

THANKSGIVING HAPPY

Part 1: A Path From Sad To Glad

THE HAPPINESS QUESTION

- ❖ **A barrier to happiness is focusing on what we don't have...**
 - ◆ Relationships
 - ◆ Possessions
 - ◆ Success / Position
- ❖ **Scientific studies on happiness point in a different direction**
 - ◆ Purpose
 - ◆ Connectedness
 - ◆ Gratitude
- ❖ **Scripture has always offered a different perspective**
 - ◆ Our heart attitude plays the major role (*Proverbs 15:15 NLT*)

FROM SAD TO GLAD

- ❖ **What Hannah had**
 - ◆ A good financial situation
 - ◆ A godly husband who loved her despite her inability to bear children
- ❖ **A serious time with God (*1 Samuel 1:9-14 NKJV*)**
 - ◆ Hannah went to the temple by herself to pray
 - ◆ Asked for a son but added a special clause
- ❖ **An answer from God (*1 Samuel 1:15-18 NKJV*)**
 - ◆ She believed the word of the Lord from Eli
 - ◆ She went away glad - before knowing she was pregnant
 - ◆ God kept His word and Hannah kept hers (*1 Samuel 1:26-28 NKJV*)

QUESTIONS ON THE PATH FROM SAD TO GLAD

- ❖ **What do I have?**
 - ◆ Giving thanks connects you to what is good and right in your life
 - ◆ Giving thanks helps connect you to God (*1 Thessalonians 5:18 NKJV*)
- ❖ **Am I praying bigger than myself?**
 - ◆ Do my prayers began and end with me?
 - ◆ I want to tie into a Kingdom purpose (*1 Peter 2:9 NLT*)
- ❖ **What am I expecting?**
 - ◆ Expecting good = glad; Expecting nothing or bad = sad
 - ◆ Expecting good is hope (*Romans 12:12 NKJV*)