

**IT'S WHO, NOT WHAT**  
**Because I'm Happy – Part 1 of 6**

**KEY OBSERVATION #1:** Happiness is more about WHO than WHAT.

**KEY TRUTH #1:** Happy “what” always leads to happy “WHAT ELSE”.

**KEY OBSERVATION #2:** One thing every happy person has is PEACE.

- Happy people are at peace with THEMSELVES.
- Happy people are at peace with other PEOPLE.
- Happy people are at peace with GOD.

**KEY TRUTH #2:** Anything that UNDERMINES our peace ultimately undermines our happiness.

*“36 ‘Teacher, which is the greatest commandment in the Law?’ 37 Jesus replied: ‘Love the Lord your God with all your heart and with all your soul and with all your mind. 38 This is the first and greatest commandment. 39 And the second is like it: Love your neighbor as yourself.’” Matthew 22:36-39*

**KEY TRUTH #3:** To RESIST God, is to resist HAPPINESS.

*“For God so loved the world that he gave his one and only Son, that whoever believes in him shall not perish but have eternal life.” John 3:16*

*“Then, after desire has conceived, it gives birth to sin; and sin, when it is full-grown, gives birth to death.” James 1:15*