



Is Pleasure the Key to Your Happiness?

Is happiness generated by internal or external factors?

“If God is for us, who can be against us?” (Romans 8:31)

IDEAS FOR REFLECTION

What is true pleasure to you? Have you set life goals that guide you onto a pathway of significance, or are you seeking short-term happiness?

JOURNAL YOUR THOUGHTS

What does a life of significance mean to you? Consider how you would like to be remembered for one day. Write down your thoughts and consider what you must change in your life to reach your final destination.

MY PRAYER

Lord, I pray that at the end of my life, I will know that I have lived a life of purpose, so I ask you to reveal to me the wisdom I need to pursue a life that honors you and honors people. Thank you for your wisdom and the ability to apply it to my daily life.

For further studies on this subject and others like it, please visit: www.LeslieMcNulty.com, Life & Spirituality TV – Episode 12B—Happiness.