

The Spirituality of Happiness | Week #03

Remembering Rocks | May 27th and 30th

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 law of the Lord, and on his law, they meditate day and night. Psalm 1:1-2

What's the Issue Anyway?

We remember the past, experience the present and embrace the future on _____.

How is it possible to treasure optimism, mindfulness and gratitude in a _____ -
_____ world?

Scripture, Stones and Remembering Well

Jacob used a stone to remember God's _____. (Genesis 28:16-19)

Joshua used a stone to remember God's _____. (Joshua 4:20-24)

Samuel used a stone to remember God's _____. (1 Samuel 7:10-12)

John used a stone to remember God's _____. (John 8:7)

Mark used a stone to remember God's _____. (Mark 16:3-4)

Don't Miss This

Growth in optimism, mindfulness and gratitude begins by _____ well.

What about my every day, peacemaking life?

Stack rocks when you can't go _____.

Stack rocks when you need to _____ and a _____.

These rocks remind me that: God is with me even when I don't _____ it.

These rocks remind me that: God is powerful enough to walk me _____.

These rocks remind me that: God is my help when I feel _____.

These rocks remind me that: God's mercy _____ judgment in my life.

These rocks remind me that: God's resurrection promises me that my story isn't

_____.

How can this make me a better human and our world a better place?

Happiness emerges when we pursue the _____ of God amidst the wounds of this world.

What is God inviting you into today?

1. Set up a “Remembering Rock” in my home.
2. Remember that God is present even when I don’t feel it.
3. Remember that God’s mercy silences the judgmental voices.

Thought Provoking Questions for Groups or Personal Reflection

1. Where do you place your attitude or general disposition on the spectrums of gratitude, mindfulness and optimism?
2. Review the five stories from scripture and the truths they present. Which do you most often tend to lose sight of in your own life?
3. What types of things could you use to mark moments in your life that need remembering and you need reminding of the Goodness of God?
4. What is the difference between living in the Goodness of God versus toxic positivity?