

The Spirituality of Happiness

Happiness: My Way or the High-Way? | May 20th and 23rd

I cannot believe that the inscrutable universe turns on an axis of suffering; surely the strange beauty of the world must somewhere rest on pure joy! -Louise Bogan

Happy are those who do not follow the advice of the wicked, or take the path that sinners tread, or sit in the seat of scoffers; but their delight is in the instruction of the Lord, and on his instruction they meditate day and night. They are like trees planted by streams of water, which yield their fruit in its season, and their leaves do not wither. In all that they do, they prosper. -Psalm 1:1-3

Wisdom for Happiness from Psalm 1

Happy people don't follow the advice of the _____, they don't take the paths that _____ take; and they don't associate with _____ and _____.

The voice of Wisdom is calling to everyone—urging us to strengthen our _____ with God and make our home in _____ with godly companions.

Happy people _____ a lifestyle of spiritual learning.

Happy people _____ on spiritual wisdom.

A happy person is like a beautiful _____.

Don't Miss This! The Source of all happiness is _____.

Happiness Practices for (Lazy) Peacemakers

1. Spending time in _____.
2. Practicing _____.
3. The hardest one is _____.

What is God inviting you into today?

1. Sign up for the Summer Growth Journey: *Learning to Pray with Nature*.
2. Try out a new Happiness Practice for Peacemakers.
3. Stop hustling for Happiness.

Thought Provoking Questions for Groups or Personal Reflection

1. Describe a happy moment or season of your life. What was going on? With whom did you share this moment or season?
2. Describe an experience when your misguided quest for happiness made you miserable.
3. How do you currently seek to cultivate happiness in your life?
4. What new practice would you like to try?
5. Call to mind 3-5 people who bring you Joy. Why do you enjoy them?