

April 6, 2014

HAVE A NICE DAY

Rainy Days and Monday's Always get me down

VIDEO: "I'm Happy" part 1

Tom Parks.

HAPPY DOESN'T JUST HAPPEN

- Some people like to be in turmoil, some like pity party,
- I am aware that we all go thru times of sadness, not saying...

A combination Practical, Physical & Spiritual ways to be happy

THE PURSUIT OF HAPPINESS

We live in a day when many pl's happiness depends on others

① **Practical** - As a man thinketh, so is he Prov 23:7

- Rainy days and Mondays always get me down
- every Monday its in my mind its going be bad day
- Many people let the weather determine if they're happy.

"I never let the weather dictate how I feel"

- Sun, Warmth, Rain, Snow, Cold (good from all)

Im planning picnic praying for sunshine Farmer praying for rain

☺ Think how silly it is to let Rainy days & Mondays get u down

② **Physical** -

- Joggin' for the Noggin'
- Endorphins.
- Brittney facebook *"I'll never stop being amazed by what a workout can do for a bad mood."*

Response:

[Shannon Deans](#) I was just thinking the same thing! It's even crazier when you think you absolutely don't feel like doing it, but you force yourself, and end up having an amazing workout, and loving it!!

[Brittany Gordon](#) I don't feel like it 95% of the time but I'm so much nicer to my mom when I do. lol Poor Betty.

[Shannon Deans](#) Ditto, but with my kids! I come home, and I'm a completely different human.

[Kathy Bregar](#) Those little endorphins and getting oxygen to move to your brain !!! Always feels better !!

(nancy, talk myself into going running about 10-15 minutes)

☺ May be hard to get going, but Physical exercise makes us happy

③ **Spiritual** -

- Faith is living life God's way.
- Jesus didn't give his life so we could be happy 24/7
- He also left us many examples of the way we are suppose to live
- Mark 8:34-38** Then he called the crowd to him along with his disciples and said: "Whoever wants to be my disciple must deny themselves and take up their cross and follow me. 35 For whoever wants to save their life will lose it, but whoever loses their life for me and for the gospel will save it. 36 What good is it for someone to gain the whole world, yet forfeit their soul? 37 Or what can anyone give in exchange for their soul?

38 If anyone is ashamed of me and my words in this adulterous and sinful generation, the Son of Man will be ashamed of them when he comes in his Father's glory with the holy angels."

- It is really hard to have a bad day when... deny yourself makes u Christ-like
- It is really hard to have a bad day when... the things of this world aren't what ur counting on
- It is really hard to have a bad day when... when you can sing "it is well with my soul"
- Guy who had problem w a girl, he likes to talk things out, she wanted to just state the problem and leave alone, he honored her request and denied his way of solving problems.
- Maple Festival
- Easter Breakfast
- ☺ You may have a great mind set and be in great shape physically, but neither of those will get you into HEAVEN
- BUT WHAT IF I PURSURE HAPPINESS WITH A SINFUL LIFE?
- Story of hospital person glad

ABSOLUTELY NOT HAPPY...

- but we were blessed
-

* It is better to start your day off **blessed** than **happy**

- Jesus tells us in the beatitudes how to be blessed and how to know we will be blessed in the future

- blessed, happy Strong's: μακάριος supremely blest; by extension, fortunate, well off.

Matthew 5:1-16 Now when Jesus saw the crowds, he went up on a mountainside and sat down. His disciples came to him, 2 and he began to teach them. He said:

3 "Blessed are the poor in spirit, for theirs is the kingdom of heaven.

4 Blessed are those who mourn, for they will be comforted.

5 Blessed are the meek, for they will inherit the earth.

6 Blessed are those who hunger and thirst for righteousness, for they will be filled.

7 Blessed are the merciful, for they will be shown mercy.

8 Blessed are the pure in heart, for they will see God.

9 Blessed are the peacemakers, for they will be called children of God.

10 Blessed are those who are persecuted because of righteousness, for theirs is the kingdom of heaven.

11 "Blessed are you when people insult you, persecute you and falsely say all kinds of evil against you because of me.

12 Rejoice and be glad, because great is your reward in heaven, for in the same way they persecuted the prophets who were before you.

13 "You are the salt of the earth. But if the salt loses its saltiness, how can it be made salty again? It is no longer good for anything, except to be thrown out and trampled underfoot.

14 "You are the light of the world. A town built on a hill cannot be hidden.

15 Neither do people light a lamp and put it under a bowl. Instead they put it on its stand, and it gives light to everyone in the house.

16 In the same way, let your light shine before others, that they may see your good deeds and glorify your Father in heaven.

IF YOU'RE HAPPY AND YOU KNOW IT...

A FISH OUT OF WATER

Don't just clap ur hands

Go Mental – get practical

Get Physical – squeeze ur muscles and up ur heart rate

Soar Spiritually – u r blessed, recognize it

- Slept thru alarm and they think the days going to be bad.

Debbie Downer, Sally Sandpaper,

"im always blessed but im not always happy" Dawn

Read the Beatitudes this week: **Matthew 5**

Baseball player "I;m blessed" **Joeys Minion**

Props: a Minion on stage

Music: Giving at LH Rainy Days & Mondays. Joyful, Joyful, Why So Downcast Oh My Soul, It Is Well With My Soul, Meet With Me. Trading My Sorrows,

Video: I'm Happy, Legally Blonde,

SERMON NOTES

April 6, 2014

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② _____

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A FISH OUT OF WATER

Three Guiding Principles For Our Church

HI 5

It is our goal to greet everyone who visits us
at least 5 times as they enter
and 5 times as they leave.

50/50

In all our ministries we endeavor to think about the people who
have not yet become followers of Jesus Christ.
50/50 is meant to communicate that we will always strive to
connect to Pre-Christians as well as Christians.

Belong. Believe. Behave.

We always want to keep in mind that people need to feel a sense
that they belong no matter what
their background or past experience.
To us, Belonging comes before Believing and Behaving.

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