**Happy People Let Go**

***What Makes You Happy*** *(4 of 6)* May 14 & 15, 2016

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**The Surprising Secrets to Sustainable Happiness:**

1. Happiness is more about \_\_\_\_\_\_\_\_\_\_\_ than \_\_\_\_\_\_\_\_\_\_\_\_.

2. Your \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ impacts your \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

3. Happiness is found in \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_not

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

4. Happiness is found as you \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ instead of \_\_\_\_\_\_\_\_\_\_\_\_.

***Q: What’s something from “yesterday” that you need to let go of so that you can be fully alive today?***

**Philippians 3:4-14** If someone else thinks they have reasons to put confidence in the flesh, I have more.

5 Circumcised on the eighth day, of the people of Israel, of the tribe of Benjamin, a Hebrew of Hebrews; in regard to the law, a Pharisee; 6 as for zeal, persecuting the church; as for righteousness based on the law, faultless.

7 But whatever were gains to me I now consider loss for the sake of Christ. 8 What is more, I consider everything a loss because of the surpassing worth of knowing Christ Jesus my Lord, for whose sake I have lost all things. I consider them garbage, that I may gain Christ 9 and be found in him, not having a righteousness of my own that comes from the law, but that which is through faith in Christ – the righteousness that comes from God on the basis of faith. 10 I want to know Christ – yes, to know the power of his resurrection and participation in his sufferings, becoming like him in his death, 11 and so, somehow, attaining to the resurrection from the dead.

12 Not that I have already obtained all this, or have already arrived at my goal, but I press on to take hold of that for which Christ Jesus took hold of me. 13 Brothers and sisters, I do not consider myself yet to have taken hold of it. But one thing I do: forgetting what is behind and straining towards what is ahead, 14 I press on towards the goal to win the prize for which God has called me heavenwards in Christ Jesus.

**RELIGION OR INTIMACY?**

**1. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.**

**2. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.**

**3. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.**

**WHAT HAPPILY “RELEASING” PEOPLE DO:**

**1. Come to \_\_\_\_\_\_\_\_\_\_\_\_ with their \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.**

**2. Actively \_\_\_\_\_\_\_\_\_\_\_\_\_ their \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.**

**3. Allow God to \_\_\_\_\_\_\_\_\_\_\_ with their \_\_\_\_\_\_\_\_\_\_\_\_\_.**

**4. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ on.**

“Compared with their grandparents, today’s young adults have grown up with much more affluence, slightly less happiness and much greater risk of depression and assorted social pathology. Our becoming much better off over the last four decades has not been accompanied by one iota of increased subjective well-being.”

**— Dr. David G. Myers**