

## 1 “In Pursuit of Happiness . . .”

## 2 In Pursuit . . .

## 3 Elusive Pursuits

- Twenty years of psych research has led Sonya Lyubomirsky to some very interesting discoveries about happiness.
- In her book, The How to Happiness, she claims there are three major pieces to a cheerful makeup.

## 4 Cheerful Makeup

- Fifty percent of our happiness comes from disposition in our DNA.
- Surprisingly, only 10 percent of happiness comes from our life circumstances.
- Lyubomirsky claims that we have control over the remaining 40 percent of our happiness.

## 5 In Pursuit . . .

## 6 Positive Being

- Certain behaviors will lead to certain attitudes — or vice versa — and habits of both will increase and maintain our happiness over time.
- Patterns that promote cheers over jeers, include forgiveness, avoiding social comparisons, nurturing deep relationships, taking care of your body and even practicing religion and spirituality.

## 7 In Pursuit . . .

## 8 Positive Being

- Her number one happiness habit is being appreciative. Fostering an attitude of gratitude. Not just feeling but expressing thankfulness.
- Writing a thank-you note, counting your blessings, calling the “How’s my driving?” hotline when a driver is courteous.

## 9 Positive Being

- Don’t make your acts random and senseless. Make them planned, intentional and habitual.
- Attach them to people around you so you can infect them with happiness also.
- Research shows that expressing gratitude brings joy to the giver but also radiates happiness to people around them.

## 10 Psalm 138

- David expresses his personal gratitude to God
  - I will praise you, O LORD, with all my heart; before the “gods” I will sing your praise.
  - 2 I will bow down toward your holy temple and will praise your name for your love and your faithfulness, for you have exalted above all things your name and your word.
  - 3 When I called, you answered me; you made me bold and stouthearted.(Psalms 138:1-3 NIV)

## 11 Psalm 138

- Communal thanksgiving to God
  - May all the kings of the earth praise you, O LORD, when they hear the words of your mouth. 5 May they sing of the ways of the LORD, for the glory of the LORD is great. 6 Though the LORD is on high, he looks upon the lowly, but the proud he knows from afar (Psalms 138:4-6 NIV)

## 12 Psalm 138

- Why God should be thanked?
  - Though I walk in the midst of trouble, you preserve my life; you stretch out your hand against the anger of my foes, with your right hand you save me. 8 The LORD will fulfill [his purpose] for me; your love, O LORD, endures forever — do not abandon the works of your hands. (Psalms 138:7-8 NIV)

## 13 Life of David

- Some say that David's life was a perfect example of a noble train wreck.
- But God kept delivering him from all his troubles.
- So how did David show his appreciation?
- Psalm 7, 9, 18, 22, 26, 31, 34, and etc.

## 14 Apostle Paul

- So then, just as you received Christ Jesus as Lord, continue to live in him, rooted and built up in him, strengthened in the faith as you were taught, and overflowing with thankfulness. (Colossians 2:6-7 NIV)
- Devote yourselves to prayer, being watchful and thankful. (Colossians 4:2 NIV)
- Do not be anxious about anything, but in everything, by prayer and petition, with thanksgiving, present your requests to God. (Philippians 4:6 NIV)

## 15 Apostle Paul

- Let the peace of Christ rule in your hearts, since as members of one body you were called to peace. And be thankful. (Colossians 3:15 NIV)
- I urge, then, first of all, that requests, prayers, intercession and thanksgiving be made for everyone. (1 Timothy 2:1 NIV)
- Be joyful always; pray continually; give thanks in all circumstances, for this is God's will for you in Christ Jesus. (1 Thessalonians 5:16-18 NIV)

## 16 Summary

- Being happy has little to do about circumstances.
- Both science and the Bible are in agreement.
- Living a life of thanksgiving and showing gratitude is the key to our happiness.
- It is not about Positive Thinking as it is about Positive Being.

## 17 Communion