

ACTION GUIDE #1: LOVE GOD FAITHFULLY WITH ALL YOUR HEART

Dennis Prager says, "The cause that has given more men and women meaning and happiness than any other is religion." What is the quality of your faith? When we have an active relationship with God, we find true happiness and success. How can we grow our faith?

Here are some ideas. Choose what God leads you to do.

1. **Get More Involved in Your faith.** Studies show that religious involvement (those that regularly attend church and walk in their faith) have greater happiness, joy and life satisfaction. Invest time, energy, and resources in your church and become more religious and faith-filled.
2. **Choose to Find the God of the Bible.** Since religion gives more meaning and purpose in life. Choose to study the Bible, the best-selling book of all time, while praying to know God. Every day set aside time to pray and study your Bible.
3. **Meditate on the Following Verses.**
 1. LUKE 10:27 So he answered and said, "You shall love the Lord your God with all your heart, with all your soul, with all your strength, and with all your mind, and your neighbor as yourself"
 2. JER 9:24 "But let him who glories glory in this, that he understands and knows Me, that I am the Lord, exercising lovingkindness, judgment, and righteousness in the earth. For in these I delight," says the Lord.
4. **Pursue the Bigger Questions in Life in Your Bible Study.** Why was I born? What is the purpose of life? Religion is arguably the best place to find meaning because it has answers. It also addresses questions of pain, suffering, eternal life, and happiness. These answers draw us closer to God.
5. **Find Greater Meaning and Purpose in Life.** PSALM 139:13-18 says that God formed and designed you when you were in your mother's womb. He designed you with a purpose. Pray and ask God to reveal your path. Draw closer to God and ask Him to reveal what He created you to do?
6. **Repent and Be Baptized** into the covenant relationship with God. (ACTS 2:38)

JOIN THE THREE-WEEK QUEST FOR HAPPINESS

- 1) Rate yourself on happiness overall from 10 (full & incredibly happy) to 0 (empty & incredibly sad).
- 2) Rate yourself on how well you love God from 10 (full of love) to 0 (no love).
- 3) Focus on one spiritual law for three weeks. After three weeks, share an email of your results to happy@tekeffect.net. Comment: ~Was this time well spent? Why or why not? Would you recommend this to others? What helped you most on this quest?

Example of an email you might send me after 21-days:

Before starting, I scored myself 4 on Happiness and 3 on Spiritual Law # 1.

Week 1: A week later, after praying about this Spiritual Law I scored 5 and 4 on the two scales.

Week 2: After 14 days, I've studied the Bible on this law and prayed about it and now scored 6 and 6.

Week 3: After 21 days, and using ideas from the action guide, I scored 7 on happiness and 7 on Law # 1.

Comment: I would say that this was time well spent. My happiness has improved and I'd recommend this because my love of God is growing. Action Guide tips 2 and 3 helped me the most! Mr. B. Happy (age 23)