on what you can **do** to **serve** others, and to **add joy** to **their lives**, you will find that it will make **YOU HAPPIER TOO!**

JESUS TAUGHT THAT SERVING OTHERS IS THE KEY TO HAPPINESS.

John 13 ¹² When **Jesus** finished **washing their feet**, he put on his robe and went back to the table. He asked, "Do you understand what I did for you?... ¹⁵ I did this as **an example** for you. So you should **SERVE EACH OTHER** just as I served you... ¹⁷ If you **know these things**, **blessed** and **HAPPY** and to be **envied** are you **IF YOU PRACTICE THEM.**" ERV/AMP

John 15 ¹¹ ...I want you to be **COMPLETELY HAPPY**. ¹² This is what I command you: **LOVE EACH OTHER AS I HAVE LOVED YOU.** ERV

LOVING PEOPLE IS THE GREATEST KEY TO HAPPINESS! MORE LOVE, MORE HAPPINESS!