



## How Do You Define Happiness?

*How will you know that you have obtained it?*

For the kingdom of God is not a matter of eating and drinking but of righteousness and peace and joy in the Holy Spirit. (Romans 4:17, ESV)

### IDEAS FOR REFLECTION

*Does it seem that happiness is fleeting—that it’s always just out of reach? Could it be that happiness isn’t something to be obtained but is rather a condition of the heart and mind?*

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### JOURNAL YOUR THOUGHTS

*Do you need to make a change? Write any changes that you would like to make in your life.*

*Dr. Aikman discovered that taking a step toward Jesus Christ was the doorway to an exciting life. Write how your life would change if you invited Jesus into your heart so He can reveal the exciting life He has planned for you.*

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### MY PRAYER

*Lord Jesus, today I invite you into my world. I want to know you on a deeper level. You hold my purpose in your hands and I desire to know the purpose that you have reserved only for my life. Thank you for coming to me today. I open my heart to receive all that you have for me.*

*If this is the first time that you have ever prayed a prayer like this I encourage you to go to [LeslieMcNulty.com/newlife/](http://LeslieMcNulty.com/newlife/) for more information on the decision you have just made.*

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