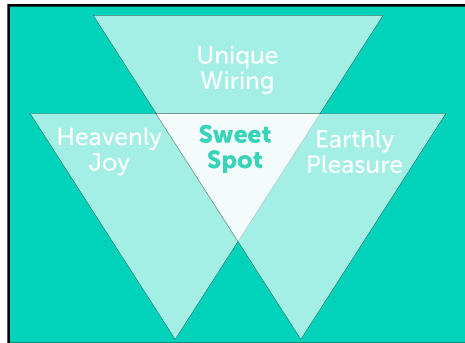


# Wired for Doing

## THE HAPPINESS DARE

\_\_\_\_\_ happiness \_\_\_\_\_ happiness

*John 5:17 (NLT) But Jesus replied, "My Father is always working, and so am I."*



A Doer finds happiness in \_\_\_\_\_ activity.

Typical words to describe a Doer are determined and \_\_\_\_\_.

### What Makes a Doer Tick?

- **Doers love:** a good day's \_\_\_\_\_.
- **If a Doer had a free afternoon:** they would enjoy it most by being \_\_\_\_\_.
- **Doers connect with God by:** seeing how the earthly pleasure of daily work intersects with the heavenly joy of \_\_\_\_\_ with God.
- **Doers would be lost without:** their \_\_\_\_\_.
- **People say Doers are:** someone they can \_\_\_\_\_ on.
- **If a Doer is at a dinner party:** Doers can feel \_\_\_\_\_ when the work is done and all that is left is small talk.

### Red Flags for Doers

- **Doers are outside their happiness sweet spot when:** They are \_\_\_\_\_ in work.

*Exodus 20:9-11 Six days you shall labor and do all your work, 10 but the seventh day is a sabbath to the LORD your God. On it you shall not do any work, neither you, nor your son or daughter, nor your male or female servant, nor your animals, nor any foreigner residing in your towns. 11 For in six days the LORD made the heavens and the earth, the sea, and all that is in them, but he rested on the seventh day. Therefore the LORD blessed the Sabbath day and made it holy.*

- **Others might look at a Doer and say:** they are prone to \_\_\_\_\_ and legalism.
- **A Doer can feel unsettled when:** they are not \_\_\_\_\_ tasks.
- **A Doer feels they've let God down when:** they blow a \_\_\_\_\_ or miss a deadline.
- **A Doer feels shame when:** others tell you you're too \_\_\_\_\_ and don't take enough time for yourself.
- **A Doer may shame others when:** when others seem to be flying by the seat of their pants, appear irresponsible, or they miss a \_\_\_\_\_.

## How To Be A Happy Doer

- \_\_\_\_\_ Jesus into the work you are doing.
- \_\_\_\_\_ against workaholism and perfectionism.
- \_\_\_\_\_ shaming yourself and others by remembering we are all created differently.

### Questions for a Doer

- Am I doing this work for God's glory or my glory?
- Am I striving for perfectionism, out of legalism, or a need for control?
- Am I working this hard because it makes me happy, or because I grew up in a home where my worth was based on what I could do?

Psalm 90:17 *May the favor of the Lord our God rest on us; establish the work of our hands for us— yes, establish the work of our hands.*

Genesis 1:31 *God saw all that he had made, and it was very good.*

Genesis 2:15 *The LORD God took the man and put him in the Garden of Eden to work it and take care of it.*

Genesis 2:20 *So the man gave names to all the livestock, the birds in the sky and all the wild animals.*

Colossians 3:23 (NLT) *Work willingly at whatever you do, as though you were working for the Lord rather than for people.*

John 20:6-7 *Then Simon Peter arrived and went inside. He also noticed the linen wrappings lying there, 7 the cloth that had covered Jesus' head was folded up and lying apart from the other wrappings.*