

FIVE HAZARDS TO AVOID THAT AFFECT HAPPINESS

From Drs. Les and Leslie Parrott

Just like a skilled golfer who surveys their course for bunkers and hazards, we need to survey our future. Relationships with your spouse, family and friends will be much smoother if you examine your journey ahead and take note of potential hazards to your happiness. Planning for your future goes far beyond finances and basic means. It should also include a plan for your happiness that avoids any unnecessary bumps in the road. Today, we are exposing five hurdles that can steal your happiness; but only if you let them.

1. COMPARING OURSELVES TO OTHERS

The reason comparing ourselves to others sabotages our happiness is simple – we immediately become ungrateful. Jealousy overrides gratitude. So how can you turn this kind of negative comparison around? Stop focusing on negative comparisons and substitute them with a positive one. In other words, consider people who don't have it as well as you do. The instant you realize how blessed you are is the moment your gratitude will increase and your dissatisfaction will dissipate.

2. HOLDING ON TO PRIDE

Pride is a saboteur of happiness. It has a way of seeping into our conversations even when we are consciously inclined to avoid it. Research shows that when pride sets in, a partner will continue an argument 24 percent of the time even if they know they are wrong. And a full 74 percent will fight on even if they feel it's a loss. How can you avoid pride? By allowing humility to take its place. Humility isn't for cowards, it's risky. Humility makes us vulnerable, but it also makes possible everything we truly want to be. Without humility it's nearly impossible to engender kindness and warmth with our spouse and others. Humility will help you find happiness in your marriage.

3. OBSESSING OVER THE PAST

Your present is inextricably linked to your past. When you are weighed down by regret, pain or guilt over things that happened two decades ago, two weeks ago and even two hours ago, you will not be able to live fully in the present. Any attention you give to your past can't help but distract you from your current relationships. How do you overcome this? By healing your hurts. Focus where it hurts and get over any past jealousy, irritation, hurt, or trust issues that are lingering. It's a process of self-exploration that can sometimes be lengthy, but is well worth it. When you can avoid obsessing over the past, you can fully enjoy the present.

4. FIXATING ON THE FUTURE

Planning for the future is a good thing, but putting your current life on hold because you are so fixated on "what will be" is not. Never allow your happiness to wait for you in the future. If you have the "once I complete this goal, then I will be happy" mentality you are missing out on the current happiness you can have now. Life is here and now – not there and then. It's good to have goals, but focus on making yourself happy while you work on obtaining them. Don't spend your life preparing to live. Do your best to live in the present. Happiness need not be put on hold.

5. GIVING IN TO THE SILVER MEDAL SYNDROME

Not all medals are created equal. Research reveals that gold medal winners are happiest. But the next results were surprising; the bronze medalists were happier than the silver. Silver medalist think "I came so close to winning gold" while bronze medalists think "I almost didn't get a medal and am grateful to be on the podium." One reflects on what they have and the other reflects on what they don't have. This is the silver medal syndrome. It's tempting to want more rather than be grateful for what we have. And when you focus on what you don't have, happiness wanes. Don't give in to the silver medal syndrome. Focus on what you have and be grateful for it. As you move forward in life, keep an eye out for these five hazards – and stay focused on the happiness you have in the present.



LIGHTHOUSE

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November 24, 2019

We welcome you to all our services!

Sunday:	10:00 AM	Sunday School
	11:00 AM	Morning Worship
	11:00 AM	Kids Church
Wednesday:	5:30 PM	Fellowship & Devotion

Announcements

Special Offering Sunday—all unmarked offering will go to The Help Center.

We will not have a service this Wednesday.

Today: We will be accepting new members into our congregation. If you are interested in becoming a member of the church, please see one of our Board Members.

Today: Teen Challenge will be here for the Morning Service followed by our Annual Thanksgiving Lunch.

Next Sunday: At 6:00 PM, Seth Greenwell, from Global Teen Challenge, will be here for a missions service.

Next Sunday: Youth Switch Tournament at 6:00 PM.

December 8: Life Group at Wayne & Cathy Mosby's home beginning at 5:00 PM.

December 8: The youth will meet, at the church, at 5:00 PM to go Christmas caroling.

January 2: Plans are being made for a Youth Swim at Monett YMCA. The youth will leave the church, at 2:30 PM. Everyone should bring \$5.00 for dinner and must complete a permission slip prior to the event. Please see Robin Hunicutt for more information.

**Don't forget to discuss Sunday School
& Kids Church
with your children!**

This week we will be working on our Christmas Program.

Thought of the Week

In every situation [no matter what the circumstances] be thankful and continually give thanks to God; for this is the will of God for you in Christ Jesus.
1 Thessalonians 5:18 (AMP)

Holiday Schedule

Please check our schedule each week for updates and additional information.

Wednesday (11/27): No Wednesday night fellowship or classes.

Sunday (12/1): Board Meeting at 8:30 AM

Sunday (12/1): Global Teen Challenge service at 6:00 PM.

Sunday (12/1): Youth Switch Tournament at 6:00 PM.

Sunday (12/8): Life Group at Mosby's home beginning at 5:00 PM.

Sunday (12/8): Youth caroling at 5:00 PM.

Saturday (12/14): Food Basket Brigade food pickup, beginning at 9:00 AM. See Kevin Tomlin for details.

Sunday (12/15): Annual Christmas Program.

Saturday (12/21): Salvation Army bell ringing from 10:00 AM to 7:00 PM. See Kevin Tomlin to schedule a time.

Saturday (12/21): Food Basket Brigade Distribution. If you are willing to help with "leftovers" at The Help Center, please see Donna Wilson.

Wednesday (12/25): Community Christmas Dinner.

Sunday (12/29): Special offering Sunday for the Marble Scholarship.

Thursday (1/2): Youth Swim at Monett YMCA beginning at 2:30 PM.

