



## God Never Said He Wants Us To Be Happy

### 1. Identify Your Source of Happiness

- What circumstances have the greatest influence on your mood?
- What do you think you need in order to be happy?
- When has pursuing what makes you happy driven you further from God and the life God wants for you?

Prayerfully consider whether the things that make you happy are drawing you closer to God or replacing Him.

### 2. Read Acts 17:24-27

- If happiness is not God's priority for our lives, what is?

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### 3. Read James 1:2-4 daily

- How might God be using current challenges to develop perseverance and maturity in your life.
- Ask: "What might God be teaching me through this?"
- Look for ways God may be drawing you closer to Him through the difficulty.

### 4. Practice Delighting in the Lord

Choose one intentional spiritual practice this week:

- Extended prayer, Silence and Reflection
- Scripture reading
- Worship
- Gratitude journaling

Focus less on seeking happiness and more on deepening your relationship with God.

### 5. Pursue What Lasts

Identify one worldly source of happiness that has become too important in your life (success, comfort, possessions, approval, entertainment, etc.).

- Take one practical step to loosen its grip and redirect your attention toward God.

