

How to Feel Twenty Years Younger



Dr. Jeff King
Christ Lutheran Church
Southwick, Massachusetts

Week 3: Choose to Be Happy

Lesson 3: Choose to Be Happy

You are as
happy as you want to be.

If you don't decide how you're going to live, circumstances will decide for you.

"Joy comes in the morning." (Psalm 30:5)

"This is the day the Lord has made. I will rejoice and be glad in it!"
(Psalm 118:24)

Here's How to Choose Happiness

1. Decide that you control _____

Decide to be happy where you are.

2. Think yourself _____

“King Agrippa, I think myself happy.” (Acts 26:2)

Happy thoughts are ...

- *I have a bright future.*
- *Something good is going to happen to me.*
- *God, I'm grateful to be alive.*
- *I'm excited about my future.*
- *I haven't seen or imagined the great things You have in store for me!*

“Rejoice in the Lord always! I will say it again: Rejoice!”
(Philippians 4:4)

Happiness is not dependent on what's going on around you; it's dependent on what's inside you.

3. See every day as _____

Do you know what the best day of your life is? Today.

“Our life is like the morning mist. We're here for a little while and then we're gone.” (James 4:14)

“I want to finish my course with joy.” (Acts 20:24)