

A photograph of two children, a boy and a girl, smiling joyfully. They have colorful face paint on their faces. The boy has orange and yellow paint, while the girl has orange and black paint. They are outdoors, with a palm tree and a bright sky in the background. The word "Smile" is written in a colorful, cursive font across the middle of the image.

Smile

THE JOY OF THE LORD

# FACTORS INFLUENCING CHRONIC HAPPINESS LEVELS

Intentional  
Activities

40%

Genetic  
Tendencies

50%

10%

Circumstances

Adapted from Sonja Lyubomirsky's "Pursuing Happiness: The Architecture of Sustainable Change"

*Smile*  
THE JOY OF THE LORD

# FACTORS INFLUENCING CHRONIC HAPPINESS LEVELS

Intentional  
Activities

40%

50%

10%

*Smile*  
THE JOY OF THE LORD

Adapted from Sonja Lyubomirsky's "Pursuing Happiness: The Architecture of Sustainable Change"

A young boy and girl are smiling and looking upwards. The boy has orange and yellow face paint on his forehead and cheeks. The girl has orange and black face paint on her face, including a black triangle on her nose and whisker-like lines on her cheeks. They are outdoors, with a palm tree visible in the background.

## MY NOT-SO-SECRET AGENDA

1. Unearth and blow up Satan's plot against you

*Smile*  
THE JOY OF THE LORD



A young boy and girl are 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 and black paint on her face. They are outdoors, and the background is slightly blurred.

## MY NOT-SO-SECRET AGENDA

1. Unearth and blow up Satan's plot against you
2. Help you to find the keys to God's plan for your human flourishing

*Smile*  
THE JOY OF THE LORD

IN THE BEGINNING ...

God's Design  
for human flourishing

Smile

THE JOY OF THE LORD

IN THE BEGINNING ...

God's Design  
for human flourishing

Sin

Smile

THE JOY OF THE LORD



IN THE BEGINNING ...

God's Design  
for human flourishing

Sin

Brokenness

Smile

THE JOY OF THE LORD

IN THE BEGINNING ...

God's Design  
for human flourishing

Sin

Brokenness

Smile

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Smile

THE JOY OF THE LORD



IN THE BEGINNING ...

God's Design  
for human flourishing

Sin

Brokenness

1

Satan lied to Adam  
and Eve about God's  
character

Smile

THE JOY OF THE LORD

## IN THE BEGINNING ...

God's Design  
for human flourishing

Sin

Brokenness

1

Satan lied to Adam and Eve about God's character

2

By doing so, he created mistrust in their hearts about God's ways

Smile

THE JOY OF THE LORD

## IN THE BEGINNING ...

God's Design  
for human flourishing

Sin

Brokenness

1

Satan lied to Adam and Eve about God's character

2

By doing so, he created mistrust in their hearts about God's ways

3

So Adam and Eve took their own path

Smile

THE JOY OF THE LORD

## IN THE BEGINNING ...

God's Design  
for human flourishing

Sin

Brokenness

1

Satan lied to Adam and Eve about God's character

2

By doing so, he created mistrust in their hearts about God's ways

3

So Adam and Eve took their own path

God is a  
kill-joy

Smile

THE JOY OF THE LORD



# FOUNDATIONAL TRUTHS

God is the author  
of joy

God took great pleasure in creating the world Genesis 1

*Smile*  
THE JOY OF THE LORD



## FOUNDATIONAL TRUTHS

God is the author  
of joy

God took great pleasure in creating the world Genesis 1

God's joy is still in creation Psalm 96.12

*Smile*  
THE JOY OF THE LORD



# FOUNDATIONAL TRUTHS

A photograph of two young children, a boy and a girl, smiling joyfully. 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 cheeks and black paint around her eyes and nose, resembling a tiger or cat. They are outdoors, with a blurred background of trees and a bright sky.

God is the author  
of joy

God is our maker  
& designer

Isa 44:24

*Smile*  
THE JOY OF THE LORD

## FOUNDATIONAL TRUTHS

God is the author  
of joy

God sings over  
you

Zech 3.17

God is our maker  
& designer

Isa 44.24

*Smile*  
THE JOY OF THE LORD

## FOUNDATIONAL TRUTHS

God is the author  
of joy

God sings over  
you

Zech 3.17

God is our maker  
& designer

Isa 44.24

God made you  
to live a joyful life

John 10.10

*Smile*  
THE JOY OF THE LORD

## FOUNDATIONAL TRUTHS

God is the author  
of joy

God sings over  
you

Zech 3.17

God is our maker  
& designer

Isa 44.24

God made you  
to live a joyful life

John 10.10

Jesus gave  
instructions for us  
to live in joy

John 15.11

*Smile*  
THE JOY OF THE LORD



## FOUNDATIONAL TRUTHS

God is the author  
of joy

God sings over  
you

Zech 3.17

Jesus and the  
disciples are  
filled when they  
do God stuff

Luke 10.17, 21

God is our maker  
& designer

Isa 44.24

God made you  
to live a joyful life

John 10.10

Jesus gave  
instructions for us  
to live in joy

John 15.11

*Smile*  
THE JOY OF THE LORD

## FOUNDATIONAL TRUTHS

God is the author  
of joy

God sings over  
you

Zech 3.17

Jesus and the  
disciples are  
filled when they  
do God stuff

Luke 10.17, 21

Being  
filled with the  
Holy Spirit =  
being filled with  
joy

Acts 13.52, Rom 15.13,  
Gal 5.22

God is our maker  
& designer

Isa 44.24

God made you  
to live a joyful life

John 10.10

Jesus gave  
instructions for us  
to live in joy

John 15.11

*Smile*  
THE JOY OF THE LORD

A young boy and girl are smiling together. The boy has orange and yellow face paint on his cheeks and forehead. The girl has orange and black face paint on her cheeks and nose. They are outdoors, with a palm tree visible in the background.

“THE JOY OF THE LORD IS YOUR STRENGTH”

NEHEMIAH 8.10

*Smile*

THE JOY OF THE LORD

A young boy and girl are smiling and looking upwards. The boy has orange and yellow face paint on his cheeks and forehead. The girl has orange and black face paint on her cheeks and around her eyes. They are outdoors with a blurred background of palm trees and a bright sky.

“THE JOY OF THE LORD IS YOUR STRENGTH”

NEHEMIAH 8.10

The joy (that is in God's heart) is our strength

*Smile*

THE JOY OF THE LORD

A young boy and girl are smiling joyfully. The boy has orange and yellow face paint on his cheeks and forehead. The girl has orange and black face paint on her cheeks and forehead. They are both wearing t-shirts with colorful designs. The background is a bright, slightly blurred outdoor setting.

“THE JOY OF THE LORD IS YOUR STRENGTH”

NEHEMIAH 8.10

The joy (that is in God's heart) is our strength

If we want that

- we need to seek Him and His Holy Spirit

*Smile*

THE JOY OF THE LORD

A young boy and girl are smiling joyfully. The boy has orange and yellow face paint on his forehead and cheeks. The girl has orange and black face paint on her face. They are both wearing t-shirts with colorful designs. The background is a bright, slightly blurred outdoor setting.

“THE JOY OF THE LORD IS YOUR STRENGTH”

NEHEMIAH 8.10

The joy (that is in God's heart) is our strength

If we want that

- we need to seek Him and His Holy Spirit
- we need to turn from our ways of finding joy

*Smile*

THE JOY OF THE LORD



A young boy and girl are smiling joyfully. The boy has orange and yellow face paint on his forehead and cheeks. The girl has orange and black face paint on her face. They are both wearing t-shirts with colorful designs. The background is a bright, outdoor setting with trees.

“THE JOY OF THE LORD IS YOUR STRENGTH”

NEHEMIAH 8.10

The joy (that is in God’s heart) is our strength

If we want that

- we need to seek Him and His Holy Spirit
- we need to turn from our ways of finding joy
- live life according to His design

*Smile*

THE JOY OF THE LORD

A young boy and girl are smiling joyfully. The boy has orange and yellow face paint on his forehead and cheeks. The girl has black and orange face paint on her face. They are both wearing colorful t-shirts. The background is a soft-focus outdoor setting.

“THE JOY OF THE LORD IS YOUR STRENGTH”

NEHEMIAH 8.10

The joy (that is in God’s heart) is our strength

If we want that

- we need to seek Him and His Holy Spirit
- we need to turn from our ways of finding joy
- live life according to His design

These next weeks

God’s design for joy

God’s joy enhancers

Satan’s joy sappers

*Smile*  
THE JOY OF THE LORD

A young boy and girl are smiling and laughing. The boy has yellow and red face paint on his cheeks. The girl has orange and black face paint on her face. They are outdoors, possibly at a festival or fair, with palm trees in the background.

“THE JOY OF THE LORD IS YOUR STRENGTH”

NEHEMIAH 8.10

“THIS IS THE DAY THE LORD HAS MADE. WE WILL REJOICE AND  
BE GLAD IN IT.”

PSALM 118.24

*Smile*

THE JOY OF THE LORD

IN THE BEGINNING ...

~~Sin~~  
God's Design  
for human flourishing

~~Brokenness~~

Smile  
THE JOY OF THE LORD

IN THE BEGINNING ...

God's Design  
for human flourishing

Sin

Brokenness

Jesus



Smile  
THE JOY OF THE LORD

IN THE BEGINNING ...

God's Design  
for human flourishing

Sin

Brokenness

Jesus



Acknowledge

Turn

Smile

THE JOY OF THE LORD



IN THE BEGINNING ...

~~Sin~~  
God's Design  
for human flourishing

~~Brokenness~~

Jesus  
↓ ↑  
+

Acknowledge  
Turn

Smile  
THE JOY OF THE LORD

IN THE BEGINNING ...

~~Sin~~  
God's Design  
for human flourishing

~~Brokenness~~

Jesus  
↓  
+  
↑

Acknowledge  
Turn

Smile  
THE JOY OF THE LORD

## RESPONSE

### TURN TO JESUS

I need to turn away  
from my sin and  
rebellion and make  
Jesus my king

*Smile*

THE JOY OF THE LORD



## RESPONSE

### TURN TO JESUS

I need to turn away  
from my sin and  
rebellion and make  
Jesus my king

### GIVE ME YOUR JOY

I will seek God daily  
asking for His joy  
and asking for how  
to live His way

*Smile*  
THE JOY OF THE LORD

## RESPONSE

### TURN TO JESUS

I need to turn away  
from my sin and  
rebellion and make  
Jesus my king

### GIVE ME YOUR JOY

I will seek God daily  
asking for His joy  
and asking for how  
to live His way

### TURN FROM MY WAYS

I will seek God daily  
asking for His joy  
and asking for how  
to live His way

*Smile*  
THE JOY OF THE LORD

## RESPONSE

### TURN TO JESUS

I need to turn away from my sin and rebellion and make Jesus my king

### GIVE ME YOUR JOY

I will seek God daily asking for His joy and asking for how to live His way

### TURN FROM MY WAYS

I will seek God daily asking for His joy and asking for how to live His way

### MEDITATE DAILY

I will choose into joy my memorizing and meditating on Nehemiah 8.10 and Psalm 118.24

*Smile*  
THE JOY OF THE LORD