



welcome

ALPHABET OF HAPPINESS

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***Alphabet
Of
Happiness!!***

A - Accept


Accept others for who they are and for the choices they've made even if you have difficulty understanding their beliefs, motives or actions.

B - Break Away

Break away from everything that stands in the way of what you hope to accomplish with your life.

C - Create

*Create a family of friends whom you can
share your
hopes, dreams, sorrows and happiness with.*




D - Decide

*Decide that you'll be successful and happy come what
may, and good things will find you.
The roadblocks are minor obstacles along the way.*

E - Explore

Explore and experiment. The world has much to offer, and you have much to give. And everytime you try something new. You'll learn more about yourself.



F - Forgive

Forgive and forget. Grudges only weigh you down and inspire unhappiness and grief. Soar above it, and always remember that everyone makes mistakes.

G - Grow

Leave the childhood monsters behind. They can no longer hurt you or stand in your way.



H - Hope

Hope for the best and never forget that anything is possible as long as you remain dedicated to the task.

I - Ignore

*Ignore the negative voice inside your head.
Focus instead on your goals and remember your
accomplishments. Your past success is only a small inkling
of what the future holds.*



J - Journey

*Journey to new worlds, new possibilities, by remaining
open-minded. Try to learn something new every day,
and you'll grow.*

K - Know

Know that no matter how bad things seem, they'll always get better. The warmth of spring always follows the harshest winter.



L - Love

Let love fill your heart instead of hate. When hate is in your heart, there's room for nothing else, but when love is in your heart, there's room for endless happiness.

M - Manage

Manage your time and your expenses wisely, and you'll suffer less stress and worry. Then you'll be able to focus on the important things in life.



N - Notice

Never ignore the poor, infirm, helpless, weak or suffering. Offer your assistance when possible, and always your kindness and understanding.

Q - Question

Ask many questions, because you're here to learn.



R - Relax

Refuse to let worry and stress rule your life, remember that things always have a way of working out in the end.

S - Share

*Share your talent, skills, knowledge and time with others.
Everything that you invest in others will return to you
many times over.*




T - Try

*Even when your dreams seem impossible to reach,
try anyway. You'll be amazed by what you can accomplish.*

U - Use

Use your gifts to your best ability. Talent that's wasted has no value. Talent that's used will bring unexpected rewards.




V - Value

Value the friends and family members who've supported and encouraged you, and be there for them as well.

W - Work

*Work hard every day to be the best person you can be, but
never feel guilty if you fall short of your goals.
Every sunrise offers a second chance.*



X - X-Ray

*Look deep inside the hearts of those around you and
you'll see the goodness and beauty within.*

Y - Yield

Yield to commitment. If you stay on track and remain dedicated, you'll find success at the end of the road.



Z - Zoom

Zoom to a happy place when bad memories or sorrow rears its ugly head. Let nothing interfere with your goals. Instead, focus on your abilities, your dreams and a brighter tomorrow.

***“Rejoice in the Lord always. I will say it again:
Rejoice!***

***Let your gentleness be evident to all. The
Lord is near.***

***Do not be anxious about anything, but in
everything, by prayer and petition,
with thanksgiving, present your requests to
God.***

***And the peace of God, which transcends all
understanding,
will guard your hearts and your minds
in Christ Jesus”***

Philippians 4 : 4 -7

PRAYER FOCUS

- **Father, In the name of Jesus, I surrender myself to walk in the Word. Your word living in me produces the Life in this world.**
- **The word is a lamp to my feet and a light to my path. It makes my way plain before me.**
- **I boldly and confidently say that my heart is fixed and established on the solid foundation – the Living Word of God! Amen**

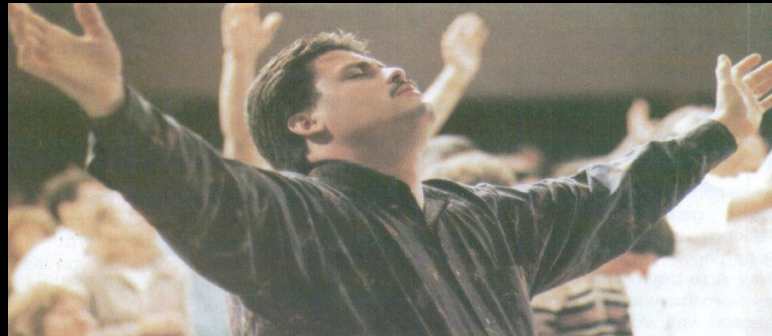


LEARNING, APPLICATION AND COMMITMENT: JAMES 1: 22-25

- **“Do not merely listen to the word, and so deceive yourselves.**
- **Do what it says.**
- **Anyone who listens to the word but does not do what it says is like a man who looks at his face in the mirror and, after looking at himself, goes away and immediately forgets what he looks like.**
- **But the man who looks intently into the perfect law that gives freedom, and continues to do this, not forgetting what he has heard, but doing it - he will be blessed in what he does.” (NIV)**

PASSAGE TO MEMORIZE

- **Proverbs 4: 25-27**
- **Let your eyes look straight ahead, fix your gaze directly before you.
Make level paths for your feet and take only ways that are firm.**
- **Do not swerve to the right or the left; keep your foot from evil.**



LEARNING, APPLICATION AND COMMITMENT

- One of the Biblical truths (principles) that I have learned from this lesson was ...
- I intend to apply this truth (principle) in my business/Ministry by:
- With the help of the Holy Spirit, I will begin applying this truth immediately. I ask and expect my group to hold me accountable for this and to check with me periodically to determine if I am doing so. Please ask me

**Jesus said: Take what I have given
you and change the world!**



BLESSINGS FROM MARIO DENTON

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