



HAPPY HOLIDAYS:
.....
SECRETS FROM THE BIBLE & SCIENCE

“ It was a time of happiness
and joy, gladness and honor.

- Esther 8:16

HOLIDAY BLUES

- Holidays are ‘supposed to be’ joyous but for many people, they are exactly the opposite.
- The phrase “holiday blues” yields 4 million search results on Google!
- The internet is filled with tips on how to avoid falling into depression — or even despair — during the holiday.
- How can we enjoy HAPPY holidays? The answers are found in God’s Word, back by science.

WHERE DOES HAPPINESS COME FROM?

- Your genes
- Your thoughts
- Your actions
- Your **DAILY** goals



50 percent of individual differences in happiness are governed by genes, 10 percent by life circumstances, and the remaining 40 percent by what we do and how we think.

- The How of Happiness

HAPPY THOUGHTS

- How you think—about yourself, your world, and other people—is more important to your happiness than the objective circumstances of your life.
- Your experience of the holiday season (that time from Thanksgiving in the USA through the worldwide celebration of the New Year) is really up to you. You get to choose.

10 TIPS FOR A HAPPIER HOLIDAY

*Practical Strategies You Can Use for
Holiday Cheer or Any Time of Year*



1. HAPPINESS COMES FROM GRATITUDE

- Even as we tell God all about our ‘grown-up Christmas list’ let’s remember to do so with a heart that is grateful for all God has already given and already done.
- The Bible commands it and science confirms it.

1. HAPPINESS COMES FROM GRATITUDE

- According to a study conducted by the University of Pennsylvania in 2005, one of the greatest contributing factors to overall happiness in life is how much gratitude we show.
- Specifically *saying* “Thank you for...” can boost your happiness.

1. HAPPINESS COMES FROM GRATITUDE

- The Bible says we “overcome evil with good” (Romans 12:21).
- We overcome our natural tendency toward anger, jealousy, resentment and other toxic emotions that are often stirred during the holiday season by pro-actively choosing gratitude.
- Gratitude is a *displacer*.

1. HAPPINESS COMES FROM GRATITUDE

- "Give thanks in all circumstances; for this is the will of God in Christ Jesus for you."
1 Thess. 5:18
- There's no room for anger about what *people* have (or haven't) done when you are **FILLED** with gratitude for what *God* has done.
- Anger is **displaced** by gratitude.

1. HAPPINESS COMES FROM GRATITUDE

- There's no room for jealousy over what *someone else* has when you are filled with gratitude for what *God* has given you.
- Jealousy is **displaced** by gratitude.
- This same principle applies to every destruction emotion which might come your way during the holidays.

1. HAPPINESS COMES FROM GRATITUDE

- There's no room for resentment concerning past hurts when you are FILLED with gratitude and the confident expectation that God has a glorious future in store.
- Resentment is **displaced** by gratitude.
- The Bible commands us, over and over again, to “give thanks.” Every command of God is for our benefit.



Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God.

- Philippians 4:6



The more a person is inclined to gratitude, the less likely he or she is to be depressed, anxious, lonely, envious, or neurotic.

- The How of Happiness

2. HAPPINESS COMES FROM AN ABUNDANCE MENTALITY

- When we understand that our God is El Shaddai, the God of “more than enough,” we release a poverty mentality that fears there’s not enough _____ to go around.
- Fill in the blank with what you think you need to be happy: gifts, experiences, love, money, opportunity, relationships.

2. HAPPINESS COMES FROM AN ABUNDANCE MENTALITY

- El Shaddai has more than enough to go around.
- Story of the Scottish pastor's son.
- The Bible commands it: "Rejoice with those who rejoice." (Romans 12:15)
- Science confirms it.

“ The happiest people take pleasure in other people’s successes.

- The How of Happiness

3. HAPPINESS COMES FROM ACTION

- Researches concluded that “Happy people have a sense of ownership over their lives.”
- The positive belief that your own choices, your daily actions, have the power to co-create the future you want.
- You are not a victim of circumstances outside your control.
- In partnership with God, you can have, do and be anything you are willing to work for.

3. HAPPINESS COMES FROM ACTION

- God will make a way...but not while you are making excuses.
- If you want to be unhappy, make excuses.
- If you want to be happy, make changes!
- The most important action you can take is **SERVING OTHERS**. Researchers found community service a strong indicator of joy and contentment.

4. HAPPINESS DOESN'T COMPARE

- Unhappy people compare themselves to others.
- It's never fair to compare your inside to someone else's outside.
- Social media consumption is now proven to lead to depression because it portrays a distorted image of reality, according to Psychology Today.
- The Bible warns us not to do this.



Clinical psychologists at Lancaster University reviewed nearly 800 articles and selected 30 with the strongest methodologies. They examined data that included more than 35,000 participants between the ages of 15 and 88 from 14 countries...Their review found that study participants were more likely to feel depressed when they spent time comparing themselves to others on social media.

- Psychology Today



Pay careful attention to your own work, for then you will get the satisfaction of a job well done, and you won't need to compare yourself to anyone else.

- Galatians 6:4 (NLT)

5. HAPPINESS DOESN'T OVERTHINK EVERYTHING

- Overthinking — trying to ‘figure things out’ - doesn’t work!
- What is the opposite of overthinking?
- Faith.
- Faith doesn’t try to figure things out. It trusts the past, present and future to God.

5. HAPPINESS DOESN'T OVERTHINK EVERYTHING

“Overthinking is thinking too much, needlessly, passively, endlessly, and excessively pondering the meanings, causes, and consequences of your character, your feelings, and your problems...”

5. HAPPINESS DOESN'T OVERTHINK EVERYTHING

“...although people have a strong sense that they are gaining insight into themselves and their problems during their ruminations, this is rarely the case. What they do gain is a distorted, pessimistic perspective on their lives...”

““

The evidence that overthinking is bad for you is now vast and overwhelming.

- The How of Happiness



Trust God from the bottom of your heart; **don't try to figure out everything on your own.** Listen for God's voice in everything you do, everywhere you go; he's the one who will keep you on track.

- Proverbs 3:5-6 (The Message)

5. HAPPINESS DOESN'T OVERTHINK EVERYTHING

- Reflection v Rumination.
- Reflection - Focus on “What You Did Right” and lessons that can be pro-actively applied to create **solutions** going forward.
- Rumination - Focus on “What you Did Wrong” and especially, on forces beyond your control that *conspired* against you, leaving you hopelessly stuck. A victim. Focus is on the **problem**.

“ Whether we switch on happiness, peace, and good health or switch on anxiety, worry, and negativity, we are changing the physical substance of the brain...the brain can get worse by constantly focusing on the problem.

- Dr. Caroline Leaf

““

Through our thoughts, we can be our own brain surgeons as we make choices that change the circuits in our brains. We are designed to do our own brain surgery.

- Dr. Caroline Leaf

6. HAPPINESS HAS A HOPE AND A FUTURE

- Researchers discovered that one simple way to immediately increase your happiness is to envision a specific hope for a specific future.
- Here's how it works.
- Imagine yourself at some point in the future.
- Your goals and dreams have been accomplished in the most realistic, best way possible.
- Vividly imagine what your life looks like?
- What does it feel like?

6. HAPPINESS HAS A HOPE AND A FUTURE

- Now create a plan to get there and begin pursuing that plan.
- It's that simple!
- It has been scientifically proven that a program, like the one laid out in my course, **Make This Your Best Year Ever**, makes you a happier person.
- www.donnapartow.com/best

““

For I know the plans I have for you,” declares the LORD, “plans to prosper you and not to harm you, plans to give you hope and a future.

- Jeremiah 29:11

6. HAPPINESS HAS A HOPE AND A FUTURE

- America's Founding Fathers had it right: it is the pursuit of happiness itself that brings meaning to life.
- Having a pursuit brings happiness!
- If you are wondering whether or not to set New Year's Resolutions, the answer is: only if you want to be happy.
- A University of Scranton study found that people who made public New Year's resolutions were a remarkable *ten times more likely* to succeed at their goal and happier as a result of both the pursuit and the achievement.
- Rewarding yourself for achieving milestones can also increase your chances of future success and happiness.

7. HAPPINESS COMES FROM ATTENDING CHURCH

- The Bible commands it.
- In fact, it is the 4th Commandment.



And let us consider how we may spur one another on toward love and good deeds, not giving up meeting together, as some are in the habit of doing, but encouraging one another.

- Hebrews 10:24

7. HAPPINESS COMES FROM ATTENDING CHURCH

- Science confirms it.
- 47 percent of people who report attending religious services several times a week describe themselves as “very happy,” versus 28 percent of those who attend less than once a month.

“

I was glad when they said to me,
“Let us go to the house of the
LORD!”

- Psalm 122:1

8. HAPPINESS COMES THROUGH MEDITATION

“An avalanche of studies has shown that meditation has multiple positive effects on a person’s happiness and positive emotions, on physiology, stress, cognitive abilities, and physical health.

8. HAPPINESS COMES THROUGH MEDITATION

Researchers who study the bodies of people during the practice of meditation have confirmed that meditators are able to attain both a profound state of physiological rest (indicated by a reduced respiration rate, for instance) and a heightened state of awareness and alertness (indicated by such things as increased blood flow and other relevant markers in the brain).

- The How of Happiness



Keep this Book of the Law always on your lips; **meditate on it day and night**, so that you may be careful to do everything written in it. Then you will be prosperous and successful.

- Joshua 1:8

“

Blessed (happy, to be envied) is the one
...whose delight is in the law of the
Lord, and who **meditates** on his law
day and night. That person is like a tree
planted by streams of water, which
yields its fruit in season and whose leaf
does not wither— whatever they do
prosper.

- Psalm 1:1-3 (excerpts)

8. HAPPINESS COMES THROUGH MEDITATION

“At the end of the eight weeks, those who had practiced meditation (compared with a control group) showed increases in activity in their left prefrontal cortex,... this particular pattern of greater brain activation in the left versus right part of the brain is observed in happy individuals; thus this finding nicely corroborates other research revealing that a series of regular meditation sessions produces greater happiness and less anxiety and depression.” - Dr. Caroline Leaf

9. HAPPINESS COMES FROM TIME IN GOD'S CREATION

- Study published in the *Archives of Internal Medicine* in 1999.
- Group over 50 who were clinically depressed.
- Divided into 3 groups: exercise only; Zoloft only; exercise plus Zoloft
- After 4 months, which group do you think were the happiest?
- The exercise-only group!

9. HAPPINESS COMES FROM TIME IN GOD'S CREATION

- Study at the University of Bristol in England, conducted in 2008. Discovered that people's moods *significantly improve* after exercising.
- Study after study confirms that a one-hour daily walk does more to beat depression and boost happiness than any other available treatment including counseling and medication.

9. HAPPINESS COMES FROM TIME IN GOD'S CREATION

- The fastest way to get happy is to go outside and exercise. You will almost always feel instantly better!
- No matter how hectic the holidays, no matter how cold the weather, get outdoors.
- Do it first thing in the morning.
- The later in the day you schedule a daily walk, the less likely you are to actually walk.

10. HAPPINESS CAN BE A TRICK

- You can trick yourself into being happy by acting happy!
- Your brain senses the smile on your face then searches for explanations.
- And your brain has an amazing way of finding whatever it looks for.
- Researchers found that, “Simply taking on the facial expressions and postures of happiness can go a long way” to experiencing happiness.
- Study of depressed patients. Botox injected in their frown lines. Two months later, nine out of the ten participants were no longer depressed, and the tenth had much improved.

10. HAPPINESS CAN BE A TRICK

- Michigan State University study in 2011 found that, “People who smile as a result of cultivating positive thoughts can significantly and immediately improve their mood.”
- The bible said it before science did: “A cheerful heart is good medicine” (Proverbs 17:22).
- Watch funny and uplifting Christmas movies on purpose.
- Have a fun Christmas playlist and play it.
- Put up some decorations that make you smile.
- Get up and dance!
- Act happy and you’ll feel happy. Fool your brain.



God gives wisdom, knowledge and happiness.

- Ecclesiastes 2:26

WEU CHAPEL CLUB

- If you enjoyed this presentation, you'll love the WEU Chapel Club.
- Each month, we gather online for a time of teaching and prophetic prayer.
- Just \$7 per month.
- Join now: www.donnapartow.com/chapel



HAPPY HOLIDAYS:
.....
SECRETS FROM THE BIBLE & SCIENCE