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The Happiness Principles

Easter Sunday 2026



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The Three Happiness Principles

1. Let go of _____

Emotionally healthy people learn to let go of the past. Why is that important? Because we all make mistakes. We've all got baggage. We've all got a past.

The Bible says there's forgiveness. You say, "Jeff, how can I receive that forgiveness?" The answer is: Just ask. Ask right now in the quiet of your heart. God is eager to forgive you.

Jesus said, **"I didn't come to condemn you; I came to save you."** (*John 3:17*) In other words, "I didn't come to beat you up; I came to lift you up."

2. Live every day _____

Jesus said, **"I have come that you might have life – and live it to the fullest!"** (*John 10:10*)

Live every day to the fullest! Grab hold of life's beautiful moments!

God wants to cover you with His love. God wants to pile His gifts on you. Our God is a good, good God. And every day He is the bringer of good gifts.

3. Live confident of _____

Jesus said, **"I am the resurrection and the life! He who believes in Me will live even if He dies."** (*John 11:25*)

On Easter Sunday, He walked out of the grave, alive! And here is what He said: **"Don't be afraid. In My Father's home there are many mansions. I will go there to prepare a place for you. Then I will come back to get you, and I will take you there to be with Me."** (*John 14:1-3*)