

coast
vineyard church

FINDING
JOY



RECIPE FOR JOY - PT. 1

"Happiness - Joy - hinges on our choices, attitudes and thoughts – and when we know more about how these choices, attitudes and thoughts affect the quality of our lives, we have a powerful recipe for cooking up more lifelong joy, meaning and satisfaction."

5 Ways to Practice Happiness – Joseph Hart

"Joy is the settled assurance that God is in control of all the details of my life, the quiet confidence that ultimately everything is going to be alright, and the determined choice to praise God in every situation."

Kay Warren

Choose Joy: Because Happiness Isn't Enough

CHANGE OUR MINDS



Romans 12:2

Do not conform to the pattern of this world, but
be transformed by the renewing of your mind.

Psalm 1:2-3

Blessed is the one ... whose delight is in the law of the Lord, and who meditates on his law day and night.

That person is like a tree planted by streams of water, which yields its fruit in season and whose leaf does not wither— whatever they do prospers.

Philippians 4:8

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.

SHIFTING OUR PERSPECTIVE




NEW YORK TIMES BESTSELLER

LASTING HAPPINESS IN A CHANGING WORLD

The Book of
JOY

His Holiness the
DALAI LAMA
Archbishop
DESMOND TUTU
with
DOUGLAS ABRAMS

The background is a vibrant, textured wash of orange and red colors, resembling watercolor or a close-up of a natural surface like stone or wood. The colors are layered and blended, with some areas appearing more saturated than others, creating a warm and organic feel.

“A healthy perspective really is the foundation of joy and happiness, because the way we see the world is the way we experience the world.”

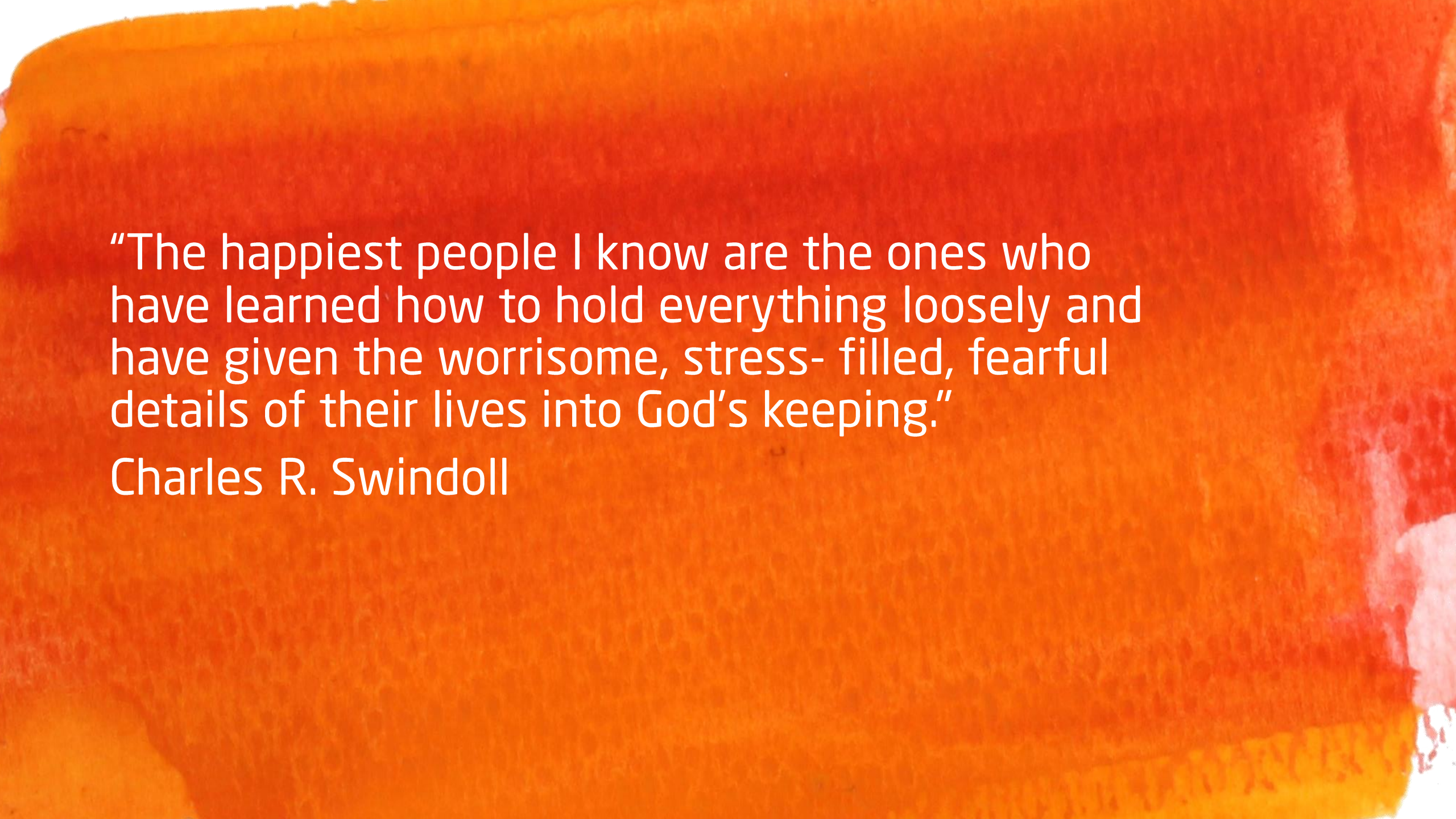
Romans 8:28

And we know that in all things God works for the good of those who love him, who have been called according to his purpose.



Psalm 28:7

The Lord is my strength and my shield; my heart trusts in him, and he helps me. My heart leaps for joy, and with my song I praise him.



"The happiest people I know are the ones who have learned how to hold everything loosely and have given the worrisome, stress- filled, fearful details of their lives into God's keeping."

Charles R. Swindoll

CULTIVATE JOY CREATING HABITS

THE HOW OF HAPPINESS

A New Approach to
Getting the Life You Want



*This much
happiness
—up to 40%—
is within
your power
to change*



Sonja Lyubomirsky

"A guide to sustaining your newfound contentment." —PSYCHOLOGY TODAY

12 Happiness Activities

12 HAPPINESS ACTIVITIES

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1. Expressing gratitude

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2. Cultivating optimism

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3. Avoiding overthinking and social comparison

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4. Practising acts of kindness

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5. Nurturing social relationships

12 HAPPINESS ACTIVITIES

1. Expressing gratitude
2. Cultivating optimism
3. Avoiding overthinking and social comparison
4. Practising acts of kindness
5. Nurturing social relationships
6. Developing strategies for coping

12 HAPPINESS ACTIVITIES

7. Learning to forgive

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7. Learning to forgive

8. Increasing 'flow' experiences

12 HAPPINESS ACTIVITIES

- 7. Learning to forgive
- 8. Increasing 'flow' experiences
- 9. Savouring life's joys

12 HAPPINESS ACTIVITIES

- 7. Learning to forgive
- 8. Increasing 'flow' experiences
- 9. Savouring life's joys
- 10. Committing to your goals

12 HAPPINESS ACTIVITIES

- 7. Learning to forgive
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- 10. Committing to your goals
- 11. Practising spirituality

12 HAPPINESS ACTIVITIES

7. Learning to forgive
8. Increasing 'flow' experiences
9. Savouring life's joys
10. Committing to your goals
11. Practising spirituality
12. Taking care of your body

RECIPE FOR JOY – PT. 1

Change our mind

Shift our perspective

Cultivate joy creating habits

Psalm 33:20-21 (The Message)

"We're depending on God; he's everything we need. What's more, our hearts brim with joy since we've taken for our own his holy name.