



Happiness

THE PRIMARY MOTIVATOR, THE CRUCIAL DIFFERENCE, AND THE WILD CARD

Primary Motivator: Everyone wants to be happy; wanting to be happy fuels most of our choices.

Crucial Difference: People on the PATH and people who are LOST experience happiness in significantly different ways.

Wild Card = Free Will: God gave you the gift of choice and self-direction. You have the power to choose to PATH or to be LOST.

LOST Happiness

- ◆ Dependent on stuff outside of yourself.
- ◆ Once something changes out there you have to seek happiness in something else.
- ◆ Unpredictable; uncontrollable.

PATH Happiness

- ◆ Rooted in gratitude for being made in God's image.
- ◆ Determined to reveal God to all by creating the best *you* possible.
- ◆ Steady; firm; unchanging, constant.



1. What *stuff* leads you to be LOST some days? Check those that fit you. Add what you need to add.

- | | | |
|-------------------|-------------------|-------------------------------|
| ____ Looking good | ____ School work | ____ Having the right friends |
| ____ Self-doubts | ____ Winning | ____ Drama |
| ____ Compliments | ____ TV/Gaming | ____ Laziness |
| ____ Achievements | ____ Being busy | ____ Worrying |
| ____ My phone | ____ Fitting in | ____ Procrastination |
| ____ Sports | ____ Family stuff | ____ Other _____ |

THE FOUR CARDINAL VIRTUES

Prudence: Look at any situation and recognize correctly what is right and what is wrong.

Justice: Genuine concern for each person's right to be respected; to think and act honorably towards others.

Fortitude: Courage to do what needs to be done in the face of obstacles.

Temperance: Exert control over your impulses, instincts, and passions.



1. Consider the Cardinal Virtues. How well have developed each? Place them in order from most developed to least developed: prudence, fortitude, justice, temperance.

MOST

LEAST

2. List several adults or older teens you know who exhibit each Cardinal Virtue. Try not to repeat names.

Prudence

Fortitude

Justice

Temperance

3. In the box above, circle the Cardinal Virtues you see practiced most often by the students in your class. Put stars next to the Cardinal Virtues you most associate with your family. Place check marks next to the Cardinal Virtues you'd like your group of friends to work on.



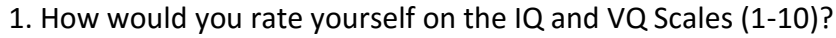
Make the Sign of the Cross and ask Jesus to be with you.

Reread the Bible verse at the bottom of the previous page. Which of the first six phrases most captures your attention?

Keeping the phrase you selected in mind, close your eyes and think of all the people or things you know that fit this description.

When you are done, thank God for all of these.

Close with the Sign of the Cross.

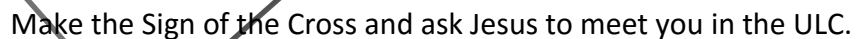


1 2 3 4 5 6 7 8 9 10
Weak Strong

1 2 3 4 5 6 7 8 9 10

Weak Strong

- From Pile #2, choose two virtues you would very much like to strengthen.



Offer an ACTS prayer about your VQ.

Aadore: Begin by praising God for this day and the opportunity to pray to Him.

Confess: Apologize for anything you feel guilt or shame about.

Thank: Thank God for always listening to, forgiving, and loving you. Take some time to thank Him for helping you to grow the three virtues you recognize in yourself.

Supplicate: Ask God for strength and guidance in developing the two Virtues you would like to strengthen.

Close with the Sign of the Cross.

Shifting Planks



WHAT YOU NEED TO KNOW ABOUT PLANKS

- Planks are thoughts, habits, opinions, or beliefs that keep us from seeing a person or situation correctly.
- Our personal Planks can muffle and even mute Jesus's voice in the ULC.
- As we work to identify harmful thinking habits and become Plank-free, we also become more like what God envisions us to be.
- De-planking is a lifelong mission for a Christian.

STEP ONE: FESS UP

We all have Planks that keep us from seeing people and situations clearly. Admitting to and identifying them is the all-important first step in de-planking.

Place an "X" in the column that reflects how rooted each common Plank is within you.

	Nope	Only a Bit	50/50	Pretty Much	That's Me
Judge Others					
Doubt Self					
Prideful Thoughts					
Dwell on Negatives					
Worry a Lot					
Compare Self to Others					
Must be Perfect					
Jump to Conclusions					
Label Yourself					
Label Others					
Expect the Worst					
Fear of Failing					
Blame Others					
Focus on Obstacles					
Need to be Right					

Your Ancestry



MAKE A MATCH

- A. First humans' decision to define their purpose outside of God's plan.
- B. Finding fundamental purpose united with and living in God.
- C. The one who lived "human" correctly.
- D. Consequences of The Fall.
- E. Those who profoundly and irreversibly deny their nature as made in God.
- F. God enters the world in flesh and blood.

- _____ *The Fall*
- _____ *Fallen angels*
- _____ *Original Holiness*
- _____ *Fullness of Time*
- _____ *New Adam*
- _____ *Disease, hatred, natural disaster*

NEXT STOP BROADWAY

Your group has been commissioned to create a Broadway play depicting the drama of Our Ancestry as if it is occurring in contemporary America. Use present day language, problems, settings, and characters in place of Adam and Eve, The Garden, serpent, prophets, etc.

Process:

- Create a six-scene storyboard for the Producer using the boards on page 26.
- Sketch the scenes according to the story arc below. Add only crucial dialogue.
- Label each scene on the line below it and give your production a title.

Story Arc:

Board #1—Introduce the protagonists: contemporary folks doing their best to live in Original Holiness.

Board #2—Enter the antagonist: a contemporary image for the serpent/fallen angels.


Board #3—Depict your protagonists being tempted by....what? Represent the primary Planks that become problematic.


Board #4—Portray the consequences: what happens as a result of our protagonists giving in to temptation and choosing self rather than God?

Board #5—Choose actual individuals you consider contemporary prophets and work them into this scene. Who are they? What is their 21st Century message?

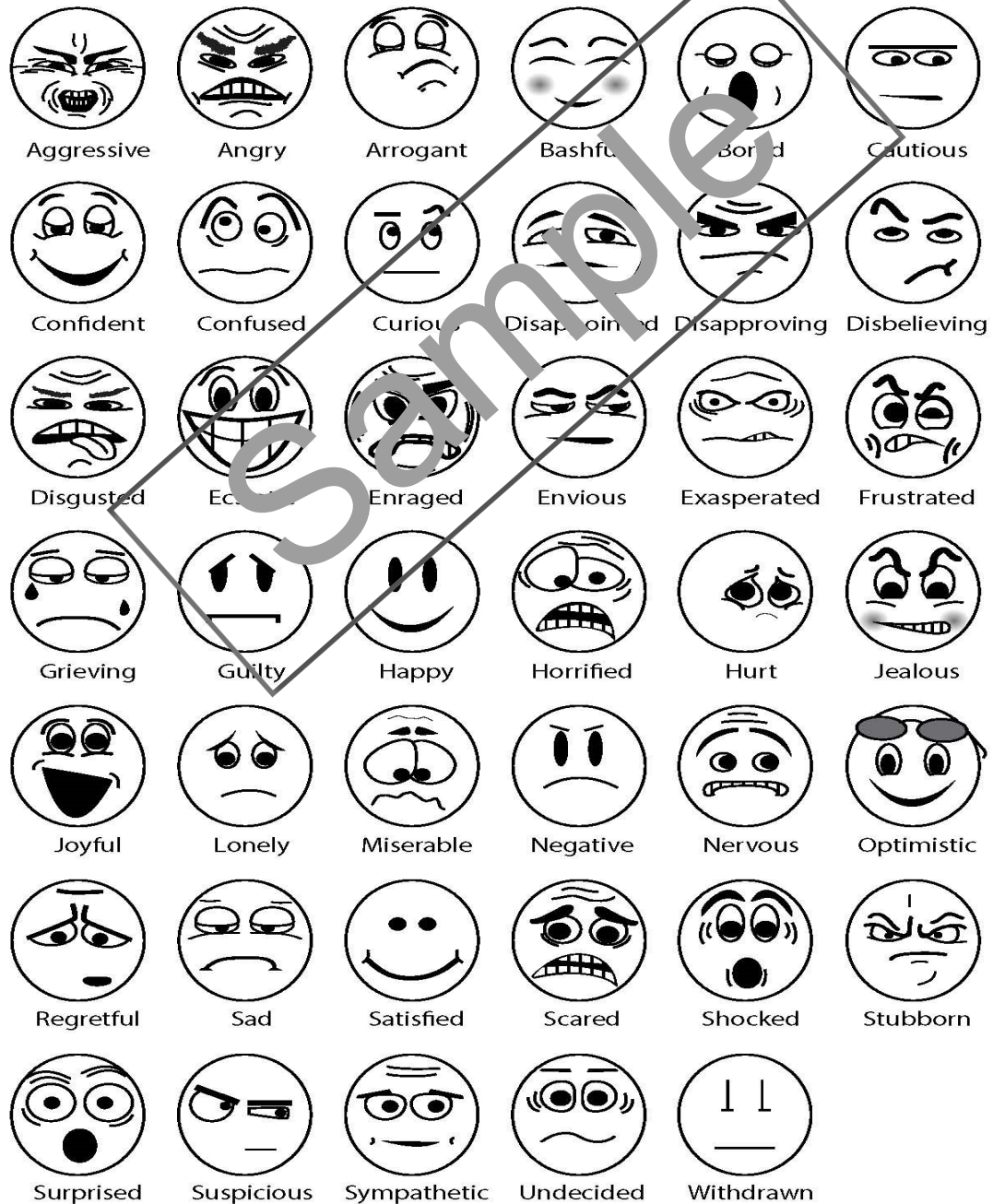
Board #6—In the final board, Jesus comes to conquer evil (the antagonist in scene #2). How does it play out in 21st Century America?

KNOW YOUR LURES

Put a  around feelings you have *toward others* which you know the Emperor can use to keep you from the PATH.

Put a  around feelings you have *toward yourself* which you know the Emperor uses to keep you from the PATH.

Consider all your markings. Place a giant #1, #2, and #3 on the faces that lure you into the most trouble.



TAPPING INTO GRACE—SOME PRACTICE

The Emperor is counting on you to ignore God’s grace and focus on yourself instead. He’s betting you will give in to your emotions and NTHs, rather than learn the secrets of the PATH. To thwart him, you need to learn the skill of *tapping into grace*.

On any normal day you can notice God’s grace and choose to respond. Like corner kicks and conjugating verbs, you have to put in the effort to master this. It’s difficult to learn a new skill when you are stressed, irritated, or emotional; your best learning takes place when you are focused and thinking clearly. It’s crucial that you practice tapping into grace *before* you are in the heat of the moment.

Consider the situations (“normal day”) below and think of present. Next formulate a response or thought that with you in the ULC, helping you to love both Him even in the toughest of scenarios.

Use the empty rows to work through other

how God’s grace is
reflects God is
and others,

situations

Normal Day	Notice God’s grace	Respond
Ex. Wake up late.	Ex: Think, “But I woke up!”	Ex: Say, “Thanks!” and get ready in a hurry.
Friend disrespects teacher.	You feel embarrassed by friend’s words and actions.	
Gossip about a classmate at your lunch table.		You find a way to change the subject.
You compare yourself to a classmate. You lose.		
Class is boring.	You notice another classmate who is interested in topic.	
Cute guy/girl you like likes someone else.		
Coach doesn’t put you in the game.		You decide to show up at next practice early.
Phone vs. Homework		

YOUR PERSONAL ACCOUNT

Why you need it. Learning to love yourself as God loves you will lead you to make regular deposits in your personal trust fund and minimizing the withdrawals you make. Stick to the hallmark deposits for greatest impact:

- What *acts of kindness* do you do for yourself?
- Do you *speak to yourself truthfully*?
- Are you *keeping the promises you have made to yourself*?
- Can you *forgive yourself* when you make mistakes?

Build awareness by recognizing and scheduling. As always, awareness is your ally. *Recognizing* personal account deposits and withdrawals is the key to making those in your best interest and avoiding those that are unhealthy. *Scheduling* regular deposits builds up a positive balance. These exercises will help you build that awareness.

1. **Recognize:** In the chart below, create the deposit or withdrawal that is *opposite the given example*. Sticking to real life situations and scenarios will make this exercise most useful.
2. **Schedule:** On the next page, devise a Top 10 List of deposits that carry high value for you in terms of your Personal Trust Account. Revisit the hallmark deposit list above and be sure to cover all of them.

Personal Trust Account Deposits	Personal Trust Account Withdrawals
Know and celebrate who I am without comparing myself to others.	
Determined to stay Above the Line; take a positive approach to experiences/people.	
	Give in to peer pressure.
	Wear myself out.
Share my talents and gifts.	
	Judge myself harshly.
Take my faith and my purpose seriously.	

QUICK! With a small group or your whole class, brainstorm a list of both positive (BIG THUMBS UP) and negative (NOT SO MUCH INTO IT) thoughts that come to mind when you hear the word “SAINT.” Be honest and don’t evaluate each others’ offerings. Just get it all down.

BIG THUMBS UP	NOT SO MUCH INTO IT

Identify: From the “Not So Much Into It” list, choose two statements that hit closest to home for you and therefore need to be reframed. Write them here:

1. _____
2. _____

Do the work: Reframe #1 and #2 by applying an In the Moment strategy of your choice from pages 94-96 of the text. As a reminder:

- **Rewrite by turning it inside out**—state the complete opposite.
- **Rewrite it by being curious**—Begin your rewrite with “I wonder,” “Maybe,” “Perhaps,” or “What if...”
- **Monitor the Chit-Chat Inside Your Head**—Negative thoughts about awesome individuals and the possibility of you becoming equally awesome are often planted by the Emperor. Debunk his temptations by calling him out. Why is the Emperor so interested in undermining the saints and your potential to become one? Have a written conversation with him now.

Space for work:

CORRAL YOUR COMEBACK CATASTROPHES

We all have a few bad communication habits. Do you know yours? Check out the eight unconstructive responses listed below. Use the coding system to help you recognize any negative habits you are building.

N = Never **R** = Rarely **S** = Sometimes **O** = Often **C** = Constantly

_____ **The Historian**—I remember when you...

_____ **The Judge**—You are wrong for feeling that way; thinking that; saying that...

_____ **The Shrink**—Your problem is that you take things too personally. You're making things up in your head.

_____ **The Know It All**—That happened to me before. Let me tell you what you have to do...

_____ **The Lawyer**—That's not what I said. Maybe it's what you think you heard, but it's not what I meant and I can prove it. I have witnesses.

_____ **The Drill Sergeant**—Stand right there and don't move when I'm talking to you.

_____ **The Mind Reader**—I know what you're thinking. I know what you're going to say next (and then you don't talk to them).

_____ **The Apathetic**—Whatever. I don't care.



1. On the line below, mark an "X" representing where you tend to fall when involved in a conflict.

Win—Lose
(LOST)

Win—Win
(PATH)



2. Which two Talking or Listening strategies will you practice using in order to move closer to Win—Win on the continuum?

_____ Be sure both of you are
Above the Line

_____ Remember God loves
this person too

_____ Visualize a stop sign

_____ Pace and think a helpful
reframing phrase

_____ Say a reframing phrase
out loud

_____ Inhale a Jesus thought;
exhale an anger thought

_____ Notice non-verbals and
tone of voice

_____ Paraphrase what you
heard and say it back

_____ Turn off inner voice
while other person is
speaking

_____ Use "I" instead of "You"
when talking

_____ Know and avoid your
Comeback Catastrophes