



# The Habits of Happiness Study Guide

*Rick Warren*

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# The Habits of Happiness Study Guide

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## **The Habits of Happiness Study Guide** Rick Warren

Now more than ever people are yearning for true happiness. In this 6-week study, Pastor Rick Warren will teach you exercises for a happy heart, and offer biblically-based ways to develop a perspective of contentment.

Through this study, you will learn how to...

- Cultivate the transformational habits of gratitude, forgiveness, humility, and contentment
- Relieve stress and conflict by staying focused on your God-given purpose
- Stop comparing yourself to others
- Release the pain of your past hurts
- Grow deeper in your relationship with Jesus

Sessions include:

1. Growing Healthy Relationships
2. How to Be Happy No Matter What
3. The Humble Path to Happiness
4. How to Keep Your Heart Happy
5. How to Keep From Stressing Out
6. Five Daily Habits for Happiness

This study guide is designed to be used with *The Habits of Happiness* small group DVD.

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