

# Finding the Sweet Spot

## THE HAPPINESS DARE

I DARE TO ENTER INTO A \_\_\_\_\_ PURSUIT OF \_\_\_\_\_.

*Matthew 16:24-26 Then Jesus told his disciples, "If anyone would come after me, let him deny himself and take up his cross and follow me. 25 For whoever would save his life will lose it, but whoever loses his life for my sake will find it. 26 For what will it profit a man if he gains the whole world and forfeits his soul? Or what shall a man give in return for his soul?"*

*John 15:7-11 If you abide in me, and my words abide in you, ask whatever you wish, and it will be done for you. 8 By this my Father is glorified, that you bear much fruit and so prove to be my disciples. 9 As the Father has loved me, so have I loved you. Abide in my love. 10 If you keep my commandments, you will abide in my love, just as I have kept my Father's commandments and abide in his love. 11 These things I have spoken to you, that my joy may be in you, and that your joy may be full.*

You have \_\_\_\_\_.

Where do we look?

1. We find happiness in \_\_\_\_\_

*Psalms 16:11 You make known to me the path of life; in your presence there is fullness of joy; at your right hand are pleasures forevermore.*

2. We find happiness in \_\_\_\_\_

*Psalms 139:14 Thank you for making me so wonderfully complex! Your workmanship is marvelous—how well I know it.*

3. We find happiness according to our \_\_\_\_\_

Leaning too hard into your earthly pleasure takes you towards \_\_\_\_\_ and \_\_\_\_\_.

Earthly limitations prevent us from \_\_\_\_\_ entering heavenly joy.

*Colossians 1:27 For God wanted them to know that the riches and glory of Christ are for you Gentiles, too. And this is the secret: Christ lives in you.*

# You have a \_\_\_\_\_.

- Believing that one's life has \_\_\_\_\_
- Having a sense of \_\_\_\_\_
- Culling happiness from moments and \_\_\_\_\_
- \_\_\_\_\_ others feel loved and cherished
- Using the power of our \_\_\_\_\_ to learn, plan, and dream

• The \_\_\_\_\_  
*They find supreme happiness in purposeful \_\_\_\_\_.*

• The \_\_\_\_\_  
*They find supreme happiness in positive, meaningful \_\_\_\_\_.*

• The \_\_\_\_\_  
*They find supreme happiness by engaging in meaningful moments with a sense of \_\_\_\_\_—at home or on the road.*

• The \_\_\_\_\_  
*They find supreme happiness by seeking ways to bring delight to \_\_\_\_\_.*

• The \_\_\_\_\_  
*They find supreme happiness in the contemplative work of the \_\_\_\_\_.*

- We can stop trying to be someone \_\_\_\_\_.
- We will not engage in happiness-\_\_\_\_\_.