



What Makes You Happy Participant s Guide: It s Not What You d Expect (Paperback)

By Andy Stanley

ZONDERVAN, United States, 2017. Paperback. Condition: New. Language: English . Brand New Book. Everybody wants to be happy. Everybody is on a happiness quest. For many, happiness is measured in moments. Experiences. It s elusive. Unsustainable. What about you? What makes you happy? Something comes to mind for each of us. In this six-session video Bible study (DVD/digital video sold separately), pastor Andy Stanley examines the ways in which we tend to define happiness and explains how that definition influences the way we pursue it. He reveals that happiness is about who, not what, and that happy people are at peace with God, with others, and with themselves. He also shows how sin undermines peace because it separates us from God, others, and ourselves by substituting pleasure for fulfillment, things for people, images for intimacy, and self-expression for self-control. We are often tempted to believe that happiness comes from acquiring things, but happiness is actually an outcome of what we sow in our lives. We can t acquire, consume, or exercise our way to happiness, but we may be able to serve and volunteer our way there. In the end, we find that if we live as if it s all about...



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