



## Can You Set Happiness as a Goal?

*What actually makes us happy?*

“He who heeds the word wisely will find good, and whoever trusts in the LORD, happy is he.”  
(Prov. 16:20)

### IDEAS FOR REFLECTION

*What makes you happy? What would you do if your life was suddenly altered as Jim Stovall's life was?*

*Perhaps you need to make a change in life to experience true happiness. Despite terrible loss, Mr. Stovall was able to rearrange his priorities and so can you.*

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### JOURNAL YOUR THOUGHTS

*Are you leaning into your God-given talents and experiencing the full life God has for you? Take a few moments and write how you could get in sync with your God-given strengths and talents.*

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### MY PRAYER

*God, I desire to pursue a life that will not only benefit me and my family but will benefit others. I desire to live a life that represents a well-watered garden where there is an eternal spring of life. Reveal to me my destiny and my role in lifting others in life.*

*For further studies on this subject and others like it please visit: [www.LeslieMcNulty.com](http://www.LeslieMcNulty.com), Life & Spirituality TV – Episode 12A—Happiness.*