

THE HAPPY PROJECT



**DOWNLOAD
Weekly Guide**



S F
L I G H T
H O U S E

Worship Cafe

Discussion Question

What was one of the happiest moments in your life?

Scripture Reflection

13 “You are the salt of the earth. But if the salt loses its saltiness, how can it be made salty again? It is no longer good for anything, except to be thrown out and trampled underfoot.

14 “You are the light of the world. A town built on a hill cannot be hidden. 15 Neither do people light a lamp and put it under a bowl. Instead they put it on its stand, and it gives light to everyone in the house. 16 In the same way, let your light shine before others, that they may see your good deeds and glorify your Father in heaven. Matthew 5





The Happy Prayer, Pt 1

Psalm 85:4-5

Lectio (Imagine): Read the above Scripture (3x's). **After the third reading note the word(s) that stick(s) out to you.**

Oratio (Feel): Pray and express your feelings to God about the words that stuck out to you. This could include your desires, confessions, questions, gratitudes, or resistance.

Meditatio (Think): Why do you think the Spirit highlighted those words to you? Where else in Scripture or your life have those words/themes come up? What message might God be conveying to you? How could you use these words to direct your path?

Contemplatio (Be Still): Sit silently for 5 minutes. Just be in God's presence. Focus your attention on the Presence of God that is around you, with you and in you. Enjoy the peace, rest in the love, be content with the Holy Spirit.

Actio (Do): What will you do today in response to the Voice of God?

Ashrei is a Hebrew word that means "happy" or "fortunate." It is also the name of a prayer or psalm in the Jewish liturgy, Psalm 84:4-5 and 145, which begins with the words "Ashrei temimei derech" which means "Happy are those who walk in the way."

This psalm is traditionally recited three times daily in Jewish prayers, and is considered to be one of the most popular and beloved prayers in Jewish tradition. The Ashrei is a hymn of praise to God, extolling God's virtues and attributes, and expressing gratitude for God's kindness and mercy.

A vertical photograph of a forest. In the center, a wooden boardwalk made of two parallel planks leads from the bottom towards the top. The forest floor is covered in moss and fallen leaves. Tall, thin trees line both sides of the path. At the top of the image, a bright sunburst effect is visible, with rays of light filtering through the trees. The overall atmosphere is peaceful and natural.

**HAPPY ARE THOSE WHO
DWELL IN YOUR HOUSE;
THEY ARE EVER PRAISING
YOU.**

**HAPPY ARE THOSE WHOSE
STRENGTH IS IN YOU,
WHOSE HEARTS ARE SET ON
PILGRIMAGE.
-PSALM 84:4-5**



The Happy Prayer, Pt 2

Psalm 145

Lectio (Imagine): Read the above Scripture (3x's). **After the third reading note the word(s) that stick(s) out to you.**

Oratio (Feel): *Pray and express your feelings to God about the words that stuck out to you. This could include your desires, confessions, questions, gratitudes, or resistance.*

Meditatio (Think): *Why do you think the Spirit highlighted those words to you? Where else in Scripture or your life have those words/themes come up? What message might God be conveying to you? How could you use these words to direct your path?*

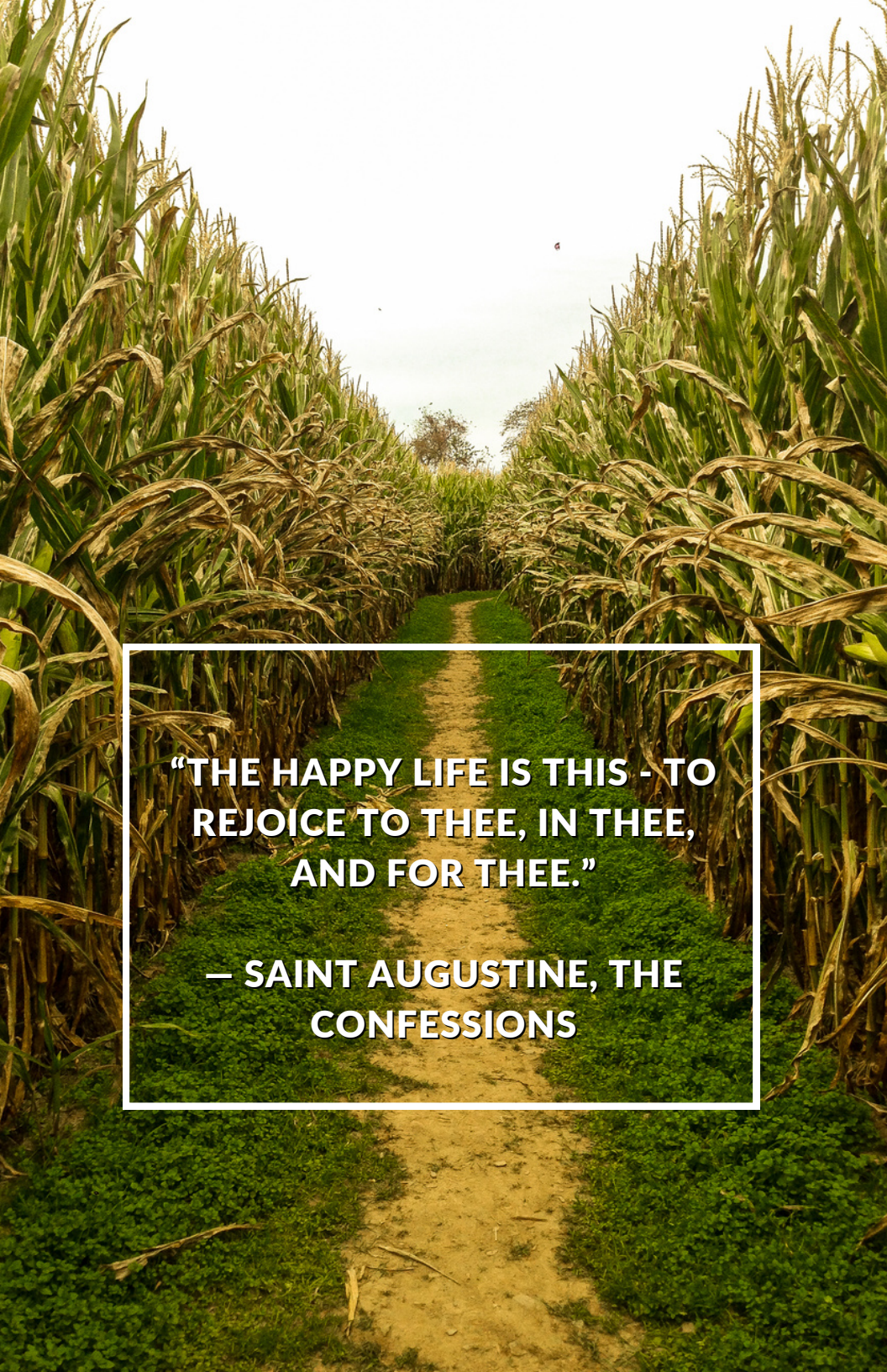
Contemplatio (Be Still): *Sit silently for 5 minutes. Just be in God's presence. Focus your attention on the Presence of God that is around you, with you and in you. Enjoy the peace, rest in the love, be content with the Holy Spirit.*

Actio (Do): *What will you do today in response to the Voice of God?*

Psalm 145 continues the Ashrei Prayer.

Verse 16. "You open Your hand ..." This is thought of as a most important prayer-verse and the universal practice is that it must be said with much concentration on its meaning and with sincerity. In the weekday morning it is common reverently to touch the arm during the first half of the verse ("Your hand") and then the head during the second half ("its desire"). At other times, in addition to the concentration on the meaning of the verse, it is a custom to lift up one's upturned hands as if to receive God's gifts.

This verse expresses the idea that God is a provider, that He opens His hand and satisfies the needs of all living things. It also expresses the idea of praising God forever for his provision and his Kingship. It is a statement of gratitude for God's provision, and a promise to praise him forever as the King of all living things.

A photograph of a dirt path winding through a cornfield. The corn plants are tall and green, with some leaves showing signs of being eaten or dried. The path is made of dirt and is flanked by green grass. The sky is overcast and grey. A white-bordered box is overlaid on the center of the image, containing a quote in white text.

**“THE HAPPY LIFE IS THIS - TO
REJOICE TO THEE, IN THEE,
AND FOR THEE.”**

**— SAINT AUGUSTINE, THE
CONFESSIONS**



The Happy Prayer, Pt 3

Psalm 115:18; 119:1-2

Lectio (Imagine): Read the above Scripture (3x's). **After the third reading note the word(s) that stick(s) out to you.**

Oratio (Feel): Pray and express your feelings to God about the words that stuck out to you. This could include your desires, confessions, questions, gratitudes, or resistance.

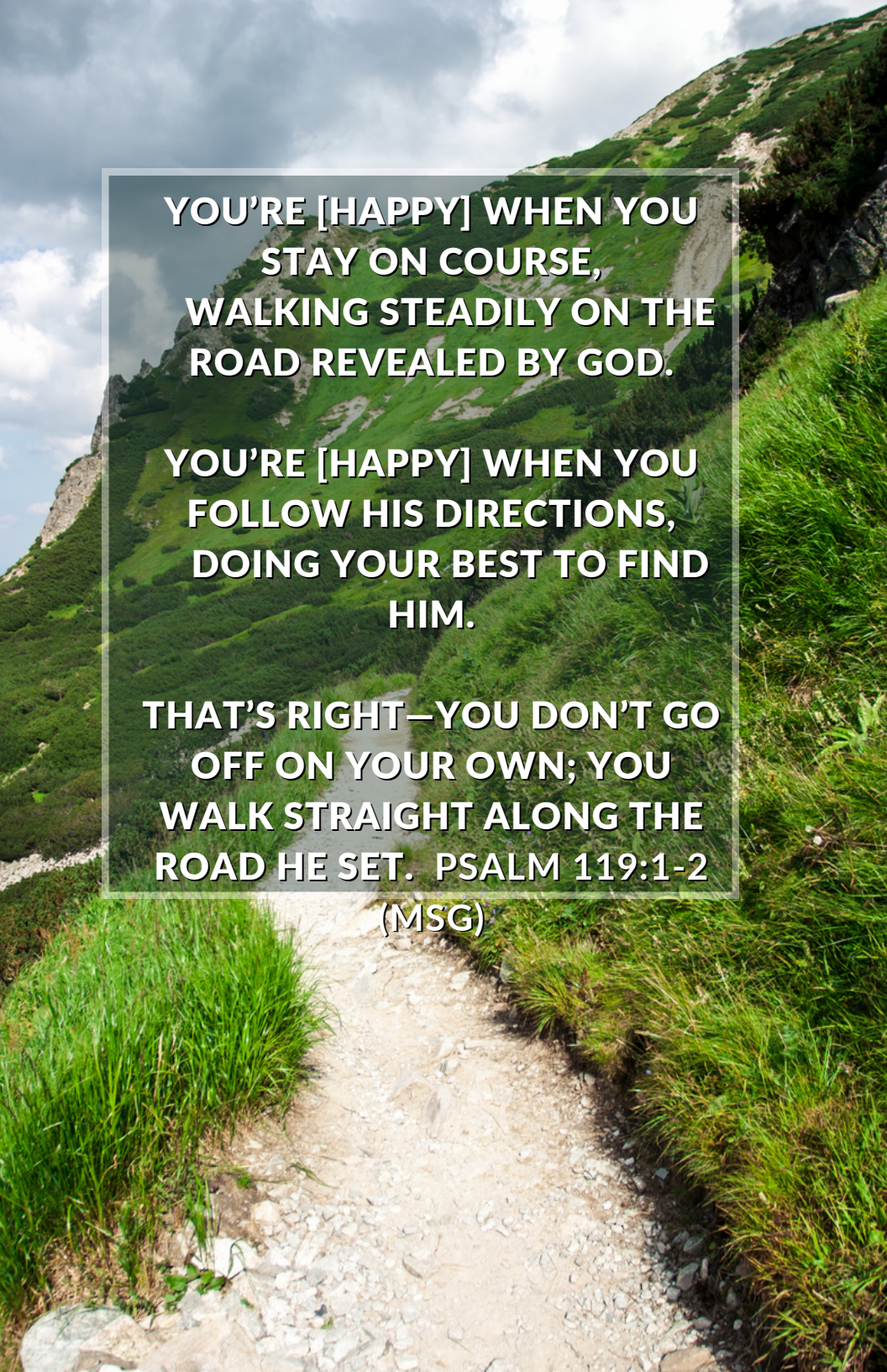
Meditatio (Think): Why do you think the Spirit highlighted those words to you? Where else in Scripture or your life have those words/themes come up? What message might God be conveying to you? How could you use these words to direct your path?

Contemplatio (Be Still): Sit silently for 5 minutes. Just **be** in God's presence. Focus your attention on the Presence of God that is around you, with you and in you. Enjoy the peace, rest in the love, be content with the Holy Spirit.

Actio (Do): What will you do today in response to the Voice of God?

Psalm 115:18 and 119:1-2 closes out the Ashrei Prayer.

Some English translations have the word blessed, but in Hebrew the word is happy. The Hebrew word for "blessed" (baruch) is not in the Hebrew text. One of the reasons English translators didn't use the word "happy" is because they felt it was too light and flippant and so they opted for "blessed." But the prayer is called the Happy Prayer and it is important to see God as the one who makes us happy.



**YOU'RE [HAPPY] WHEN YOU
STAY ON COURSE,
WALKING STEADILY ON THE
ROAD REVEALED BY GOD.**

**YOU'RE [HAPPY] WHEN YOU
FOLLOW HIS DIRECTIONS,
DOING YOUR BEST TO FIND
HIM.**

**THAT'S RIGHT—YOU DON'T GO
OFF ON YOUR OWN; YOU
WALK STRAIGHT ALONG THE
ROAD HE SET. PSALM 119:1-2**

(MSG)

The Joy Prayer



Philippians 4:2-9

Lectio (Imagine): Read the above Scripture (3x's). **After the third reading note the word(s) that stick(s) out to you.**

Oratio (Feel): Pray and express your feelings to God about the words that stuck out to you. This could include your desires, confessions, questions, gratitudes, or resistance.

Meditatio (Think): Why do you think the Spirit highlighted those words to you? Where else in Scripture or your life have those words/themes come up? What message might God be conveying to you? How could you use these words to direct your path?

Contemplatio (Be Still): Sit silently for 5 minutes. Just be in God's presence. Focus your attention on the Presence of God that is around you, with you and in you. Enjoy the peace, rest in the love, be content with the Holy Spirit.

Actio (Do): What will you do today in response to the Voice of God?

The "joy prayer" of Paul is not a specific prayer that is referred to by name in the Bible, but in Philippians 4:4-7, we are led into the places of Paul's joy and a call to our joy:

"Rejoice in the Lord always. I will say it again: Rejoice! Let your gentleness be evident to all. The Lord is near. Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus."

In this passage, Paul encourages the Philippians to rejoice in the Lord always and to present their requests to God with thanksgiving. He also promises that when they do this, they will experience the peace of God, which transcends all understanding. This passage could be considered as a sort of joy prayer as it encourages and reminds people to have joy in the Lord and to give thanks for everything, as well as to pray for peace and trust in God.

**JOY IS THE
INFALLIBLE SIGN OF
THE PRESENCE OF
GOD.**

**– PIERRE TEILHARD DE
CHARDIN**





The Joy Prayer, Pt 2

Philippians 4:10-20

Lectio (Imagine): Read the above Scripture (3x's). **After the third reading note the word(s) that stick(s) out to you.**

Oratio (Feel): *Pray and express your feelings to God about the words that stuck out to you. This could include your desires, confessions, questions, gratitudes, or resistance.*

Meditatio (Think): *Why do you think the Spirit highlighted those words to you? Where else in Scripture or your life have those words/themes come up? What message might God be conveying to you? How could you use these words to direct your path?*

Contemplatio (Be Still): *Sit silently for 5 minutes. Just be in God's presence. Focus your attention on the Presence of God that is around you, with you and in you. Enjoy the peace, rest in the love, be content with the Holy Spirit.*

Actio (Do): *What will you do today in response to the Voice of God?*

The verse 13 is usually translated as "I can do all things through Christ who strengthens me."

The context of the verse is one of great joy in both abundance and scarcity, pleasure and pain. This verse expresses the idea that through faith in Jesus Christ, one can have the strength and ability to overcome any obstacle or challenge that they may face. And that joy is a gift that keeps us going through. It expresses the idea that with Christ's joy, we can do all things, even things that seem impossible, and that he gives us the strength we need to face and overcome challenges. It is a statement of faith in the power and strength that comes from relying on Jesus Christ, and it encourages the reader to trust in Christ's power in their own lives.

Friday

Lectio Divina



WE ARE HAPPY IN
PROPORTION TO THE THINGS
— WE CAN DO WITHOUT.
~ HENRY DAVID THOREAU



The Happy Journal

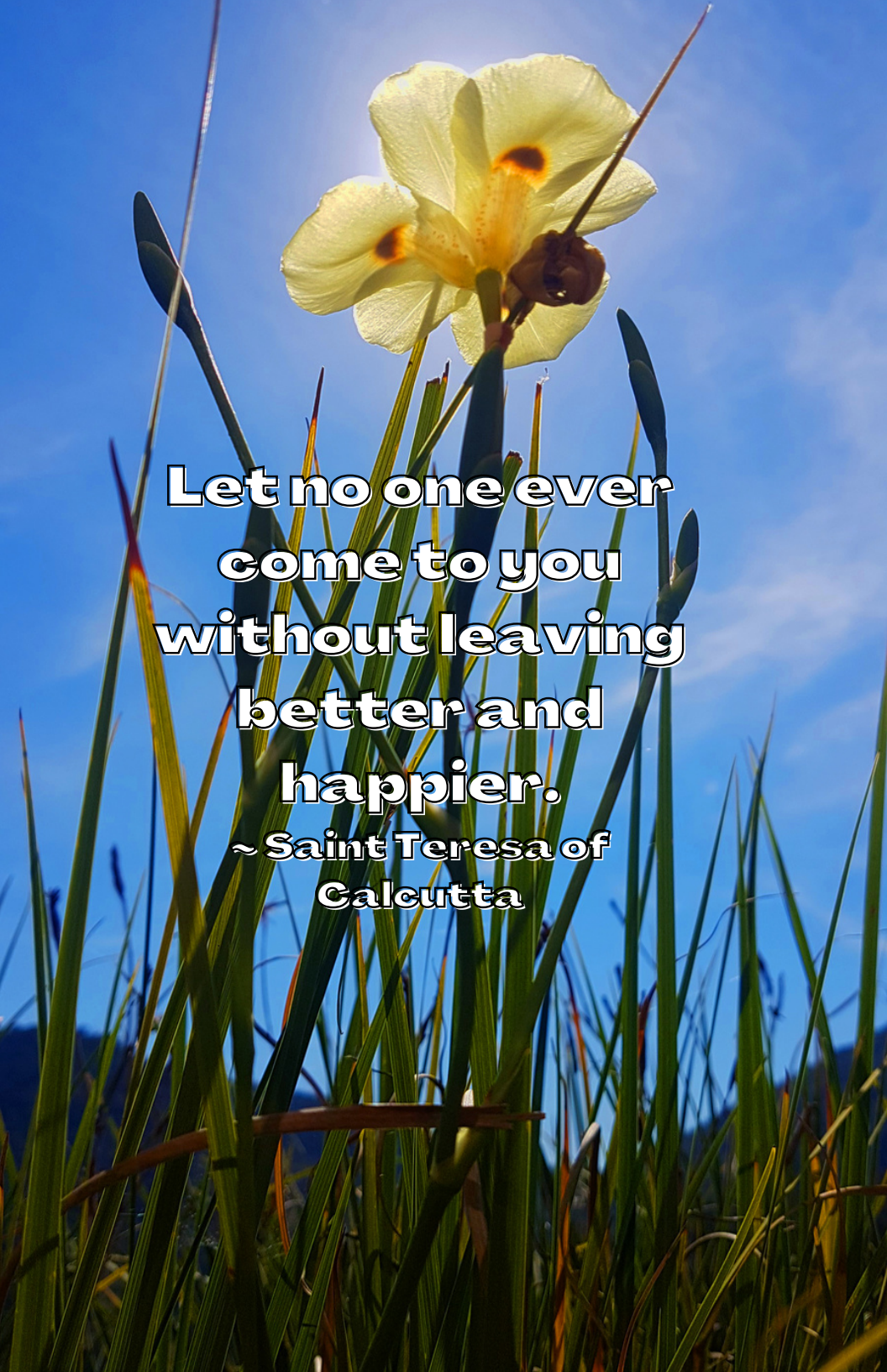
A "happy journal" is a type of journal where individuals can write down things that make them happy, grateful, or positive experiences they have had. The idea behind a happy journal is to put in writing the Nine Joyful Mindsets of Philippians 4:9-10.

Some people use happy journals to write down things they are thankful for, moments of joy or inspiration, or things that made them smile. Others use them as a place to reflect on positive memories or to plan and set intentions for a happier future.

A happy journal can be a useful tool for mental and emotional well-being, as it can help individuals focus on the positive aspects of their lives, rather than dwelling on negative experiences. It can also be a helpful way to practice mindfulness and gratitude, and to keep track of progress over time.

It's a tool to help people to be mindful of the positive aspects of their lives and to focus on the things that bring them joy. It's also a way to cultivate gratitude, which is related to well-being and happiness.

Journal



**Let no one ever
come to you
without leaving
better and
happier.**

**~ Saint Teresa of
Calcutta**