

5 Daily Habits for Happiness

BY RICK WARREN

Happiness is something everyone wants to have more of in life, but there are certain traps that can make happiness difficult to hold on to. So how can you avoid them? By building these five daily habits of happiness into your life:

- 1 Relax in God's grace.** Don't fall into the trap of legalism. Every time you try to earn God's smile or do something cool to make him love you, it only makes you lose your happiness. Instead, let's "*glory in what Christ Jesus has done for us and realize that we are helpless to save ourselves*" (Philippians 3:3 TLB).
- 2 Remember what matters most.** Don't fall into the culture's trap that wants you to only value things that are current and trendy. Instead, focus on eternal things and follow Paul's example, who wrote, "*I once thought these things were valuable, but now I consider them worthless because of what Christ has done*" (Philippians 3:7 NLT).
- 3 Get to know Jesus better.** Don't fall into the trap of busyness, which can keep you from spending time with God. Instead, "*Be still, and know that [he is] God*" (Psalm 46:10 NIV) so that you can become "*more thoroughly acquainted with Him, understanding the remarkable wonders of His Person more completely*" (Philippians 3:10 AMP).
- 4 Review where you need to grow.** Don't fall into the trap of pride, where you pretend you have it all together. Instead, make this your prayer: "*Search me, O God, and know my heart; test me and know my anxious thoughts. Point out anything in me that offends you, and lead me along the path of everlasting life*" (Psalm 139:23-24 NLT).
- 5 Forget what can't be changed and focus on the future.** Don't fall into the trap of regret, unforgiveness, and tradition. Instead, focus your energies on this one thing: "*Forgetting what is behind and straining toward what is ahead, I press on toward the goal to win the prize for which God has called me heavenward in Christ Jesus*" (Philippians 3:13-14 NIV).