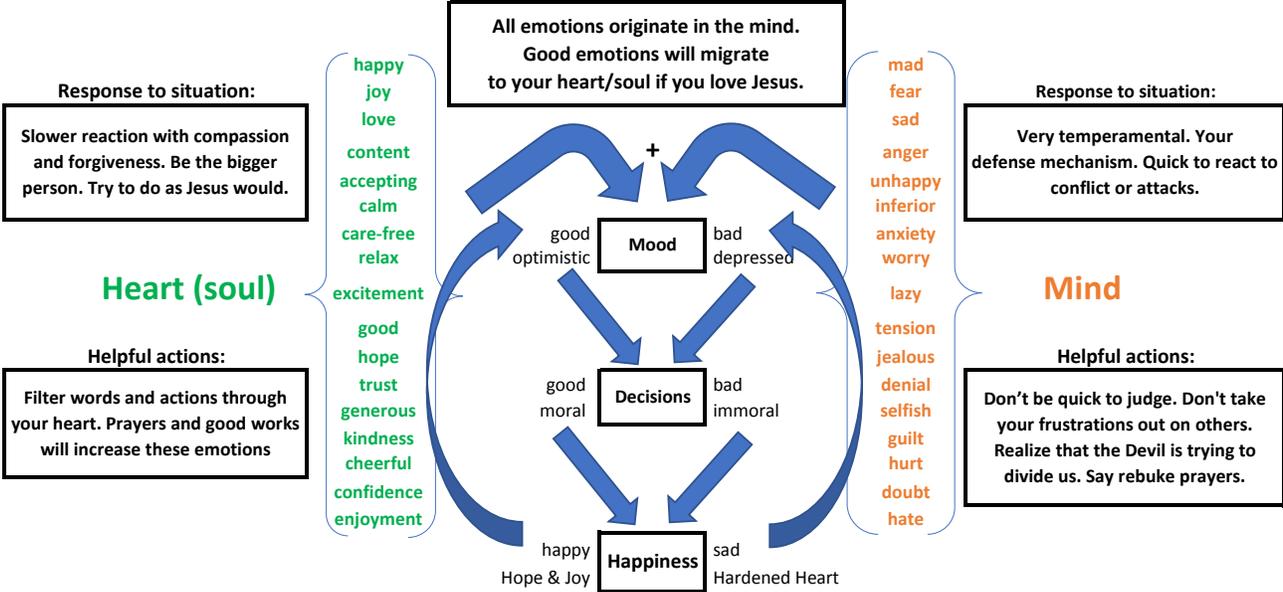


Making good decisions to generate True Happiness.

by understanding and using the separate cycles of positive and negative

Feelings and Emotions

Positive emotions **Negative emotions**



Jesus resides in our heart when we accept him.
Satan can't exist in our hearts with Jesus there.
Always make decisions from the heart.
True happiness will result with heartfelt words and actions.

Emotions in the mind can be influenced by the devil.
The Evil one will deceive you with these emotions.
The Devil drives wedges between those we love.
Try not to make decisions from these emotions.

To make decisions from the heart, always ask yourself, what would Jesus do or say?

People of God are:
kind-hearted, good-hearted, light-hearted, big-hearted,
soft-hearted, warm-hearted & tender-hearted.

People without God are:
cold-hearted, faint-hearted, half-hearted,
hard-hearted & heavy-hearted.

All people want to be happy and to have more positive feelings than negative ones.
Your mood is based on the combined weight of all your positive and negative emotions added together.
Your day-to-day decisions are greatly influenced by your mood and state of mind.
Your happiness is a result of all your past decisions. Good decisions will generate True Happiness.
Your happiness effects your current emotions and mood, thus, the cycle flows back to the top in either a positive or negative loop.

Positive feelings and emotions require some effort on our part. There is no free lunch. Laziness will kill your happiness.
Negative feelings are usually brought on by others, society or ourselves and our past poor decisions.
Satan will deceive us with our negative emotions be getting us to react quickly to situations without examining our hearts.
One of the most common tactics of Satan is to create conflict and division with unnecessary anger, hurt, fear, worry and anxiety.

It is well known that the Devil wants to destroy good marriages and families, especially, those who love each other.
One way he does this is by driving unnecessary wedges between loved ones. He causes us to react to each other with our negative/defensive emotions. If we had a bad day or a prior hurtful experience, we may "take-it-out" on our loved ones for "unnecessary reasons". The other person feels attacked, and lashes back with their negative/hurtful wedges from the Devil.
Misinterpretation of what people say can cause unnecessary wedges. Don't be quick to react. Try to filter words through your heart.

To have true happiness, recognize that there are **two ways** to react to a difficult situation; quick and defensive, as the Devil wants, or with forgiveness, compassion and a greater love for neighbor as Jesus would. Realize that the Devil is always throwing unnecessary wedges between loved ones, in order to divide and separate. Make all decisions from the heart to cycle your emotions through the positive.

Prayer and good works will always improve our happiness. Prayer works to build the positive and reduce the negative emotions.
Prayer & repentance makes our decisions more moral and will give us Hope and Joy through God's infinite graces.