

# THE *Big 3*

EPISODE: 129

TITLE: The Pursuit of Happiness — What it Is and How to Get It

As Christians, knowing that we are “saved” doesn’t always produce a life full of happiness. But the Gospel speaks grace over us and into our lives and produces fertile ground for a truly happy life. Will you embark on the pursuit of happiness?

Here are three key things to believe and consider:

1. **Cultivate positivity, optimism and gratitude.** Be thankful for what you have and be ambitious about what God has for you next in life. Expect great things! Live a life of gratitude; start by writing down EVERYTHING you have to be thankful for and then send lots of letters, messages, emails and texts to people and let them know what/why you are grateful.
2. **Stop pretending that you have all of life figured out.** Hold everything loosely when it comes to your eating, your sleeping, your routines....what you think you believe and hold tightly to. Keep changing, stay open to the “new” and don’t become rigid. Let God continue to write and rewrite your story.
3. **Pursue gratifications consistent with noble purposes.** Find good things in life that you know line up with scripture and God’s will and pursue those things in life. When you achieve good things in life you will find happiness...but you will feel *really* good about your life when you accomplish those things that line up with Jesus, the Bible, Kingdom and God’s plan for the world.

Happiness is not something you achieve once and for all. Happiness is a muscle, a skill, a way of being that can and must be exercised.

Also, as promised, here is that AMAZING 100 word summary that David shared that sums up his thinking and teaching on happiness:

**DON'T WAIT FOR LIFE TO BE PERFECT BEFORE YOU ENJOY IT.**

<b>CULTIVATE</b> POSITIVITY, GRATITUDE, AND OPTIMISM.	<b>EVALUATE</b> EVERY TREE BY ITS FRUIT, <b>NOT ITS SOIL.</b> IDENTIFY AND APPRECIATE HAPPY MEMORIES. BUY BETTER GROCERIES.
--	---

**INCREASE: TIME OUTSIDE, MEDITATION, CREATIVITY, FAILURE, FORGIVENESS, DANCING, EXERCISE, TRAVEL, SEX, SLEEP, LAUGHTER, SMILING, SPORTS.**

<b>AVOID</b> UNUSABLE INFORMATION, <b>SITTING,</b> EMOTIONALIZING CONFLICT, EMPHASIZING CIRCUMSTANCES, EXCESSIVE SCREEN USE, <b>BEING OFFENDED,</b> THINKING ABOUT YOURSELF, PERFECTIONISM, DIETING, DWELLING ON PAIN.	<b>PURSUE</b> NOBLE ACHIEVEMENTS. COMMIT CONSCIOUS ACTS OF KINDNESS. INFUSE YOUR WORK WITH PASSION. <b>DON'T KILL TIME, ENLIVEN IT.</b> REFRAME STRESS TO FOCUS ON ITS POSITIVE EFFECTS. DAILY EXERCISE A SIGNATURE STRENGTH.
--	---

Thanks for listening...we'll see you in the next episode!  
Caesar & Heath

[Be sure to subscribe, rate and review our podcast on iTunes for us](https://www.123LIFESCHOOL.COM/PODCAST) 😊  
123LIFESCHOOL.COM/PODCAST