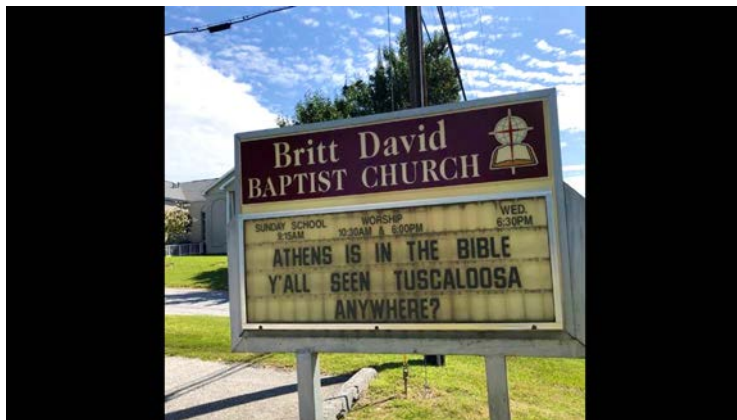




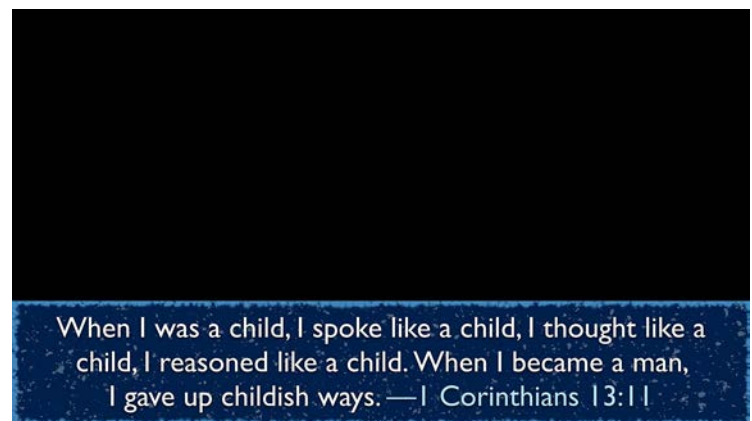
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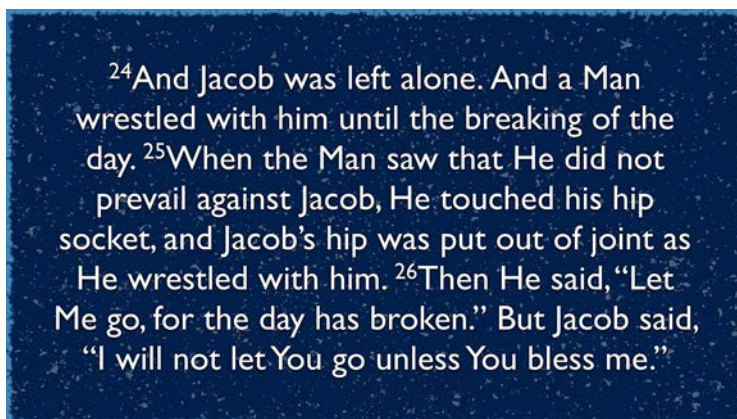
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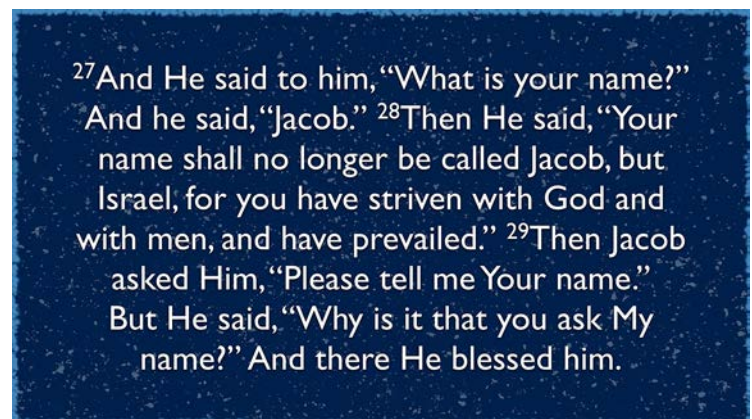
-.003.tiff



-.004.tiff



-.005.tiff



-.006.tiff

³⁰So Jacob called the name of the place Peniel, saying, "For I have seen God face to face, and yet my life has been delivered."

³¹The sun rose upon him as he passed Penuel, limping because of his hip.

—Genesis 32:24-31

-.007.tiff

HEMOTIONS

Four Core HeMotions:

1. Being Happy
2. Being Sad
3. Being Afraid
4. Being Angry

-.008.tiff

"All men seek happiness. This is without exception. This is the motive of every action of every man, even those who hang themselves." —Blaise Pascal

-.009.tiff

"Why are many Christian men so frustrated? It is exactly because God has set eternity in our hearts, and we have a built-in sense that life has some meaning, and our frustration is that we have not yet found it. We don't have enough religion to make us happy men when we look in the mirror, but we have enough to remind us how unhappy we have become."

—Patrick Morley, *The State of Men in America*

-.010.tiff

"The Constitution only gives people the right to pursue happiness. You have to catch it for yourself."
—Benjamin Franklin

-.011.tiff

HOW CAN I
BE HAPPY?

1. Happiness is rooted in understanding your significance, not improving your circumstance.

-.012.tiff



1. Waiting for the future
 2. Spending too much time and effort on acquisition [things]
 3. Staying home
 4. Seeing yourself as a victim
 5. Pessimism
 6. Complaining
 7. Blowing things out of proportion
 8. Sweeping problems under the rug
 9. Not improving
 10. Keeping up with Joneses
- “Unhappy Habits,” *Forbes Magazine*

-.013.tiff

He has made everything beautiful in its time. Also, He has put eternity into man's heart, yet so that he cannot find out what God has done from the beginning to the end. —Ecclesiastes 3:11

-.014.tiff

“Thou hast made us for Thyself, O Lord, and our heart is restless until it finds its rest in Thee.”
—St. Augustine, *The Confessions*

-.015.tiff

“What else does this craving, and this helplessness, proclaim but that there was once in man a true happiness, of which all that now remains is the empty print and trace? This he tries in vain to fill with everything around him, seeking in things that are not there the help he cannot find in those that are, though none can help, since this infinite abyss can be filled only with an infinite and immutable object; in other words by God Himself.”

—Blaise Pascal

-.016.tiff

HOW CAN I
BE HAPPY?

2. Happiness is a communal, not an individual experience.

-.017.tiff

Iron sharpens iron, and one man sharpens another. —Proverbs 27:17

⁹Two are better than one, because they have a good reward for their toil. ¹⁰For if they fall, one will lift up his fellow. But woe to him who is alone when he falls and has not another to lift him up! —Ecclesiastes 4:9-10

-.018.tiff

HOW CAN I BE HAPPY?

3. Happiness is finding your deepest pleasure in your highest treasure.

-.019.tiff

Delight yourself in the LORD, and He will give you the desires of your heart. —Psalm 37:4

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

And without faith it is impossible to please Him, for whoever would draw near to God must believe that He exists and that He rewards those who seek Him. —Hebrews 11:6

-.020.tiff

“Why does God want us to want pleasure? Because it is a crucial indicator. Pleasure is the meter in your heart that measures how valuable, how precious someone or something is to you. Pleasure is the measure of your treasure... And that's why God is not indifferent about your joy. It's a big deal to Him. Your pleasure in God is the measure of how much of a treasure He is to you.” —Jon Bloom

-.021.tiff

Christian Hedonism: God is most glorified in us when we are most satisfied in Him.

-.022.tiff

“As Christian Hedonists we know that *everyone longs for happiness. And we will never tell them to deny or repress that desire.* It is never a problem to want to be satisfied. The problem is being satisfied too easily. We believe that everyone who longs for satisfaction should no longer seek it from money or power or lust, but should come glut their soul-hunger on the grace of God. —John Piper

-.023.tiff