



## JESUS' 8 STEPS TO HAPPINESS

Step Five: *'Happy are those who hunger and thirst for righteousness*  
Matthew 5:6

### FOOD FOR THOUGHT:

*'Jesus answered, It is written: Man shall not live on bread alone, but on every word that comes from the mouth of God.'* Matt 4:4 (NIV)

*'No one can serve two masters. Either you will hate the one and love the other, or you will be devoted to the one and despise the other. You cannot serve both God and money.'* Matt 6:24 (NIV)

### FOOD THAT SATISFIES:

*'Happy are those who hunger and thirst for righteousness, for they will be filled.'*  
Matt 5:6 (NIV)

### BAD EATING HABITS - WHERE DO THEY COME FROM?

- OUR CHROMOSOMES
- OUR CIRCUMSTANCES
- OUR CHOICES

### BAD EATING HABITS – WHY SO HARD TO CHANGE?

- CONSUMED FOR SO LONG
- CONFUSED ABOUT OUR IDENTITY

- COMFORT, IT PROVIDES
- CONSTANT ATTACK

## GOOD EATING HABITS – COOPERATE WITH GOD

- ONE DEFECT AT A TIME

*'A discerning person keeps wisdom in view, but a fool's eyes wander to the end of the earth'. Prov 17:24 (NIV)*

- ONE DAY AT A TIME

*'Therefore do not worry about tomorrow, for tomorrow will worry about itself. Each day has enough trouble of its own'. Matt 6:34 (NIV)*

- GOD'S POWER NOT YOUR WILLPOWER

*'I can do all this through him who gives me strength'. Phil 4:13 (NIV)*

- GOOD THOUGHTS NOT BAD

*'Finally, brothers and sisters, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable – if anything is excellent or praiseworthy – think about such things'. Phil 4:8 (NIV)*

- GOOD DEEDS NOT GOOD FEELINGS

*'So I say, walk in the Spirit, and you will not gratify the desires of the flesh'. Gal 5:16 (NIV)*

- GOOD PEOPLE NOT BAD

*'Do not be misled: Bad company corrupts good character'. 1Cor 15:33 (NIV)*

- GOOD PROGRESS NOT PERFECTION

*'... being confident of this, that he who began a good work in you will carry it on to completion until the day of Christ Jesus.' Phil 1:6 (NIV)*

## A PRAYER FOR HELP:

Dear God,  
thank You for Your forgiveness. Now I am ready and willing to submit to any  
and all changes You want to make in my life.  
By Your grace, I am ready to face my hurts, hang-ups and bad habits and deal  
with them one by one.

I have defects that have hurt me and defects that have hurt others. I've lived  
with some of these defects for so long that they have become a part of who I  
am. I have tried by my own power to fight against my defects and have failed  
over and over.

I now ask, by Your power of Your Holy Spirit, You transform my mind, my heart  
and my actions.

Help me be who you say I am.

I need Your help in knowing where to start. I cannot handle all my defects at  
once. I can only face them one at a time.

Show me, Lord, where I should begin. I am ready to follow Your lead.

AMEN.



**Wollondilly Anglican Church**