BLUE MONDAY















"I made the promise that from that day until the end of my life, I promised to be happy, smile, be polite, helpful, and kind." (From Eddie Jaku's 2019 TEDx talk in Sydney, Australia)



"One flower is my garden; one good friend is my world....You should take time to be happy and enjoy life. There's a time to laugh and there's a time to cry. I see good things in life. Invite a friend or family member for a meal. Go for a walk. Tomorrow will come, but first enjoy today....For me, when I wake up, I'm happy because it is another day to enjoy. When I remember that I should have died a miserable death, but instead I'm alive, so I aim to help people who are down. I was at the bottom of the pit. So If I can make one miserable person smile, I'm happy." (From Eddie Jaku's 2019 TEDx talk in Sydney, Australia)

"Today, I teach and share happiness with everyone I meet. Happiness does not fall from the sky; it's in your hands. If you're healthy and happy, you're a millionaire." (From Eddie Jaku's 2019 TEDx talk in Sydney, Australia)



Happy No

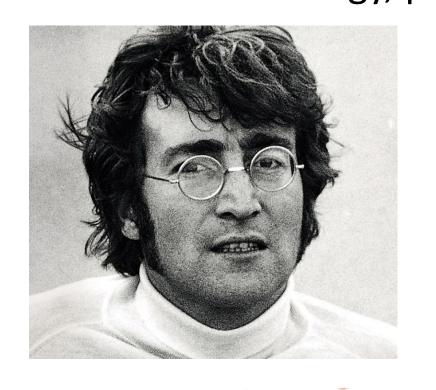


Mark 10:13-16 (ESV): "And they were bringing children to him that he might touch them, and the disciples rebuked them. 14 But when Jesus saw it, he was indignant and said to them, 'Let the children come to me; do not hinder them, for to such belongs the kingdom of God. 15 Truly, I say to you, whoever does not receive the kingdom of God like a child shall not enter it.' 16 And he took them in his arms and blessed them, laying his hands on them."



"Happiness is how you feel when you don't feel miserable."

(John Lennon, from The Beatles Anthology, page 171)









Main Point:

WHILE THE WORLD

"ADULTS"

CHILDREN,

JESUS

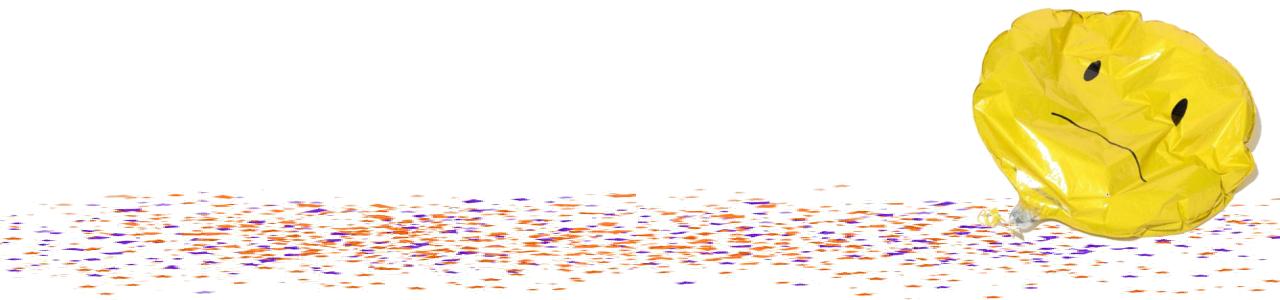
EXULTS
THEM.



Matthew 18:1-6 (ESV): "The disciples came to Jesus, saying, 'Who is the greatest in the kingdom of heaven?' 2 And calling to him a child, he put him in the midst of them 3 and said, 'Truly, I say to you, unless you turn and become like children, you will never enter the kingdom of heaven. 4 Whoever humbles himself like this child is the greatest in the kingdom of heaven. 5 Whoever receives one such child in my name receives me, 6 but whoever causes one of these little ones who believe in me to sin, it would be better for him to have a great millstone fastened around his neck and to be drowned in the depth of the sea."

Application: LIVE AND

UNLEARN.



Matthew 11:25-30 (ESV): "Jesus declared, 'I thank you, Father, Lord of heaven and earth, that you have hidden these things from the wise and understanding and revealed them to little children; 26 yes, Father, for such was your gracious will. 27 All things have been handed over to me by my Father, and no one knows the Son except the Father, and no one knows the Father except the Son and anyone to whom the Son chooses to reveal him. 28 Come to me, all who labor and are heavy laden, and I will give you rest. 29 Take my yoke upon you, and learn from me, for I am gentle and lowly in heart, and you will find rest for your souls. 30 For my yoke is easy, and my burden is light."



"You have to be willing to give up everything you've ever known."

(From Leah Remini's *Troublemaker*, as quoted by Carly Stern on dailymail.co.uk, December 13, 2016)





Happy Now

next week: john 6:28-40