BE HAPPY NOW!
GUARANTEED

By Award Winning Author Terri Temple
BE HAPPY NOW!

GUARANTEED

By Terri Temple
Nearly 200 quick inspirational Scriptures, activities, thoughts, and messages guaranteed to instantly encourage and uplift any Christian’s spirit!

By Terri Temple
Copyright © 2011 by Terri Temple
All rights reserved.
Be Happy Now! by Terri Temple

Published in the United States of America

ISBN

All rights reserved solely by the author. The author guarantees all contents are original and do not infringe upon the legal rights of any other person or work. All rights reserved. No part of this publication may be reproduced, stored in a retrieval system, or transmitted in any form or by any means, electronic, mechanical, photocopying, recording, or otherwise, without the prior written permission of the author. The views expressed in this book are not necessarily those of the publisher.
The majority of the Scripture, unmarked and marked, is taken from the New International Version (NIV) of the Bible, Copyright © 1983 by Tyndale House Publishers, Inc. However, Scriptures unmarked are from the King James Version (KJV) and New Living Translation (NLT), Copyright © 1997 by Tyndale House Publishers, Inc., are taken from those versions of the Bible.
INTRODUCTION

As Christians and godly women we are to let our light shine and be an example to the world (Matthew 5:16). Because of our status with God via Christ we should be the happiest and most joy filled people on earth regardless of our circumstances, whether we have a lot or a little.
But sometimes, amidst a busy and malevolent world, even this is a challenge. Therefore this book was written to encourage and uplift Christians (followers of Christ) in the church so that others can see Jesus, who was joyful, peaceful and content, living in us. Enjoy!
1) Realize (appreciate, take in, grasp) and accept God’s love for you! (Jn 3:16)
2) “Be joyful in hope, patient in affliction, and faithful in prayer.”
(Rom 12:12)
3) Love (adore, care for) yourself. Remember love is an action. (Mk 12:31)
4) Forgive yourself. If God forgave you (and he has if you repented, confessed your sins, and asked), forgive yourself. (Acts 2:38)
5) God will restore you! “You have allowed me to suffer much hardship, but you will restore me to life again and lift me up from the depths of the earth. You will restore me to even greater honor and comfort me once gain.” (Ps 71:20-21)
6) Realize you’re a winner! If you win you win! If you lose—you gain experience and wisdom, so you still win! No matter what, with God and Jesus on your side, you can’t lose! (Isa 54:17)
7) Your suffering is not in vain. “But if you suffer for doing good and you endure it, this is commendable before God. To this you were called because Christ suffered for you, leaving you an example that you should follow in his steps.” (1 Pet 2:20-21)
8) Do something simple you really enjoy.
9) God sees and uses troubles and problems in your life as opportunities to help you and to show his glory and power and increase your faith!! (Ex 10:1-2, 14:4)
10) Forgive others and be quick to forgive.
11) “Cast all your anxiety, fears and worries on the Lord for he cares for you!” (1 Pet 5:7)
12) Have a mini cook-out.
13) Christ will overflow you with comfort. If he hasn’t already, just ask.  (2 Cor 1:5)
14) Visit prisoners. Share with them the good news about Christ and tell them about God’s love for them.
15) Don’t be overly concerned or worry about tomorrow. Take one activity and step at a time and focus on one day at a time. Not knowing exactly what the future holds is supposed to bring about excitement not worry. (Matt 6:34)
16) Rent a comedy or watch one on TV. Laugh till your jaws hurt. Try J’Brian’s *People Are Funny* or Jeff Allen’s *Happy Wife Happy Life* — DVD.
17) Fear (honor, revere) the lord. “Happy are those who fear the lord. Yes, happy are those who delight in doing what he commands.” (Ps 112:1)
18) Take a walk outdoors.
19) “The Lord is righteous in all his ways and loving toward all he has made. The Lord is near to all who call on him, to all who call on him in truth. He fulfills the desires of those who fear him; he hears their cry and saves them. The Lord watches over all who love him…” (Ps 145:17-20).
20) Give to someone in need even if it is just a smile.
21) Keep your word. “Till I die I will not deny my integrity. I will maintain my righteousness and never let go of it; my conscience will not reproach me as long as I live.” (Job 27:5-6)
22) Read Psalm 19 (NIV if possible).
23) Visit a spa. Get a massage—feet, back or all over.
24) God will rescue you. “The Lord will rescue me from every evil attack and will bring me safely to his heavenly kingdom. To him be glory ever. Amen.” (2 Tim. 4:18)
25) Visit the zoo or animal shelter.
26) Laugh! Even if without reason. “There is a time for everything…a time to weep and a time to laugh.” (Eccl 3:1-4)
Take a stroll on the lake or beach or at the park. Observe God’s awesome creations.
28) Utilize God’s and Jesus’ (the only real superheroes) unlimited power and strength. “Put on the whole armor of God.” (Eph 6:11)
29) Give to someone who least expects it: your preacher, deacon, recently baptized member, elderly member, church janitor, teacher, or nursery worker, etc.
30) Genuinely compliment someone today.
31) Kiss or hug a baby.
32) Don’t get tired of doing good and being good. “In time you will reap a harvest if you don’t give up.”
(Gal 6:9)
33) Give thanks to God for your time spent on earth no matter how long or short. Thousands your age have already passed on.
34) At this very moment, angels are guarding you! “The Angel of the Lord encamps around those who fear God, and he delivers them.” (Ps 34:7)
35) Thank God (right now) for having healed you in the past, present and future.
36) Remember that God will solve all your problems. (Ps 34:19)
37) Sign up to volunteer at a nonprofit taking care of orphans, widows/elderly or poor.
38) No one can please everyone. Aim to please God and be content with his approval only, if necessary.
39) Hold the door open for someone regardless of the person’s gender or age.
40) Angels, who are ministering spirits sent to serve (assist) those who will inherit salvation, are watching over you! (Heb 1:14)
41) Stop and thank God for providing for your basic needs.
42) Read Psalm 16 (NIV if possible).
43) Call a long lost friend or relative.
44) Jesus is yours! (Matt 28:20)
45) Be quiet and totally silent for one hour today. It requires self-control but you will feel triumphant afterwards.
46) God has no limitations or boundaries like humans do. Trust (lean upon) him now!
47) Someone was executed and departed this life early for you! You know his name.
48) In a traffic jam, allow someone to get in front of you whom others refused to let in.
49) “Blessed is he who has regard for the weak: The Lord delivers him in times of trouble. The Lord will protect him and preserve his life; He will bless him in the land and not surrender him to the desire of his foes. The Lord will sustain him on his sickbed and restore him from his bed of illness.” (Ps 41:1-3)
50) Tell someone “God loves you.” And make a habit of it.
51) Participate in your favorite hobby.
52) God has not forgotten your prayers.
53) Send a mass email to your acquaintances, associates, and friends and family telling them God loves them. Include the steps to be saved. Don’t forget to add repentance, confession and baptism.
54) Remember “All things work together for the good for those who love God, those who are the called according to his purpose.” (Rom 8:28)
55) “Overcome evil with good.”
   (Rom 12:21)
56) Don’t forget that Jesus is with you right now at this moment! (Matt 28:20)
57) One day people of the world, including the most famous and the richest, will bow down to you! (Prov 14:19)
58) Be still (motionless, silent, calm) and know that God is God. This means that we Christians (followers of Christ) should not worry or fret because almighty God loves us, is in control and has our best interest at heart. (Ps 46:10)
59) “No weapon formed against you shall prosper. This is the heritage (birthright) of the servants of the Lord, and their righteousness is of me, says the Lord.” (Isa 54:17)
60) Accept your life as it is—problems and all.
61) Read Psalm 34 (NIV if possible).
62) God has been watching over you even before you were born. (Ps 139:16)
63) Obey God now. Do whatever you have to, to make peace with him. (Is 27:5)
64) Focus on God and Jesus’ promises, not your problems. No matter how big or small your problems are, God can and will overcome them all. (Ps 34:19)
65) Anyone who has hurt you will answer to God sooner or later. (Rom 14:12)
66) Ask God to bless and forgive anyone who has hurt you. (Matt 5:44)
67) Spend time with your grandchildren and tell them of your life and how God has blessed you. (Ps 78:4)
68) Accept God’s forgiveness. If you’ve asked God to forgive you for something accept the forgiveness. Don’t walk around with your head down feeling guilty and condemning yourself.
69) Smile! It is a gift from God to warm you and to share. It will also lift your spirits and energy and encourage others around you.
70) Call a friend or brother or sister in the church who is known as one that will encourage you.
71) Look for the best in others.
(1 Thess 5:15)
72) You are a strong and wise individual! Proof: You believe in God and Jesus. That takes strength and wisdom. (Ps 14:1, 1 Cor 2:14)
73) Everything God has belongs to you! (Gal 4:7)
74) Exercise your self-control. (Gal 5:22-23)
75) Grab a worship songbook and sing praises to God.
76) Pray for God to fill you with his spirit of joy and peace.
77) Jesus (God in the flesh) died for you even while you walked in sin.  
  (Jn 3:16)
78) Do something kind to someone who has hurt you. Send the person a card or small gift.
79) The trial, trouble or problem you are now facing will develop your faith in God. (Jas 1:2-3)
80) If possible, avoid anyone today who is negative or who discourages you.
81) Choose to believe! Believe that God’s word and his promises are for you too!
82) Life is a journey. Enjoy the ride!
83) Eat healthy all day today or all week. No junk food or fast food.
84) Don’t be afraid! (Lk 12:4-5)
85) Work for the Lord, not for the approval or honor of men. (Col 3:23)
86) Don’t compete or covet (lust after others or what they have). It leads to misery. (Gal 5:26)
87) Live well, live wisely, live humbly.  (Jas 3:13)
88) Be a friend. People need you.
89) Don’t be deceived by worldly riches. (Heb 13:5)
90) Don’t give up. (2 Cor 4:16)
91) Get to know Father God better. Read and study your Bible a minimum of 2-3 times per day. (2 Tim 3:16-17)
92) Read Psalm 112 (NIV if possible).
93) Walk by faith not by sight. Believe in God’s word and promises, not in the negativity you may physically see and hear around you. (2 Cor 5:7).
94) Encourage someone today.
95) Compliment someone today.
96) Go above and beyond the call of duty as a Christian.
97) Whatever you do, do it with all your heart.
98) Help someone do his/her job.
99) Instead of saying just hello, ask “how are you doing?” when you speak to someone. Don’t forget all those you call on (your creditors or bill collectors) when you’re contacting them via the phone or email, etc.
100) Send your neighbors a card telling them you appreciate them and let them know you pray for them on a daily basis.
101) Thank God for your family.
102) Be grateful to God for his grace and mercy.
103) If you haven’t done so already, obey God wholeheartedly. Remember no one can serve two masters. Either he will hate the one and love the other or he will be devoted to the one and despise the other. (Matt 6:24)
104) Accept the new life God has given you. This new life may include a new perspective on life, a new job or career, a new home or location, or a position or work in the church or serving the church. (1 Pet 1:3-4)
105) Be generous.
106) Do a job or chore for someone. For example, clean your spouse’s vehicle or your child’s room.
107) Write on the mirror of your child or spouse: “God loves you and so do I” and “You’re great!”
108) Get ready and be prepared for your dreams and desires to come true. For God’s word says, “Delight yourself in the lord and he will give you the desires of your heart.” (Ps 37:4)
109) Because you acknowledge God in all your ways, remember that he will make your paths straight (reliable and solid). (Prov 3:5-6)
110) You will be exalted! “Humble yourself, therefore, under God’s mighty hand, that he may lift you up in due time.” (1 Pet 5:6)
111) Speak highly of others and never say a nasty or unkind word no matter how true. Instead pray for them and praise them before others. (Jas 3:3-12)
112) Remember, blessed (exalted, holy, sanctified) are you when you mourn, for you will be comforted and God will wipe away every tear from your eyes. (Matt 5:4, Rev 7:17)
113) Ask Father God to heal your broken heart and fill it with joy. He will.
114) Thank God for answering your prayers.
115) Be courageous and hopeful (confident, optimistic and positive). “Do you not know? Have you not heard? The Lord is the everlasting God, the creator of the ends of the earth. He gives strength to the weary and increases the power of the weak...those who hope [expect, trust, anticipate, look forward to] in the Lord will renew their strength. They will soar on wings like eagles; they will run and not grow weary, they will walk and not be faint.” (Isa 40:28-31)
116) Ask God to help you be content and joyful today. Ask him for this each day. Begin now.
117) Instead of criticizing or judging others, seek understanding. (Lk 6:37)
118) Ask God to give you compassion and understanding for all.
119) Don’t complain or criticize but rather pray for change. Complaining causes unhappiness, misery, and more problems. (Phil 2:14)
120) Go out to dinner and/or a movie.
121) Visit an elderly or lonely person.
122) Remember that God has given you the secrets to the kingdom of heaven because your heart is right with him. (Matt 13:11)
123) Tell God you love him. (1 Jn 4:19)
124) Go to a Christian or gospel music concert or play.
Appreciate faith above fame or wealth, and peace above property and tangibles.
126) God has not given up on you and is still working on your behalf. He will be helping you grow spiritually until Christ comes back. (Phil 1:6)
127) Remember with God all things are possible. He can do whatever he wants when he wants through whomever or whatever he wants. (Mk 10:27)
128) Don’t forget, Father God will meet all your needs. (Phil 4:19)
129) Pay close attention to the small inner voice sent to you by God to protect you. Remember the last time you said, “Something told me not to do that! Why didn’t I listen?”
130) Cuddle up with a loved one. Whether it be a friend or a grandchild.
131) Ask God to purify your heart and to rid it of all anger, bitterness, envy, or pride and all evil. Make sure to thank him. (Ps 51:10, Phil 4:6)
132) Play a sport with your child, a young niece or nephew, or the child of a friend.
133) Be excited about and get ready for Jesus’ return. (1 Pet. 1:13)
134) Wait (be patient) on God. Knowing God leads you to self-control. Self-control leads to patient endurance, and patient endurance leads to godliness. (2 Pet 1:6)
135) God has your best interest at heart and will bring it to fruition.
(Jer 29:11)
136) When was the last time you looked through your photo album? Do it today.
136) Draw near to God and he will draw near to you.  (Jas 4:8)
137) Play a musical instrument.
138) Read Psalm 145 (NIV if possible).
139) If someone hurt your feelings it was probably not on purpose. Be positive.
140) While you are blessing others God will bless you abundantly; and he will help you for helping others. (Prov. 11:25)
141) When you are weak (physically) God is strong in you and for you. When Christians are ill or weak they have no choice but to focus on God; therefore their faith is made stronger and they are more effective and useful to God! “My grace is sufficient for you, for my power is made perfect in weakness.” (2 Cor 12:9)
142) Remember, no matter what happens, that Jesus has already won the victory! (Jn 16:33)
143) God loves you and wants only what is best for you. He is fully able and in control to successfully handle all of your problems.
144) Take a few deep breaths.
Exercise. Try something new like Yoga or Pilates.
146) Because you believe and have faith in God and his promises, refuse to let your heart be troubled. (Jn 14:1)
147) Don’t look around at others. Look inside yourself. The righteous walk by faith not by sight. (2 Cor 5:7)
148) Refuse to be yoked with unbelievers and negative people except to encourage them to seek an intimate relationship with God via Jesus and to help them trust and accept God and Jesus as their master and Savior. (2 Cor 6:14)
149) Teach a Bible class.
150) Ask God to comfort you and renew your spirit. (Ps 94.19)
151) Take a hot or warm bath with an uplifting book, like this one!
152) Cease trying to get an answer to everything or figure everything out. Trust (depend) in God.
153) Forget the past.
154) Let go and let God!
155) Even if others give up on you God won’t.
156) Refuse self-pity. We all face sorrows and misfortune. (Eccl 7:14)
157) You’re perfect as you are. We all are made perfect via Jesus when we obey, including confessing and repenting of our sins as necessary. (Matt 19:21)
158) God is so good he even turns our bad into good. (Rom 8:28)
159) God will keep his promises to you. You may not know how or when or in what way, but he will.
160) Seek God wholeheartedly. (Jer 29:13)
161) God has a successful plan for your life! (Jer 29:11)
162) You may not get your way but with God everything will be okay! (Rom 8:28)
163) In reality the only thing in life that really matters is obeying Jesus and his apostles’ teaching in the Holy Bible, not one’s looks, career, money, possessions, etc. (Matt 16:26)
164) Happiness is a choice.
165) There is always a reward for right choices.
166) “The name of the Lord is a strong tower; the righteous run to it and are safe.” (Prov 18:10)
167) God has great (grand, wonderful) things planned for you! “No eye has seen, no ear has heard, and no mind has imagined what God has prepared for those who love him.” (1 Cor 2:9)
168) You (your spirit) are going to live forever! (1 Jn 2:17)
169) Obey God because of his goodness toward you, not out of obligation.
170) God is waiting for you to call on him. “Know that the Lord has set apart the godly for himself; the Lord will hear when I call to him.”

(Ps 4:3)
171) Seek your joy and security from God. No man or woman can offer you everything.
172) What you may be suffering through now, though extremely difficult, is nothing compared to the glory (beauty, majesty, radiance) God will give you later. (Rom 8:18)
173) God delights (appreciates, takes pleasure, enjoys) in you. (Ps 149:4)
174) Avoid the TV for a day, a week or a whole month or longer.
175) Whatever you do, in line with God’s will, will prosper. (Ps 1:2-3)
176) God will deliver you from your troubles over and over again. “Then they cried out to the Lord in their troubles, and he delivered them [again] from their distress…Let them give thanks to the Lord for his unfailing love, and his wonderful deeds for men.” (Ps 107:6-8)
177) God is guarding you against evil, as he does all his faithful ones, and he will deliver you from the hand of wicked people. (Ps 97:10)
178) God will continually guide you toward what is right and teach you his way. (Ps 25:9)
179) Give God first priority in your life. (Prov 3:5-6)
180) Pray for wisdom and understanding. “He who gets wisdom loves his own soul; he who cherishes understanding prospers.” (Prov 19:8)
181) Don’t take things too personally. If someone deliberately mistreats you remember that that’s part of who they are, even if you were never born. That person’s actions (negative or positive) come from within him or her and have nothing at all to do with you.
182) “God is not slow in keeping his promises [to you] as some understand slowness. He is patient with others because he doesn’t want anyone to perish [and be rewarded].” (2 Pet 3:9)
183) “Applaud the Lord and forget not all his benefits; who forgives all your sins and heals all your diseases, who redeems your life from the pit and crowns you with love and compassion, who satisfies your desires with good things so that your youth is renewed like the eagles.” (Ps 103:1-5)
184) This too shall pass!
185) Meditate on God’s promises day and night. (Ps 119:148)
186) Lighten up. Most people are concerned about themselves and how they look. As soon as you leave their presence they most likely will have forgotten how you looked, whether good or bad. Think for a moment. Do you remember who wore what where? Of course not. See!
187) You have (or will have) life (energy, sparkle), prosperity and honor. “He who pursues righteousness (justice, honesty) and love, finds life, prosperity and honor.” (Prov 21:21)
188) Stop trying to control or change people. It’s too stressful. Remember no one is perfect. Pray about the matter then move on.
189) Make your joy complete (total, whole)! “I tell you the truth, my Father will give you whatever you ask in my name...Ask and you will receive and your joy will be complete.” (Jn 16:23-24)
190) Father God loves you and he will “bestow favor, and honor and withhold nothing good from you.” (Ps 84:11)
191) God has you covered. He will “care for you; watch over you; guard you; look after, nurture and help develop you.” (1 Pet 5:7)
192) You have nothing to worry about. God will “keep you strong to the end so that you will be free from all blame on the day when our Lord Jesus Christ returns.” (1 Cor 1:8)
193) This is how to be instantly happy or get extreme joy; right now, at this very moment—believe (act, behave, live-out) as if you have already gotten what you have asked for (in prayer) and thank Father now—in advance, for giving it to you. Do this today and everyday until you have received it. “Then” Jesus said, “it will be yours!” (Mk 11:24)
194) God is busy. He will “work in you, giving you the desire and the power to do what pleases Him.” (Phil 2:13)
195) You have a reward waiting for you! “Whoever is kind to the poor lends to the LORD, and he will reward them for what they have done. (Prov 19:17).
196) Finally, almighty, Father God will “never leave nor forsake you!” So you have every reason to be fearless and happy and filled with joy! (Heb 13:5-6)
In conclusion, if you really want to be happy now and stay that way type these verses in huge bold print and place them throughout your bedroom, kitchen, family room or entire home as I have. They will reinforce God’s promises to you and help you to stay positive and focused on God and Jesus. They will also inspire visitors in your home.
I hope that God will continue to bless you as you seek him. Remember, God promises that, “You will seek me and find me when you seek me with all your heart” (Jeremiah 29:13). That is where joy and peace are, with God.

Never forget the only key needed for genuine joy and happiness in life on earth is daily obeying God’s word in the Holy Bible left by Jesus and his apostles. Stay blessed—
Genuinely, Sister Terri Temple
Now, share your joy and happiness and what you’ve learned from this book with others and uplift their spirits too! Buy them a copy—it will make you even happier too! Also, don’t hesitate to reread this book, if and when you need to be uplifted again. We all need to be reminded of God’s word and his promises on a regular basis.
About the Author

**Terri Temple** is a devout Christian wholeheartedly devoted to God and his church. She is also a full-time, and international minister to women, via her magazine and website, *The Godly Woman’s Guide.org*. She is also a Christian author, publisher, producer, inspirational and motivational speaker, business owner, entrepreneur, humanitarian and former editor and publisher of two magazines, one an award-winning publication. She currently resides on the West Coast with her husband of
nearly three decades. When not writing a book or editing her magazine or website for godly women she is working for the church serving God’s people and those in need. Her goal is to one day open an outreach center representing the Lord’s church where it is much needed.

To learn more please visit her website at www.territemple.org or www.thegodlywomansguide.org.
BE HAPPY NOW! GUARANTEED

Nearly 200 quick inspirational Scriptures, activities, thoughts, and messages (with amazing full-color photos) guaranteed to encourage and uplift any Christian's spirit instantly!

By Award Winning Author Terri Temple