

LIFE...THE 2ND CHAPTER
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DEFINITIONS:

HAPPINESS:

state of well-being and contentment : **JOY b** : a pleasurable or satisfying experience

JOY

the emotion evoked by well-being, success, or good fortune or by the prospect of possessing what one desires; a source or cause of delight

SCRIPTURES REFERENCES:

Psalm 139:14-16

¹⁴I will praise thee; for I am fearfully and wonderfully made: marvellous are thy works; and that my soul knoweth right well.

¹⁵My substance was not hid from thee, when I was made in secret, and curiously wrought in the lowest parts of the earth.

¹⁶Thine eyes did see my substance, yet being unperfect; and in thy book all my members were written, which in continuance were fashioned, when as yet there was none of them.

Psalm 119:67-75

⁶⁷Before I was afflicted I went astray: but now have I kept thy word.

⁶⁸Thou art good, and doest good; teach me thy statutes.

⁶⁹The proud have forged a lie against me: but I will keep thy precepts with my whole heart.

⁷⁰Their heart is as fat as grease; but I delight in thy law.

⁷¹It is good for me that I have been afflicted; that I might learn thy statutes.

⁷²The law of thy mouth is better unto me than thousands of gold and silver.

⁷³Thy hands have made me and fashioned me: give me understanding, that I may learn thy commandments.

⁷⁴They that fear thee will be glad when they see me; because I have hoped in thy word.

⁷⁵I know, O LORD, that thy judgments are right, and that thou in faithfulness hast afflicted me.

Happy is the man that findeth wisdom, and the man that getteth understanding. (Proverbs 3:13)

He that handleth a matter wisely shall find good: and whoso trusteth in the LORD, happy is he. (Proverbs 16:20)

He that despiseth his neighbour sinneth: but he that hath mercy on the poor, happy is he. (Proverbs 14:20)

HOW TO LIVE A HAPPY LIFE:

1. Reinvent your life.
2. Give random acts of kindness.
3. Recall your best days and repeat them.
4. Remember that happiness is a decision.
5. Set small, achievable goals that bring instant gratification
6. Announce that you are going to have a good time in front of people who normally don't.
7. Learn to laugh about it.
8. Happiness starts with thinking; happiness is a thought.
9. Know what it takes to make you happy. Interview yourself.
10. Live beneath your means.
11. It takes 10 years to accomplish overnight success. So enjoy the journey.
12. Say hello to someone who needs it.
13. Take time to enjoy the sunrise.
14. Don't just pray for materialistic goods. Ask God for wisdom.
15. Remember that successful people dare to do what others are afraid to try. That's why they're happy.