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BEING HAPPY IS EASIER THAN YOU THINK!!

When we blame others, ignoring the 50-50 Rule, we are not actually trying to be happy. We are not even trying to be right. We are just trying **not** to be wrong. That's a pretty low bar!

This approach will always make you unhappy, because happiness comes from noticing and appreciating all that is good in life. (Phil 4:8) and every unhappiness starts with a focus on what is "not right."

So, today, I want to talk to you about two HAPPY ways of living

1.) Gratitude (few people live this, because most don't actually know how to do it effectively)

A.) The first step is to choose it; story of a missionary.

There are a lot of things we don't have.

But there are an infinite number of things we DO have, most of which are free gifts

B.) The second part, which most don't understand, is to be focused in a detailed way.

Most people create a grocery list and read over the list; no one thing soaks in

We need to pick one of the things on the list and really concentrate on that.

Right now: (30 seconds) pick a person/trait/object; think about all of the good things about that.

How do you feel inside? Any time you want, you can be happy, in just 30 seconds.

2.) The blessing of others.

- Sit in a place where people walk by you and say a little silent blessing for each person

- You might wonder how this relates to happiness but it does, on three levels:

- First, on the emotional level: we are anxious/depressed, thinking about ourselves

- Second, on a relationship level: we are all connected to all people, thru God's love

- Third, on a spiritual level; we are using our gifts on the behalf of others.

The simple process of caring for someone else will always make us happier.

---- Rev Dr. Glenn Pickering

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<https://drglennpickering.com/5-week-course/>