



The Pursuit of Happiness

Week 9

Day 1: Aiming at the Right Target

Reading: Matthew 6:19-24

Devotional: In our pursuit of happiness, we often aim at the wrong targets. Like Matthew Emmons in the Olympics, we can hit what we're aiming for but still miss the mark entirely. Today's passage reminds us to store up treasures in heaven rather than on earth. What are you aiming at in your life? Are your goals centered on self-fulfillment or on serving God and others? Reflect on how you can shift your focus from temporary earthly pursuits to eternal heavenly ones. Consider one way you can realign your "aim" today to better reflect God's priorities for your life.

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Day 2: The Power of Selflessness

Reading: Philippians 2:1-11

Devotional: Jesus exemplified selflessness in His interaction with the leper, touching the untouchable and healing the outcast. Today's passage shows us Christ's ultimate example of selflessness. Counterintuitively, true happiness comes not from focusing on ourselves, but on others. How can you emulate Christ's humility and servant heart today? Look for an opportunity to put someone else's needs before your own, even if it's uncomfortable or inconvenient. As you do, reflect on how this act of selflessness impacts both you and the other person.

Day 3: Remaining in God's Love

Reading: John 15:9-17

Devotional: Jesus tells us that obeying His commands keeps us in His love, leading to overflowing joy. However, His command to love others as He loved us can be challenging. Loving others might mean stepping out of our comfort zones, like Jesus touching the leper. Today, meditate on what it means to "remain" in God's love. How can you actively choose to abide in Christ's love, even when faced with difficult people or situations? Pray for the strength to love sacrificially, knowing that this is the path to true joy.

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Day 4: The Fruit of the Spirit

Reading: Galatians 5:16-26

Devotional: The passage contrasts the works of the flesh with the fruit of the Spirit. When we live selfishly, focused only on our own desires, the result is often discord and emptiness. But when we allow God's Spirit to guide us, we experience love, joy, peace, and other positive attributes. Reflect on your own life – which list more accurately describes your current state? Ask God to help you identify areas where you need to surrender control to His Spirit. Choose one fruit of the Spirit to intentionally cultivate today through your actions and attitudes.

Day 5: Pouring Out and Receiving

Reading: Acts 20:32-35

Devotional: Jesus said His food was to do the will of the Father, finding nourishment in serving others. Like the Sea of Galilee versus the Dead Sea, a life that gives out is full of vitality, while one that only receives becomes stagnant. Today's reading reminds us that it is more blessed to give than to receive. How can you be a channel of God's blessings to others? Consider a way you can volunteer or serve in your community or church. As you give of yourself, be attentive to how God fills you up in return. Remember, as you create a difference for others, God creates a change in you.