

# Summer Fun



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# Every Day a Friday

## How to Be Happier Seven Days a Week

### 1. Decisively \_\_\_\_\_.

A recent study showed that happiness increases 10 percent on Fridays. I challenge you to make every day be a Friday!

The Bible doesn't say, "Friday is the day the Lord has made, let us rejoice and be glad in it!" It says, "**This is the day the Lord has made, let us rejoice and be glad in it!**" (Psalm 118:24)

Another study said there are more heart attacks on Monday than any other day of the week. A lot of people just decide Monday is a stressed-out day. A lot of people get the Monday morning blues.

Decide that for you, there are no Monday morning blues. There are only Monday morning dos. "I do have a smile. I do have joy. I do have God's blessing."

## 2. Prepare for \_\_\_\_\_.

We prepare for victory – or defeat – at the start of each day. When you get up in the morning, you have to set your mind moving in the right direction.

That's why the Bible says, "**Set your mind and keep it set on the higher things.**" (Colossians 3:2 AMP) Be proactive. Be decisive. Take the offensive. When you get up in the morning, say, "This is another day the Lord has made. No matter how I feel, no matter what the economy looks like, no matter what the medical report says, I am choosing to rejoice. I choose to live this day happy."

The Bible says, "**Joy comes in the morning.**" (Psalm 30:5) Think of it this way: When you wake up each morning, God sends you a special delivery – a special delivery of joy!

## 3. You have what you need \_\_\_\_\_.

Most of us already have what we need to be happy. We just don't have the right perspective.

For instance, you may not be happy with your job right now. But if you lost that job and went months without any income, you probably would be very happy to win that job back. You see? You had what you needed to be happy. You just didn't realize it.