

# What are you feeding and growing

## THE HAPPINESS DARE

*Ecclesiastes 4:9-10 Two are better than one, because they have a good return for their labor: 10 If either of them falls down, one can help the other up. But pity anyone who falls and has no one to help them up.*

*Hebrews 2:14-18 (MSG) By embracing death, taking it into himself, he destroyed the Devil's hold on death 15 and freed all who cower through life, scared to death of death. 16 It's obvious, of course, that he didn't go to all this trouble for angels. It was for people like us, children of Abraham. 17 That's why he had to enter into every detail of human life (every hole, every mess). Then, when he came before God as high priest to get rid of the people's sins, 18 he would have already experienced it all himself - all the pain, all the testing - and would be able to help where help was needed.*

Happiness isn't for the faint of heart. We have to \_\_\_\_\_ it.

Happiness is a mighty \_\_\_\_\_ against our enemy who wants us content with fake happiness.

\_\_\_\_\_ for happiness isn't enough.

## FIVE MINUTES

### 1. \_\_\_\_\_ About Such Things

\_\_\_\_\_ focusing on the things that you know to be true about Jesus.

*Philippians 4:8 Finally, brothers and sisters, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable—if anything is excellent or praiseworthy—think about such things.*

### 2. \_\_\_\_\_ Your Sweet Spot

Nourish your happiness by \_\_\_\_\_ what God has already given you.

### 3. Take Your \_\_\_\_\_ Captive

2 Corinthians 10:5 .....take captive every thought to make it obedient to Christ.

Taking our thoughts captive is a \_\_\_\_\_ we need to develop in our lives.

Humans are \_\_\_\_\_ beings - spirit, soul, and body.

\_\_\_\_\_ to our spirit — — —> spirit to soul  
— — —> soul to body.

Every thought you are thinking becomes a \_\_\_\_\_ structure in your brain.

Don't allow wrong things to \_\_\_\_\_ because you've \_\_\_\_\_ wrong thoughts.

Romans 12:2 ...be transformed by the renewing of your mind.

**Allow the Holy Spirit to instruct your \_\_\_\_\_.**

*Hebrews 12:2 fixing our eyes on Jesus, the pioneer and perfecter of faith. For the joy set before him he endured the cross....*