

A photograph of two children, a boy and a girl, smiling and looking towards the camera. They are outdoors, with a palm tree and a bright sky in the background. The boy has orange and yellow face paint on his forehead and cheeks. The girl has orange and black tiger-like face paint on her face. The word "Smile" is written in a colorful, cursive font across the middle of the image.

Smile

SUSTAINING JOY

A photograph of two children, a boy and a girl, smiling and looking upwards. They have colorful face paint on their faces. The boy has orange and yellow paint on his forehead and cheeks. The girl has orange paint on her forehead and cheeks, and black paint around her eyes. They are outdoors, and the background is blurred. A purple circle with a white border is overlaid on the image, containing the text "God's Design for human flourishing".

*God's Design
for human flourishing*

Smile
SUSTAINING JOY

EMOTIONAL
PSYCHOLOGICAL
PHYSICAL
SOCIAL
MENTAL
SPIRITUAL

God's Design
for human flourishing

INDIVIDUALS
FAMILIES
COMMUNITIES
NATIONS

Smile
SUSTAINING JOY



A young boy and girl are smiling and looking towards the camera. They have colorful face paint on their faces. The boy has orange and yellow paint on his forehead and cheeks. The girl has orange and black paint on her face, including around her eyes and nose. They are wearing t-shirts; the boy's is light blue and the girl's is white with colorful patterns. The background is a bright, slightly blurred outdoor setting.

God's Design
for human flourishing

World's Design
for human flourishing

Smile
SUSTAINING JOY

A young boy and girl are smiling and looking towards the camera. They have orange and yellow face paint on their faces. The boy is on the left, and the girl is on the right. They are wearing light-colored t-shirts. The background is a soft, out-of-focus outdoor setting.

God's Design
for human flourishing

World's Design
for human flourishing

PSYCHOLOGY:

"ZERO" CORRELATION BETWEEN

- HAPPINESS + EDUCATION
- HAPPINESS * INTELLIGENCE
- HAPPINESS + MONEY

Smile

SUSTAINING JOY

A young boy and girl are smiling and holding a brown puppy. The boy has yellow and orange face paint on his cheeks and forehead. The girl has orange and black face paint on her cheeks and nose. The puppy is looking towards the camera. Two purple circles with white text are overlaid on the image. The text in the circles reads "God's Design for human flourishing" and "World's Design for human flourishing". In the bottom left corner, the word "Smile" is written in a colorful, cursive font, with "SUSTAINING JOY" written below it in a smaller, blue, sans-serif font. A blue arrow points from the text "Joy, the dog" to the puppy.

God's Design
for human flourishing

World's Design
for human flourishing

Smile

SUSTAINING JOY

Joy,
the dog

God's Design
for human flourishing

World's Design
for human flourishing

@?

?

?!

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Smile
SUSTAINING JOY

God's Design
for human flourishing

World's Design
for human flourishing


PSYCHOLOGY:

"ZERO" CORRELATION BETWEEN

- HAPPINESS + EDUCATION
- HAPPINESS * INTELLIGENCE
- HAPPINESS + MONEY

Smile

SUSTAINING JOY

A young boy and girl are smiling and looking upwards. The boy is in the foreground, wearing a grey t-shirt with a red lightning bolt graphic. The girl is behind him, wearing a white t-shirt with colorful heart and flower graphics. Both have orange and black face paint on their faces. The background is a bright, slightly blurred outdoor setting.

Hebrews 12

¹ Therefore, since we are surrounded by such a great cloud of witnesses, let us throw off everything that hinders and the sin that so easily entangles. And let us run with perseverance the race marked out for us, ² fixing our eyes on Jesus, the pioneer and perfecter of faith. For the joy set before him he endured the cross, scorning its shame, and sat down at the right hand of the throne of God. ³ Consider him who endured such opposition from sinners, so that you will not grow weary and lose heart.

Smile
SUSTAINING JOY

Hebrews 12

¹ Therefore, **since we are surrounded by such a great cloud of witnesses**, let us throw off everything that hinders and the sin that so easily entangles. And let us run with perseverance the race marked out for us, ² fixing our eyes on Jesus, the pioneer and perfecter of faith. For the joy set before him he endured the cross, scorning its shame, and sat down at the right hand of the throne of God. ³ Consider him who endured such opposition from sinners, so that you will not grow weary and lose heart.

heavenly cheerleaders

Smile
SUSTAINING JOY

Hebrews 12

¹ Therefore, since we are surrounded by such a great cloud of witnesses, **let us throw off everything that hinders and the sin that so easily entangles.** And let us run with perseverance the race marked out for us, ² fixing our eyes on Jesus, the pioneer and perfecter of faith. For the joy set before him he endured the cross, **scorning its shame**, and sat down at the right hand of the throne of God. ³ Consider him who endured such **opposition from sinners**, so that you will not **grow weary** and **lose heart.**

heavenly cheerleaders
chuck the distracting stuff

Smile
SUSTAINING JOY

Hebrews 12

¹ Therefore, since we are surrounded by such a great cloud of witnesses, let us throw off everything that hinders and the sin that so easily entangles. And **let us run with perseverance the race marked out for us,** ² fixing our eyes on Jesus, the pioneer and perfecter of faith. For the joy set before him he endured the cross, scorning its shame, and sat down at the right hand of the throne of God. ³ Consider him who endured such opposition from sinners, so that you will not grow weary and lose heart.

heavenly cheerleaders
chuck the distracting stuff
"Stay on target"

Smile
SUSTAINING JOY

Hebrews 12

¹ Therefore, since we are surrounded by such a great cloud of witnesses, let us throw off everything that hinders and the sin that so easily entangles. And let us run with perseverance the race marked out for us, ² **fixing our eyes on Jesus**, the pioneer and perfecter of faith. For the joy set before him he endured the cross, scorning its shame, and sat down at the right hand of the throne of God. ³ **Consider him** who endured such opposition from sinners, so that you will not grow weary and lose heart.

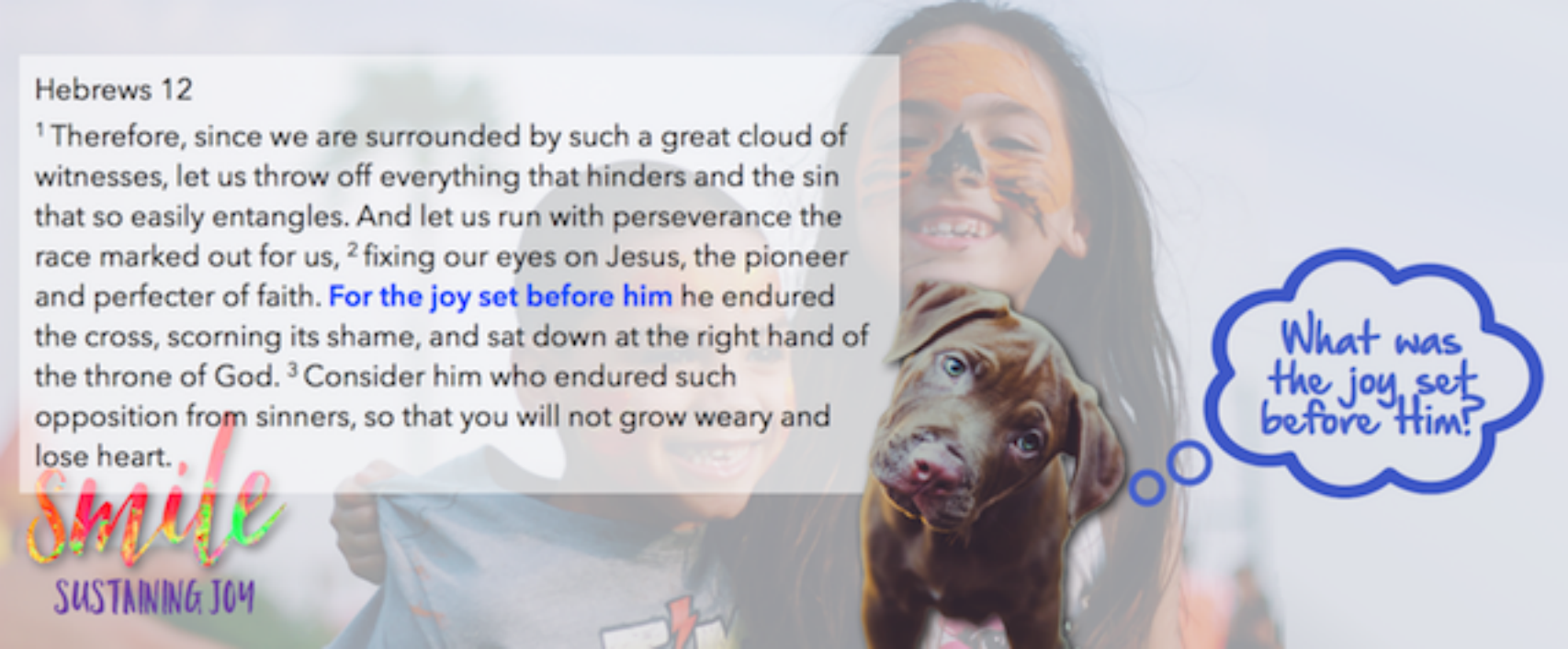
heavenly cheerleaders
chuck the distracting stuff
"Stay on target"
learn from Jesus

Smile
SUSTAINING JOY

Hebrews 12

¹ Therefore, since we are surrounded by such a great cloud of witnesses, let us throw off everything that hinders and the sin that so easily entangles. And let us run with perseverance the race marked out for us, ² fixing our eyes on Jesus, the pioneer and perfecter of faith. **For the joy set before him** he endured the cross, scorning its shame, and sat down at the right hand of the throne of God. ³ Consider him who endured such opposition from sinners, so that you will not grow weary and lose heart.

Smile
SUSTAINING JOY

A young girl with orange and black face paint around her eyes and nose is smiling. A brown dog is sitting in front of her. The background is a blurred outdoor setting.

What was
the joy set
before Him?

Hebrews 12

¹ Therefore, since we are surrounded by such a great cloud of witnesses, let us throw off everything that hinders and the sin that so easily entangles. And let us run with perseverance the race marked out for us, ² fixing our eyes on Jesus, the pioneer and perfecter of faith. **For the joy set before him** he endured the cross, scorning its shame, and sat down at the right hand of the throne of God. ³ Consider him who endured such opposition from sinners, so that you will not grow weary and lose heart.

Smile
SUSTAINING JOY

Nehemiah 8:10 - The joy of the Lord is your strength

Joy is pursuing God

What was the joy set before Him?

A young boy and girl are smiling, with colorful face paint on their faces. The girl is holding a brown dog. The background is a blurred outdoor setting with palm trees.

Smile
SUSTAINING JOY

Joy is
pursuing
God's
Design

Joy is
pursuing
God

What was
the joy set
before Him?

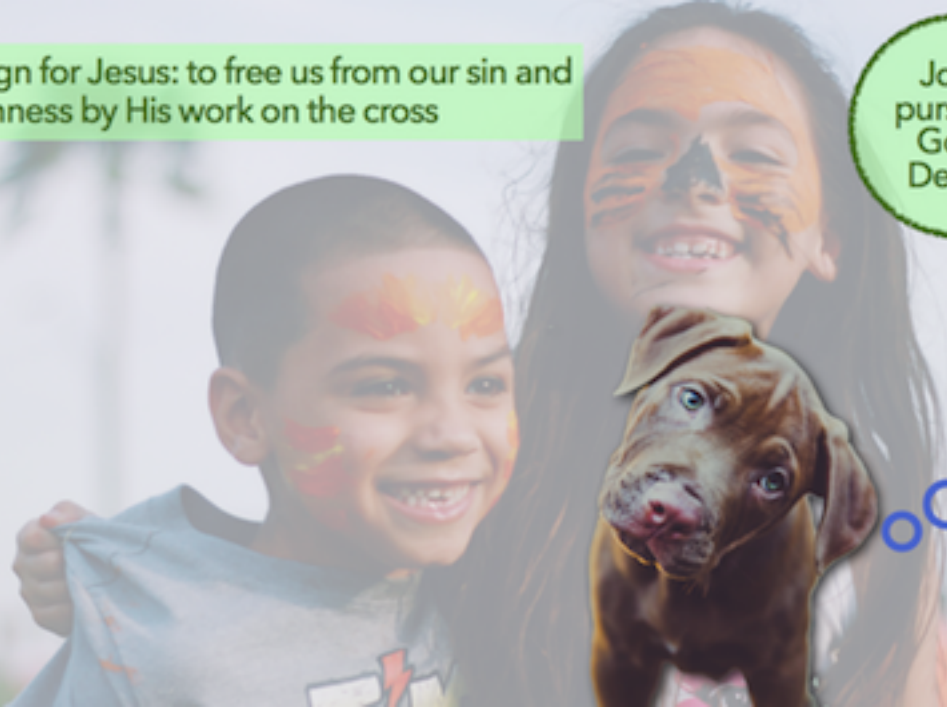
God had a design for Jesus: to free us from our sin and brokenness by His work on the cross

Joy is
pursuing
God's
Design

Joy is
pursuing
God

What was
the joy set
before Him?

Smile
SUSTAINING JOY



God had a design for Jesus: to free us from our sin and brokenness by His work on the cross

Jesus was designed for it

Joy is
pursuing
God's
Design

Joy is
pursuing
God

What was
the joy set
before Him?

Smile
SUSTAINING JOY



God had a design for Jesus: to free us from our sin and brokenness by His work on the cross

Jesus was designed for it

There were times when Jesus didn't want to do it

Joy is
pursuing
God's
Design

Joy is
pursuing
God

What was
the joy set
before Him?

Smile
SUSTAINING JOY



God had a design for Jesus: to free us from our sin and brokenness by His work on the cross

Jesus was designed for it

There were times when Jesus didn't want to do it

But he submitted to God's plan

Joy is
pursuing
God's
Design

Joy is
pursuing
God

What was
the joy set
before Him?

Smile
SUSTAINING JOY



God had a design for Jesus: to free us from our sin and brokenness by His work on the cross

Jesus was designed for it

There were times when Jesus didn't want to do it

But he submitted to God's plan

In heaven, Jesus hears "well done, good and faithful"

Joy is
pursuing
God's
Design

Joy is
pursuing
God

What was
the joy set
before Him?

Smile
SUSTAINING JOY



God had a design for Jesus: to free us from our sin and brokenness by His work on the cross

Jesus was designed for it

There were times when Jesus didn't want to do it

But he submitted to God's plan

In heaven, Jesus hears "well done, good and faithful"

"Come enter into my joy"

Smile
SUSTAINING JOY

Joy is
pursuing
God's
Design

Joy is
pursuing
God

What was
the joy set
before Him?



SUSTAINING JOY

- is not object-focused
- is not event-focused
- is not achievement-focused

Smile
SUSTAINING JOY

Joy is
pursuing
God's
Design

Joy is
pursuing
God



GOD'S DESIGN FOR SUSTAINING JOY

is made for
me
John 10.10
Psalm 139

Smile
SUSTAINING JOY

Joy is
pursuing
God's
Design

Joy is
pursuing
God



GOD'S DESIGN FOR SUSTAINING JOY

is made for
me
John 10.10
Psalm 139

contributes to
something
beyond me

Joy is
pursuing
God's
Design

Joy is
pursuing
God

Smile
SUSTAINING JOY



GOD'S DESIGN FOR SUSTAINING JOY

is made for
me
John 10:10
Psalm 139

lasts beyond
my immediate
effort

contributes to
something
beyond me

Joy is
pursuing
God's
Design

Joy is
pursuing
God

Smile
SUSTAINING JOY



GOD'S DESIGN FOR SUSTAINING JOY

is made for
me
John 10:10
Psalm 139

lasts beyond
my immediate
effort

contributes to
something
beyond me

requires
perseverance

Joy is
pursuing
God's
Design

Joy is
pursuing
God

Smile
SUSTAINING JOY



GOD'S DESIGN FOR SUSTAINING JOY

is made for
me
John 10:10
Psalm 139

lasts beyond
my immediate
effort

contributes to
something
beyond me

requires
perseverance

finds God's
kisses along the
way

Joy is
pursuing
God's
Design

Joy is
pursuing
God

Smile
SUSTAINING JOY



Modern Psychological Research

- Healthy Relationships are key



Joy is
pursuing
God's
Design

Joy is
pursuing
God

Modern Psychological Research

- Healthy Relationships are key
- Religion Positively correlates with happiness by promoting six separate factors:
 - provide social support
 - support healthy lifestyles
 - promotes personality integration
 - promotes generativity and altruism
 - provides unique coping strategies
 - provides a sense of meaning and purpose

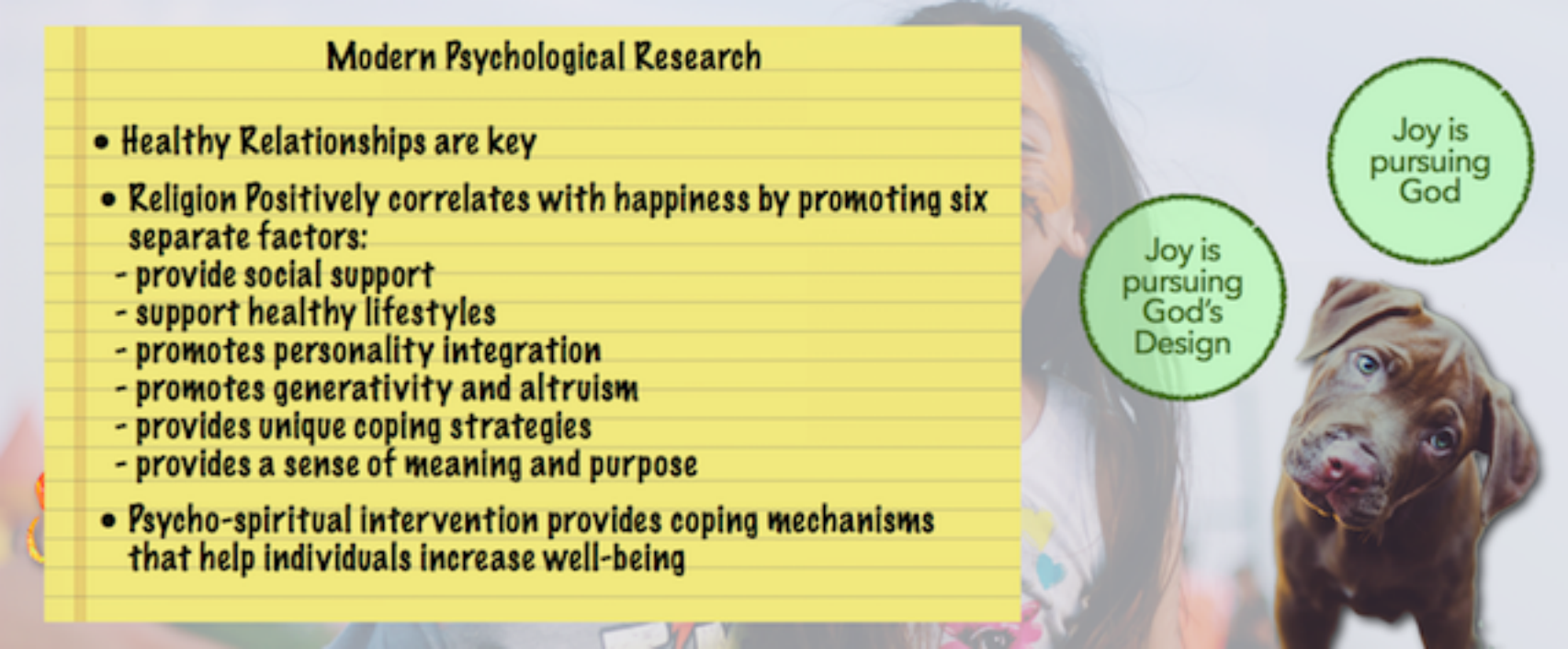
A young girl with long dark hair is smiling and looking down at a brown dog. The dog is looking towards the camera. Two green circles with black outlines are overlaid on the image. The circle on the left contains the text "Joy is pursuing God's Design" and the circle on the right contains the text "Joy is pursuing God".

Joy is pursuing
God's
Design

Joy is
pursuing
God

Modern Psychological Research

- Healthy Relationships are key
- Religion Positively correlates with happiness by promoting six separate factors:
 - provide social support
 - support healthy lifestyles
 - promotes personality integration
 - promotes generativity and altruism
 - provides unique coping strategies
 - provides a sense of meaning and purpose
- Psycho-spiritual intervention provides coping mechanisms that help individuals increase well-being

A young girl with long dark hair is smiling and looking down at a brown dog. The dog is looking towards the camera. Two green circles with black outlines are overlaid on the image. The top circle contains the text "Joy is pursuing God" and the bottom circle contains "Joy is pursuing God's Design".


Joy is pursuing God's Design

Joy is pursuing God

A young boy and girl are smiling and holding a brown puppy. The girl has orange and black face paint on her face, and the boy has yellow and orange face paint. The background is a bright, outdoor setting with a palm tree visible. The text 'Smile SUSTAINING JOY' is in the bottom left, and a thought bubble with 'pursue God' is in the center.

Smile
SUSTAINING JOY

pursue God



make space
for church

pursue God

Smile

SUSTAINING JOY



make space
for church

don't take
the bait of
lesser joys

pursue God

Smile
SUSTAINING JOY



make space
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