

EXERCISE: HAPPINESS HABITS, Part 1 of 7

The “World Happiness Report” indicates that Canadians have become considerably less happy over the last decade. COVID has also had a negative impact on our mental health. The world is currently in the grips of a mental health crisis! Our psychological and emotional well-being is at a low ebb. Put simply, many people are feeling unhappy these days.

Definition: Happiness is a state of well-being or contentment.

1. GOD _____

1 Timothy 6:6 NLT “Godliness with contentment is itself great wealth.”

Proverbs 15:15 NLT “For the despondent, every day brings trouble; for the happy heart, life is a continual feast.”

Our _____ **and** _____ **impact our happiness.**

Matthew 5:3-9 GNT (The Beatitudes)

³ “Happy are those who know they are spiritually poor; the Kingdom of heaven belongs to them!

⁴ “Happy are those who mourn; God will comfort them!

⁵ “Happy are those who are humble; they will receive what God has promised!

⁶ “Happy are those whose greatest desire is to do what God requires; God will satisfy them fully!

⁷ “Happy are those who are merciful to others; God will be merciful to them!

⁸ “Happy are the pure in heart; they will see God!

⁹ “Happy are those who work for peace; God will call them his children!

Psalms 118:24 NLT

“This is the day the Lord has made. We will rejoice and be glad in it.”

Philippians 4:4 NCV “Be full of joy in the Lord always. I will say again, be full of joy.”

Romans 12:2 NLT

“Don’t copy the behavior and customs of this world, but let God transform you into a new person by changing the way you think.”

2. EXERCISE _____

Genesis 2:15 NLT “The Lord God placed the man in the Garden of Eden to tend and watch over it.”

In the time of Jesus, people got a lot of exercise. Their physical activity was built into their everyday lives. They didn’t need to go to the gym to work out. Their daily lives were a workout!

1 Timothy 4:8 NLT

“Physical training is good...”

1 Corinthians 9:27 NLT

“I discipline my body like an athlete, training it to do what it should.”

The Science of Exercise Happiness:

- Runner’s High
- Endorphins (“happy” chemicals)

Being Active Outdoors Makes Us Even Happier!

- The Forest Boosts Our Immune System
- Nature Recharges Our Batteries
- Being Active Outdoors Releases Feel-Good Hormones
- Memories Lead to Long-Lasting Happiness
- We Connect with Our Creator

Dr. Karmel Choi’s Research (Harvard’s School of Health): Exercise combats depression! JAMA Psychiatry, January, 2019

Next Step: How will you make regular exercise part of your daily life?

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