

Do You Want to be Happy?

THE PERFECT GUIDE TO BEING MISERABLE

Psalm 1:1-2 (AMP) *Blessed [happy, fortunate, prosperous, and favored by God] is the man who does not walk in the counsel of the wicked [following their advice and example], nor stand in the path of sinners, nor sit [down to rest] in the seat of scoffers [ridiculers]. 2 But his delight is in the law of the Lord, and on His law [His precepts and teachings] he [habitually] meditates day and night.*

John 8:32 *You will know the truth, and the truth will set you free.*

What are you _____ yourself
about your circumstances?

_____ - that which is true.

Proverbs 23:7 For as man thinks in his heart, so is he.

The Bible teaches that man's feelings, passions, and behavior
are _____ to and _____ by the way he thinks.

It's not events, either past or present, which make us feel the
way we feel, but our _____ of those events.

_____ - something we tell ourself
that _____ true and when repeated
often enough, we _____ it to be true.

James 3:14-17. But if you have bitter envy and self-seeking in your hearts, do not boast and lie against the truth. 15 This wisdom does not descend from above, but is earthly, sensual, demonic. 16 For where envy and self-seeking exist, confusion and every evil thing are there. 17 But the wisdom that is from above is first pure, then peaceable, gentle, willing to yield, full of mercy and good fruits, without partiality and without hypocrisy.

Negative and distorted statements that a person repeats to himself become mental _____.

Romans 8:6 The mind governed by the flesh is death, but the mind governed by the Spirit is life and peace.

Our misbeliefs are embedded in our _____.

Question: _____?

Matthew 9:29 According to your faith let it be done to you.

_____ – the act of believing.

“Change a man’s beliefs and you will change his feelings which will change his behavior.”

Romans 12:2 Do not copy the behavior and customs of this world, but let God transform you into a new person by changing the way you think.

2 Timothy 1:7 God has not given us a spirit of fear and timidity, but of power, love, and self-discipline.