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## I Will Be Happy; So Help Me God

*(How to identify and develop your master emotion)*

(SERIES: Mastering My Emotional Monsters: 08 of 08)  
by Dr. David Foster

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### Which Are You?

The kind of person who says **you owe me**.

The kind of person who says **God owes me**.

"Now on his way to Jerusalem, Jesus traveled along the border between Samaria and Galilee. As he was going into a village, **ten men** who had leprosy met him. They stood at a distance and called out in a loud voice, 'Jesus, Master, have pity on us!' When he saw them, he said, 'Go, show yourselves to the priests.' And as they went, they were cleansed. **One of them**, when he saw he was healed, came back, praising God in a loud voice. He threw himself at Jesus' feet and thanked him--and he was a Samaritan. Jesus asked, 'Were not all ten cleansed? Where are the other nine? **Was no one found to return and give praise to God except this foreigner?**' Then he said to him, 'Rise and go; your faith has made you well.'" (Luke 17:11-19)

The kind of person who says **I owe you**.

### The Enemies of a Grateful Heart

The enemy of **greed**.

The enemy of **fear**.

The enemy of **entitlement**.

"Every good and perfect gift is from above, coming down from the Father of the heavenly lights, who does not change like shifting shadows." (James 1:17)

### What Gratitude Knows

Everything is a **gift**.

Every place has **meaning**.

Every person has **value**.

### I Choose To Be Happy Knowing

I am **loved** to show **love**.

"Let no debt remain outstanding, **except the continuing debt to love one another**, for he who loves his fellowman has fulfilled the law." (Romans 13:8 NIV)

I am **healed** to bring **healing**.

I am **blessed** to be a **blessing**.

"Moreover, when God gives any man wealth and possessions, and enables him to enjoy them, to accept his lot and be happy in his work this is a gift of God. He seldom reflects on the days of his life, because God keeps him occupied with gladness of heart." (Eccl 5:19)

"A psalm. For giving thanks. Shout for joy to the LORD, all the earth. Worship the LORD with gladness; come before him with joyful songs. Know that the LORD is God. It is he who made us, and we are his ; we are his people, the sheep of his pasture. **Enter his gates with thanksgiving and his courts with praise; give thanks to him and praise his name.** For the LORD is good and his love endures forever; his faithfulness continues through all generations." (Psa 100)