talk yourself happy
tips to talking yourself happy
REMEMBER

the past and what the Lord has done in your life.

- Speak often of God’s faithfulness.
- Tell yourself and others about the ways God has helped in the little things, the hidden places, and the not-so-obvious moments of your life.

And most of all . . .

- Remember that if he did it before, he’ll do it again.
RECOGNIZE

who God is—the character of God and the heart and ways of God.

- Remind yourself and others that God does not lie, that he is all-knowing, all-powerful, and sovereign and has your best in mind.

- God is good and ALL GOOD comes from God.
RECITE

the Word of God and his specific promises for you.

- Agree with the Word not only in your speech but also in your heart.

- Allow the Word to bring light into your situation.
REALIZE

the power of the Holy Spirit and surrender yourself to his will.

- Humbly choose to depend solely on his wisdom, his counsel, his help, his love, his power, and his instruction.

- Allow this surrender to be reflected in your prayers.
READJUST

your perspective to line up with God’s.

- As you speak God’s Word, make sure you are not trying to manipulate it to line up with your lifestyle and your ways.

- Study God’s Word and speak it in its fullness.
REACH OUT TO

and connect with others who share the heart of God and can stand in agreement with the promises you are holding on to.

- Encourage others in the Word just as you encourage yourself.
- Practice encouraging others with the Word and Talk Others Happy.
RECALL

the hand of God over your life
to see him in the little things,
the hidden places, and the not-so-obvious moments of your life.

- God is a trustworthy God in every way, every day, in every situation.

- Remind yourself of the goodness of God by praising him and simply being thankful for the hope that was and is and is to come in our Abba Father.
WANT SOME MORE happy
IN YOUR LIFE?

Read Kristi Watt’s Talk Yourself Happy!
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