



## The Pursuit of Happiness

*How should we define a life well-lived?*

“...through love serve one another.” (Galatians 5:13)

### IDEAS FOR REFLECTION

*How would you define a life well-lived? After reading today's stories, take a moment to reflect on how a well-lived life could bring you lasting happiness.*

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### JOURNAL YOUR THOUGHTS

*STOP for a moment and consider an area or two where you could be of service and write it down.  
LOOK within and think of a problem that needs solving.  
Write out how you can SHARE your joy by sharing with others.  
NOW take action!*

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### MY PRAYER

*Lord, raise my expectations in life from ordinary and mundane to a life of value and pleasure in giving and serving others. May I have the eyes to see how you value people, and may my life reflect happiness to and for someone else.*

*For further studies on this subject and others like it please visit: [www.LeslieMcNulty.com](http://www.LeslieMcNulty.com), Life & Spirituality TV – Episode 14A—Happiness.*