

Who will you be in '23?

How to be Happier

What best describes your outlook about celebrating New Years this year? And why?

- Yes, it's going to be a happy, solid, truly good new year!
- 'Sure do hope— just maybe—it's better than last year.
- Oh boy, here we go again. Happy *whatever!*
- Okay. Happy New Year, but I'm not convinced it's really going to be any different.
- In fact, this coming year might be *worse!*

Explore [Genesis 1](#) and [Luke 1-2](#). What's God's own tone and how might we conclude he's "happy" about his creative outcomes?

Explore these biblical passages: [Genesis 30:12-13](#); [Psalm 68:3](#); [Proverbs 15:13](#); [1 Kings 4:20](#).

How do these verses reflect happiness? In each passage, what do we learn about happiness?

Epicureanism says . . .

Stoicism says . . .

Neo-Platonism says . . .

Classic Christian philosophy says . . .

Explore [Matthew 5:1-12](#) (New Life Version).

How does Jesus help shape our view of happiness?

Explore [2 Corinthians 7:9-13](#) and [James 5:13](#) (New International Version).

How do Paul and James help further shape our view?

What would it look like for you to be truly happier in 2023?

How will you pursue true happiness? Who will you aim to become this year?

Get Ready for Next Week:

who will you be in '23? // How to be Healthier

Each day, pick two or more of the following passages to read. Reflect on how the verses inform your view of becoming healthier in 2023.

Genesis 1; Luke 1-2; Psalm 139; Psalm 73:1-5; Matthew 6:22; Luke 2:40, Luke 2:52; Luke 11:34; 1 Corinthians 6:19-20; 1 Corinthians 10:31 (NIV).

Psalm 38:3-8; Isaiah 1:6 (NASB).

Proverbs 3:5-8, Proverbs 4:20-23, Proverbs 12:18, Proverbs 15:30; Jeremiah 8:18-22; 3 John 1:2 (NKJV).

1 Samuel 16:12; Psalm 37:37-38, Psalm 104; Proverbs 3:5-12 (MSG).