

## “Living The Transformed Life”

Psalm 27

July 16, 2017

An academic journal called *The Journal of Happiness Studies* publishes studies using the tools of research to identify what makes human life flourish. When researchers look at what distinguishes quite happy people from less happy people, one factor consistently separates those two groups. It is not how much money you have; it is not your health, security, attractiveness, IQ, or career success. What distinguishes consistently happier people from less happy people is the presence of rich, deep, joy-producing, life-changing, meaningful relationships.

### I) How To Live Fearlessly: (vs 1-3)

A) Affirm God’s strength in past victories.

B) Learn to turn your self-talk into faith talk.

### II) How To Live Confidently: (vs 4-6)

A) Worship feeds my confidence in God.

B) Worship lifts us above our stress, anxieties, and Doubts.

### III) How To Live Courageously: (vs 8-10)

A) There is a sense of safety with your parents that gives you the courage to take risks.

B) People who are socially disconnected are between two and five times more likely to die from any cause than those who have close ties to family, friends, and other relationships.

### IV) How To Live Optimistically: (vs 13-14)

A) Place your hope for the future in God, not man.

B) Waiting on God is not doing nothing; it is actively trusting.