

# Don't pick your poison

THE HAPPINESS DARE

THE LIE WE BELIEVE: IF I COULD JUST \_\_\_\_\_ HIM/HER.

The Principle of \_\_\_\_\_ Enough: I will become happier when I \_\_\_\_\_ that good enough really is good enough.

The Poison of \_\_\_\_\_

*Ecclesiastes 11:4 (LB) If you wait for perfect conditions, you will never get anything done.*

*Ecclesiastes 7:16 Do not be overrighteous, neither be overwise— why destroy yourself?*

Any good \_\_\_\_\_ can become a \_\_\_\_\_ when we take it to an extreme.

The Poison of \_\_\_\_\_

*Galatians 6:4 (LB) "Let everyone be sure to do his very best, for then he will have the personal satisfaction of work done well and won't need to compare himself with someone else."*

All our comparing is turning our pursuit of happiness into a strenuous \_\_\_\_\_ in which we never reach our \_\_\_\_\_.

*Romans 12:15 Be happy with those who are happy...*

*Proverbs 14:30 A heart at peace gives life to the body, but envy rots the bones.*

You can't be happy and \_\_\_\_\_ at the same time.

If you want to be happier, stop wishing your life was more like someone else's life and \_\_\_\_\_ to be found in the life you have.

*Galatians 5:25-26 (MSG) Since this is the kind of life we have chosen, the life of the Spirit, let us make sure that we do not just hold it as an idea in our heads or a sentiment in our hearts, but work out its implications in every detail of our lives. 26 That means we will not compare ourselves with each other as if one of us were better and another worse. We have far more interesting things to do with our lives. Each of us is an original.*

# The Poison of \_\_\_\_\_

God's answer for every one of our "not enough"s is \_\_\_\_\_.

*Genesis 1:26 God spoke: "Let us make human beings in our image, make them reflecting our nature"*

We aren't \_\_\_\_\_ -sufficient. We are \_\_\_\_\_ -sufficient.

*2 Corinthians 12:9-10 But he said to me, "My grace is sufficient for you, for my power is made perfect in weakness." Therefore I will boast all the more gladly about my weaknesses, so that Christ's power may rest on me. 10 That is why, for Christ's sake, I delight in weaknesses, in insults, in hardships, in persecutions, in difficulties. For when I am weak, then I am strong.*

God is calling us to live inside of His \_\_\_\_\_ and His strength and His \_\_\_\_\_.