



7 Habits of Happy People "Loving Messengers"

1 John 4:7-21

Happy People are Loving Messengers who Compassionately show God's Unconditional Love to all! 😊

How many times a day do you show unconditional love? ____

1. Loving Messengers have _____ the _____ love of God as they have _____ in _____, His Son, and been _____ by His _____ . (vv. 7-12)

1) When did you believe and receive God's unconditional love by grace through faith in Jesus Christ? _____
Ephesians 2:8-10

2) Are you living under the influence of Holy Spirit each day? _____
How is that "provable"? _____
Galatians 5:22-23

Will you embrace your role as
God's messenger of Love this week?

2. Loving Messengers _____ the _____ that is found in Jesus in word and deed through the _____ of the _____ ! (vv. 13-16)

1) See 1 Peter 3: 8-17

2) How have you dispensed hope this past week? _____
How will you this next week? _____

"My hope is built on nothing less than Jesus' blood and righteousness; I dare not trust the sweetest frame but wholly lean on Jesus' name!"

3. Loving Messengers _____ of _____ by _____ to live by _____ of _____ ...for _____ and for _____. (vv. 17-21)

1) Loving God fully results in confidence and removes fear. (v. 17-18)

2) Loving others is the practical proof of our love for God! (v. 19-21)

"There is no greater love than to lay down one's life for one's friends." (Jesus)

Habit # 1

Happy People Act Maturely...like a Grown Up! 😊

Habit # 2

Happy People Prioritize the Eternal...because it lasts so long and gets here so quickly! 😊

Habit # 3

Happy People Live Others'-focused Lives...because that's what Jesus did! 😊

Habit # 4

Happy People are Pray-ers who Intercede for Others...because it Blesses so Powerfully! 😊

Habit # 5

Happy People are Faith-filled Encouragers who Bless Others through their words and Deeds! 😊

Habit # 6

Happy People are Sacrificial Servants who aggressively look for ways to minister to others! 😊

7 Criteria for Emotional Maturity

By William C. Menninger, M.D.

1. The ability to deal constructively with reality.
2. The capacity to adapt to change.
3. A relative freedom from symptoms that are produced by tensions and anxieties.
4. The capacity to find more satisfaction in giving than receiving.
5. The capacity to relate to other people in a consistent manner with mutual satisfaction and helpfulness.
6. The capacity to direct one's instinctive hostile energy into creative and constructive outlets.
7. The capacity to love.