

# JOY, HAPPINESS, & CONTENTMENT

*4 Ways To Kick Gloom, Doom, Negativity, & Depression In The Head*

## PART 3: JOY IS A CHOICE, MY CHOICE

1. Joy Is A Choice I Make \_\_\_\_\_ Of  
My \_\_\_\_\_.

Habakkuk 3:17–19 (NKJV)

<sup>17</sup> Though the fig tree may not blossom,  
Nor fruit be on the vines;  
Though the labor of the olive may fail,  
And the fields yield no food;  
Though the flock may be cut off from the fold,  
And there be no herd in the stalls—  
<sup>18</sup> **Yet** I will rejoice in the LORD,  
I will joy in the God of my salvation.

2. Joy Is A Choice I Make Based On \_\_\_\_\_

\_\_\_\_\_.

Habakkuk 3:19a (NKJV)  
The LORD God is my strength; . . .

3. Joy Is A Choice I Make By \_\_\_\_\_.

Habakkuk 3:19b (NKJV)  
. . . **He will** make my feet like deer's *feet*,  
And **He will** make me walk on my high hills.

4. Joy Is A Choice I Make \_\_\_\_\_.

Philippians 4:4 (NKJV)  
Rejoice in the Lord **always**. Again I will say, rejoice!

***WHAT IS MY NEXT STEP?***