



JESUS' 8 STEPS TO HAPPINESS

Step One: "Happy are the poor in spirit"

Matthew 5:3

THE REALITY CHECK:

'I don't understand what I do. For what I want to do I don't do, but what I hate to do, I do! ... I know that nothing good lives in my sinful nature. I have the desire to do what is good, but I cannot carry it out.' Romans 7:15, 18b (NIV)

THE CHECK LIST:

Stress	Diet	Finances	Fears
Worry	Relationships	Bad habits	Anger
Perfectionism	Addiction	Dishonesty	Resentment

THE CAUSE: **PLAYING GOD**

'In the pride of your heart you say, I am a god...' But you are just a man and not a god, though you think you are as wise as a god.' Ezekiel 28:2 (NIV)

STEP ONE: **BE POOR IN SPIRIT**

'Blessed are the poor in spirit, for theirs is the kingdom of heaven.' Matthew 5:3 (NIV)

I ADMIT I am NOT God and I need help!

HELP IS AVAILABLE:

1. **HUMBLY ADMIT I NEED HELP**

'God opposes the proud but gives grace to the humble' James 4:6 (NIV)

2. HUMBLY ASK GOD FOR HELP

'... we despaired of life itself. Indeed, we felt we had received the sentence of death. But this happened that we might not rely on ourselves but on God, who raises the dead'. 2 Corinthians 1:8-9 (NIV)

3. HUMBLY ACCEPT HELP FROM GOD AND OTHERS

'You see, at just the right time, when we were still powerless, Christ died for the ungodly'. Romans 5:6 (NIV)

'Two are better than one, because they have a good return for their work. If one falls down, his friend can help him up. But pity the man who falls and has no one to help him up!' Ecclesiastes 4:9-10 (NIV)

A PRAYER FOR HELP:

*Dear God, I want to take the first step to happiness and spiritual health today. I realise I am not YOU, God. I've often tried to control my problems, my pain, my image, and even other people as if I were YOU. I'm sorry. I have spent a life time denying or been distracted from this truth. I admit that I am helpless to overcome this problem in my life. I admit **I am NOT GOD** and need your help. Today, I am asking for Your help. I humbly ask You to take all the pieces of my unmanageable life and begin the process of healing. Please help me. Please give me the strength to humbly accept the help You and others provide. In the name of Jesus, I pray. Amen.*

'Blessed are the poor in spirit, for theirs is the kingdom of heaven.'
Matthew 5:3 (NIV)



Wollondilly Anglican Church