

Keep Yourself Happy

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Three Laws of Life

Life Law 1: We teach people _____

Strategy: Don't allow yourself to be manipulated by other people's bad behavior.

Scripture: The Bible teaches us to be firm, yet loving: "Be on your guard; stand firm in the faith; be people of courage; be strong. Do everything in love."
(1 Corinthians 16:13-14)

Summary: We teach people how to treat us. People do what they do because we have taught them, based on results, which behaviors get a payoff and which ones don't. Once we reward a certain behavior, the person decides, "Hey, this works. Now I know how to get what I want." If they do not get the desired result, they drop that behavior and acquire a new one.

Self-Health Statement

"I refuse to allow you to manipulate me."

Life Law 2: Every person is _____

Strategy: Don't take on a false sense of responsibility for other people.

Scripture: An intriguing Scripture verse says, "They have made me a keeper of the vineyards, but my own vineyard I have not kept." (Song of Solomon 1:6) Solomon was saying, "I took care of everybody but myself." Too often we live to please everybody else, but neglect our own happiness.

Summary: You are not responsible for everybody else's happiness. You are responsible for yourself. Do not go through life unhappy because someone close to you is unhappy. Take responsibility and learn to keep yourself happy.

Self-Health Statement

"I am not responsible for the happiness of everyone around me."

Life Law 3: Establish _____

Strategy: Learn to renegotiate your relationships to have what you want.

Scripture: Be strong enough to take a stand. The Bible counsels us to “speak the truth in love.” (Ephesians 4:15) It also directs us to put our foot down when someone wishes to be coddled. For example, the Apostle Paul wrote: “This is our rule: If a man is unwilling to work, do not feed him.” (2 Thessalonians 3:10)

Summary: If you are in a relationship where you do the majority of the giving and you must always rescue the other person, that is a clear sign that something is out of balance. By establishing balance and boundaries, you can renegotiate the relationship.

Self-Health Statement

“I am responsible for keeping myself happy.”