

Find
Happy

#LIVING A BEAUTIFUL LIFE



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Your Happy Place

It's incredible that the very first subject Jesus chose to teach on, was how we can "Find Happy". I guess He knows that every one of us is searching for how we can truly be happy. Often our happiness is tied to external circumstances. However, as we explore the Beatitudes that Jesus teaches, we will soon discover that finding lasting happiness is really an internal choice.

Over the next 8 weeks we would like you to journey with us as a Gracegate community, to "Find Happy." God's way to happiness is completely different to ours; with Him, we can be happy even in the worst of circumstances.

Take just 10 minutes a day, and pause at "Your Happy Place." It could be a spot at the beach, or on the couch at home with a freshly brewed coffee, or even a lunch break outdoors at the park. Wherever "Your Happy Place" may be, we encourage you to find a quiet, secluded spot where you won't get disturbed or distracted. Put your phone on silent and away. Now read the verse of the day and spend a few moments answering the questions; reflect, journal, listen, breathe, pray and connect with God's word. We believe that each day as we take time to engage in God's word, we will build a lasting friendship with Jesus, and ultimately "Find Happy."

Let's take the challenge and embark on this journey together.

We are praying for you and with you each day.

Matthew 5:1-12 NIV

One day as He saw the crowds gathering, Jesus went up on the mountainside and sat down. His disciples gathered around Him,² and He began to teach them.

The Beatitudes

³ "God blesses those who are poor and realize their need for Him, for the Kingdom of Heaven is theirs.

⁴ God blesses those who mourn, for they will be comforted.

⁵ God blesses those who are humble, for they will inherit the whole earth.

⁶ God blesses those who hunger and thirst for justice, for they will be satisfied.

⁷ God blesses those who are merciful, for they will be shown mercy.

⁸ God blesses those whose hearts are pure, for they will see God.

⁹ God blesses those who work for peace, for they will be called the children of God.

¹⁰ God blesses those who are persecuted for doing right, for the Kingdom of Heaven is theirs.

¹¹ "God blesses you when people mock you and persecute you and lie about you and say all sorts of evil things against you because you are my followers. ¹² Be happy about it! Be very glad! For a great reward awaits you in heaven. And remember, the ancient prophets were persecuted in the same way.

The Beatitudes

Week 1

**Happy are the
poor in spirit**

Read the passage of **SCRIPTURE** 3 times, out loud, or write it out.

S

What **OBSERVATIONS** do you make? What verses, words or ideas jump out to you?

O

How can you **APPLY** this text in your life? Ask God how He wants you to apply this verse.

A

PRAY about what you read. Pray for yourself and for others.

P

SHARE something you learned. You never know who needs to hear it.

S

Write down one of the happiest moments of your life.

Sunday

If any of you lacks wisdom, you should ask God, who gives generously to all without finding fault, and it will be given to you. James 1:5

Would you say you currently trust God enough to ask him for wisdom in your life, or are you more likely to try figure things out on your own first before you ask God to help?

What are some things you could do, to help you lean on God's wisdom first?

Jot down areas you are praying for today, where you need God to generously give you wisdom.

1

2

3

3 things that I am grateful for

Write down a time you thought you were so right about something, only to find out later that you were so wrong.

Monday

Trust in the Lord with all your heart and lean not on your own understanding; in all your ways submit to Him, and He will make your paths straight. Proverbs 3:5-6

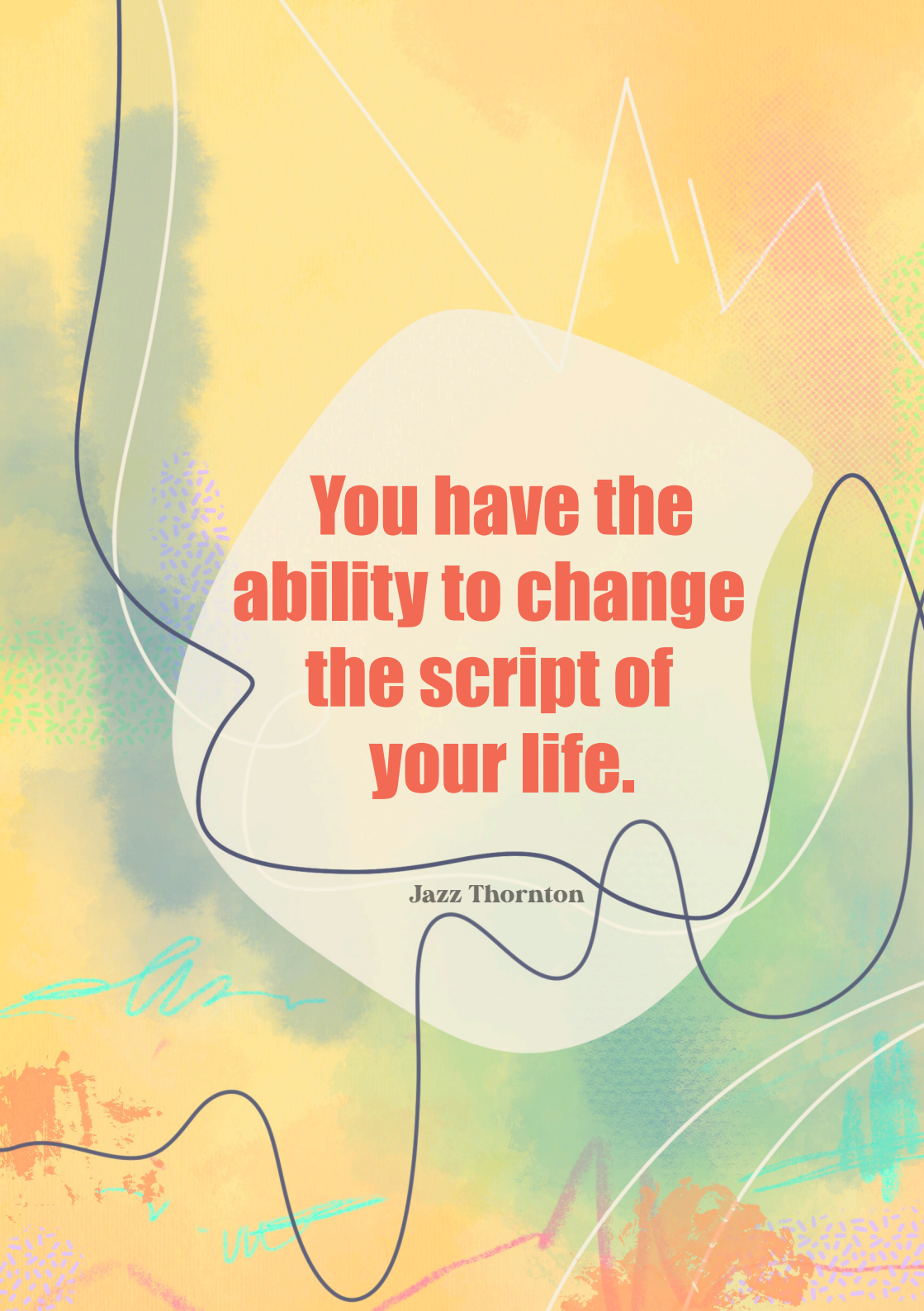
Reflect on why it can be harmful for us to rely on our own understanding.

What benefit would you see in your life, if you trusted God with your whole heart?

**3 things
that make
me smile**



Pray, trust and believe that God can make your paths straight today.



**You have the
ability to change
the script of
your life.**

Jazz Thornton

If you were able to travel to any mountain range in the world, where would you travel to?

Tuesday

Those who trust in the Lord are like Mount Zion, which cannot be shaken but endures forever. Psalms 125:1

Write down some everyday situations that could cause your day to be shaken up and take your day from good to bad real quick.

The incredible thing about God is that He never changes. What characteristics come to your mind when you think of God?

Take a few minutes to pray God's character over each situation that often challenges you through the day. e.g. Thank You, God, that You are peace over my stress.

**3 things that
make me happy
to be alive**



If you could be any animal for a day, which animal would you pick? Why?

Wednesday

But those who hope in the Lord will renew their strength. They will soar on wings like eagles; they will run and not grow weary, they will walk and not be faint. Isaiah 40:31

List some things in your life today, that are making you tired or weary.

Isaiah helps us to see that trusting in God gives us new strength. Picture an eagle soaring. Draw one if you can. How does that picture help us to see how God wants our walk with Him to be?

What do you want to release and hand over to God today, so that you can effortlessly soar?

If you could borrow anything from anyone for one week, what would you borrow?

Thursday

Remain in me, as I also remain in you. No branch can bear fruit by itself; it must remain in the vine. Neither can you bear fruit unless you remain in me. ⁵“I am the vine; you are the branches. If you remain in me and I in you, you will bear much fruit; apart from me you can do nothing. John 15:4-5

What makes it challenging for us to ask others for help?

Jesus encourages His followers to remain in Him. What does that look like, for you?

What is one thing that you can do today, to remain in Jesus?

**3 things that
make me feel
good**



foot tapping tunes

Turn up the volume on these great songs!



Find Happy playlist



the great outdoors

Take a walk in one of the parks around Auckland!

Or go to Eden Gardens to see the winter blooms.

Find someone to kick a ball around with you.



watch a goodie



Grab some popcorn and M+M's, press play on your fave feel-good TV show or movie.

Read and breathe

Immerse yourself in a great book! Have you read these?

- Love Does by Bob Goff
- Redeeming Love by Francine Rivers

Great pick-me-ups



When have you felt your strongest, physically?

Friday

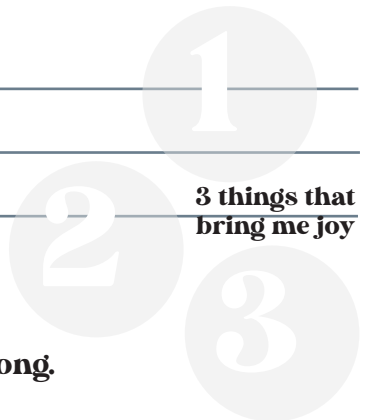
Three times I pleaded with the Lord to take it away from me. ⁹ But he said to me, “My grace is sufficient for you, for my power is made perfect in weakness.” Therefore I will boast all the more gladly about my weaknesses, so that Christ’s power may rest on me. ¹⁰ That is why, for Christ’s sake, I delight in weaknesses, in insults, in hardships, in persecutions, in difficulties. For when I am weak, then I am strong. 2 Corinthians 12:8-10

Where do you currently feel weak?

How does God’s sufficient grace transform my weakness today?

Declare God’s strength for you today, in prayer.

**3 things that
bring me joy**



Something that really resonated with me, in today's church program.

Saturday

One-liner(s) to think about this week.

Something I'd like to share with someone, this week.

Notes
