

HAPPINESS

1. WE ALL WANT HAPPY.
2. WE ARE NOT HAPPY.

HAPPINESS

THE PATH TO HAPPY ISN'T DOING "WHAT I WANT".
THE PATH TO HAPPY IS DOING "WHAT IS BEST".

“WHAT IS BEST” IS OBVIOUS.
“WHAT I WANT” IS EASIEST.

“YOU ARE TRULY MY DISCIPLES IF YOU REMAIN
FAITHFUL TO MY TEACHINGS. AND YOU WILL KNOW
THE TRUTH, AND THE TRUTH WILL SET YOU FREE.”

JOHN 8:31-32

JESUS: TRUTH
CULTURE: FREEDOM FROM TRUTH

HAPPINESS

FEW THINGS ARE MORE WORTHWHILE
THAN CHOOSING THE TRUTH.

WEEK 1 – GROW EMPATHY.
WEEK 2 – CHOOSE TRUTH.

CHOOSE TRUTH.

1. CONVICTION IN THE PRESENT.
2. VISION FOR THE FUTURE.
3. ACCOUNTABILITY ALONG THE WAY.

1. CONVICTION IN THE PRESENT. SPEAKING HONESTLY ABOUT THE PROBLEMS.

“AS IRON SHARPENS IRON,
SO A FRIEND SHARPENS A FRIEND.”

PROVERBS 27:17

“GET ALL THE ADVICE AND INSTRUCTION YOU CAN,
SO YOU WILL BE WISE THE REST OF YOUR LIFE.”

PROVERBS 19:20

“WOUNDS FROM A SINCERE FRIEND ARE BETTER
THAN MANY KISSES FROM AN ENEMY.”

PROVERBS 27:6

2. VISION FOR THE FUTURE. SETTING WISE GOALS.

- A. WHAT DO YOU HOPE?
- B. HOW CAN I HELP?
- C. PLAY THE LONG GAME.
- D. BUILD THE RELATIONSHIP.

3. ACCOUNTABILITY ALONG THE WAY. REMINDING PEOPLE OF WHAT'S TRUE.

“THE SHORT OF IT IS THAT MENTAL ILLNESSES LIE
TO YOU. THE MOST IMPACTFUL PART OF MY
QUICKEST RECOVERY TO DATE HAS BEEN ASKING
THE FRIENDS I TRUST TO IDENTIFY THE LIES I TELL
MYSELF. BECAUSE IN THE REALLY DARK TIMES, I
ACTUALLY DON'T KNOW IT'S A LIE.”

I'M TOO AFRAID. — I'M SO COURAGEOUS.

THINGS WILL NEVER GET BETTER. — I'M IMPROVING.

LOVE IS A BURDEN. – LOVE IS A PRIVILEGE.

I'M WORTHLESS. — I HAVE INFINITE WORTH.

CHOOSE TRUTH.

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