

DAY THREE


choosing happiness now

What are the SOMEDAY things that rob people of happiness NOW? List all that you can think of. (Ex. – I'll be happier when I lose weight, find the perfect job, etc.) Circle any that you've experienced in your life.

Read Matthew 6:25-34. List the things that Jesus says not to worry about.

As you ponder those verses, take a moment and listen for the ways that the Lord is speaking into your heart. What does He seem to be saying to you? Then, add your name in the first blank, and whatever concerns you in the second blank.

“_____, do not worry about _____.” – Jesus Christ



Here's an exercise for you, to live in the Now. Take a five-minute stroll around your home, or your yard, or whatever place you find yourself in today. As you walk, make a mental note of anything you can think of that brings you happiness and gratitude in those moments. Then come back to this worksheet.

As you took that stroll, what did God reveal to you about your NOW?

Did you check out the Happiness Dare Manifesto? (There's a link to it in the email.) What part of the Manifesto rings truest for you?

"WHAT IF I AWOKE TO WONDER AND REMEMBERED THAT DAYS ARE
MERE BLIPS AND THAT I COULD LIVE MORE POETRY IN MY OWN SKIN
IF I COLORED OUTSIDE THE LINES?"

- THE HAPPINESS DARE