

*James Crawford – “7 Steps To Happiness, Naturally” Pt 1
“How To Be a Happy Person” Series*

“7 Steps To Happiness, Naturally”

8-24-22

Introduction

Happiness is a natural feeling that comes and goes. The problem is that most people have not learned the skill of cultivating natural happiness. This message is designed to teach you how to step into a realm of natural happiness that few will ever experience.

Definition of Happiness

Feeling pleasure and enjoyment because of your life and situation.

Step 1 “Study God’s Kindness Towards All Men”

It is virtually impossible to be happy if you think God’s emotions change about you every time you sin. Your emotion of happiness will leave if you do not learn how God feels towards you. He is steady and unchanging and to the degree you study this, your happy feeling will remain steady & unchanging.

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Luke 6:35

...He is **kind** to those who are **unthankful** and **wicked**.

Matthew 5

45...**He makes His sun rise on the evil** and on **the good** and **sends rain** on the **just** and on the **unjust**.

God has created man to enjoy the warm beautiful sunshiny days and the refreshing summer rain! Some people cannot relate to these wonderful “natural” expressions of God’s goodness over man. But Jesus did!

I will spend the rest of my life teaching all men how God truly feels about them. The wicked and the righteous. Our Father Heart Online Church will get this one thing right! All are welcome to come and taste and see that the Lord is good!

Step 2 “Identify Your Stress Pockets”

This is where the rubber meets the road. Now that we know

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God is not holding us back from enjoying life, you must get to work. Let’s evaluate ourselves and identify the problems that are keeping happiness out of our reach.

Lamentations 3:40

Let us examine our ways and test them...

Your stress pockets may be false accusers, self-pity, blaming others, self-condemnation, finances, children, unrealistic expectations, drama friends, troubled marriage, addictions, enabling personality, generosity complex, unorganized life, poor choices, no life, boredom, living in a dirty home, dirty car, no transportation, or no life purpose.

Step 3 “Design a Plan To Remove These Stress Pockets”

We must take action right now. This information does not fix the problem. We remove stress pockets by first diligently identifying them and then by designing a plan to remove them. Sometimes we need professional help identifying them and professional help removing them.

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Here are some basic methods that you will find useful in removing life’s common stressors.

Avoid and ignore your accusers, find enjoyable exercise, read great books, get a life, find your calling, love yourself more, join a healthy church like Father Heart who is skilled in this kind of counseling, separate from toxic friends, clean your house, find a better job, seek professional counseling.

Proverbs 15:22

Without counsel plans fail, but with many advisers they succeed.

Step 4 “Don’t Be a Drama Person”

Do you make people nervous? This is a good way of figuring out if you are a drama person or not. No one decided to be a drama person on their own, they inherited this negative personality trait. Even so, we are responsible to identify this and change.

Be a peacemaker not an instigator. Wise people remove instigators from their lives. Wise people choose wise friends.

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Wise people change their behavior when they read this :)

Never create conflict, ever!

Proverbs 26:20

For lack of wood the fire goes out, and where there is no
whisperer, quarreling ceases.

Step 5 “Embrace This as a Learning Lifestyle”

Be a lifetime student of being a happy person. Refuse to live miserably. This is a lifelong process. Don't expect to achieve this overnight or you will probably quit. You will notice that you are gradually becoming happier if you apply this teaching over a period of years.

The fundamental meaning of the Greek word for disciple used in the Bible is “a learner.” Discipleship means a lifelong learning process.

From Waldron Scott

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Jesus himself invites us to join Him in this adventure of learning. “Take my yoke upon you and learn from me,” he says (Matthew 11:29, NIV).

Learn of me, other versions say, and still others, Learn with me. All are correct. The idea, Jesus says, is to “get in the harness with me, join up with me, come alongside me—and learn of me, from me, and about me.”

Learning means living

In the early years of life, our bodies grow rapidly. Then we slow down a bit until we peak around age twenty. A decline begins after that.

Our minds, too, develop rapidly when we are young. **When we reach our twenties we’re still learning, but it’s harder.** We reach our mental learning peak a little later than our physical growth peak, but then the same phenomenon occurs: **a slow, steady deterioration.** Our minds grow **rigid and inflexible.** It becomes **increasingly difficult for us to learn.**

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If you are over thirty, how long has it been since you acquired a new skill or adopted new attitudes—whether political, religious, social, or otherwise?

The very activity of acquiring new skills, developing new attitudes, formulating new relationships, discovering, daring, exploring, reforming, renewing—in short, learning—is what makes life the adventure Jesus promised in John 10:10—**“My purpose is to give them a rich and satisfying life.”** If you’re not learning, you’re not living.

We are called to be disciples, and the great commission in Matthew 28:19 tells us to “go and make disciples of all nations.” That is, we are commissioned to go and make “learners.” Have you ever thought about the great commission from that angle?

Step 6 “Find Your Life Calling”

Nothing energizes a person like doing what they are called to do. God designed us this way. Only when we are using our natural and spiritual gifts in a body context are we perpetually fulfilled and fruitful. This may take years to figure out but when you join the right 5-fold church they will equip you and prepare

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you if you are teachable.

This “body” setting gives us a happy social life and an enjoyable life that is fulfilling & fruitful.

Step 7 “Build a Happy Support Circle”

Grab a blank piece of paper. Draw a circle and name it “My Happy Inner Circle.” Write the names of 5 people inside the circle. If you cannot think of 5, put however many you can think of in there.

These 5 people walk into your life when others walk out. They must love you at your worst and celebrate with you at your highest! They are like God. They will never leave you or forsake you and they will lay their lives down for you. No matter what, you can rely on these 5!