

exist

**prog 7
happy**

wk 1: poor

wk 2: mourn

wk 3: meek

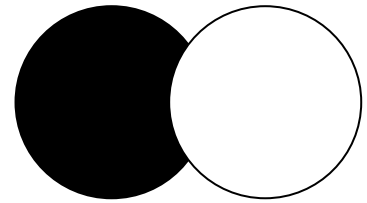
wk 4: hunger

wk 5: mercy

wk 6: pure

wk 7: peace

wk 8: persecute



prog 7
happy
wk 1: poor

explore jesus of nazareth's teaching
to find this series in the bible, read in matthew 5

wk 1: day 1
happy

happy makes me think of laughter
smiling faces
happy conjures up images of joy
of contentment

question is, how to get it?
where to find it.
all around there's things promising happiness
and people selling happiness
but i don't reckon it can be bought
least, so says jesus of nazareth

jesus of nazareth:
you're happy if you're poor in spirit
because the kingdom of heaven is yours.

wk 1: day 2
poor

when i'm poor, there's no cash reserves
i'm living one day at a time
i'm living hand to mouth
totally dependent

and what of being spiritually poor?
of being totally dependent of God?
that's the kind of attitude that jesus of nazareth promotes
total dependency
trusting God
moment
by
moment

jesus of nazareth:
you're happy if you're poor in spirit
because the kingdom of heaven is yours.

wk 1: day 3

wealth

what's wealth, really?
i've seen wealthy people who're miserable
i've seen poor people who're happy
i guess that only goes to show that money isn't true wealth
niether's property
or cars
so jesus of nazareth says we've to look elsewhere for true happiness
says we've to look to eternal things

**jesus of nazareth:
you're happy if you're poor in spirit
because the kingdom of heaven is yours.**

wk1: day 4

standards

by what standard do i measure myself
how do i assess my wealth
or poverty
who's my benchmark?

do i look up and say, 'i've got less'
do i look down and think 'i've got more'

best if i compare myself with jesus of nazareth
he's the only real standard

**jesus of nazareth:
you're happy if you're poor in spirit
because the kingdom of heaven is yours.**

wk 1: day 5

rich

so maybe rich is knowing God
maybe rich is being close to him
close to someone who's eternal
who's forever
that's the kind of rich money can't buy
funny thing is though, jesus of nazareth says it doesn't cost
least it doesn't cost pounds or dollars or euros or yen

**jesus of nazareth:
you're happy if you're poor in spirit
because the kingdom of heaven is yours.**

wk 1: day 6

heaven

where's the kingdom of heaven?
can it be found?
can it be located on a map?
can i travel there?

well, i've found that there is a road map
i found that i can travel there

jesus of nazareth says the road there is narrow
not many people walk it

jesus of nazareth:
you're happy if you're poor in spirit
because the kingdom of heaven is yours.

wk 1: day 7

possess

jesus of nazareth says i can possess the kingdom of heaven
how's that possible?

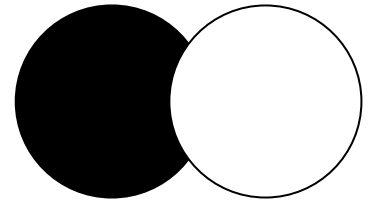
maybe it's because God gives it to people who welcome him
people who let him be their king

to anyone who says yes to him

so i'm saying
'reign over me'

i'm saying
'reign in me'

jesus of nazareth:
you're happy if you're poor in spirit
because the kingdom of heaven is yours.



prog 7
happy
wk 2: mourn

wk 2: day 1
mourn

my heart's broken in two
my world's fallen apart
my mourning isn't just a façade
it's not a show
inside i'm dressed in black
my joy's gone
but jesus of nazareth says i should consider myself blessed
because soon i'll be comforted
right now though, comfort's a million miles away

jesus of nazareth:
you're happy if you mourn
because you'll be comforted

wk 2: day 2
grief

i'm in the midst of my grief
it seems to have no end.
from deep within
the tears flow
and flow
does anyone know what i'm going through?
does God above hear me when i cry out?
does jesus of nazareth understand?
or am i all alone with my grief?

jesus of nazareth:
you're happy if you mourn
because you'll be comforted

wk 2: day 3
desolate

it's like i'm standing in a wasteland
in a desolate place
in a desert
in my heart i'm isolated
cut of from hope
from comfort
from joy

i'm looking into the abyss
i can't even find the words to talk to God
i wonder if God knows what i'm thinking?

**jesus of nazareth:
you're happy if you mourn
because you'll be comforted**

wk 2: day 4
comfort

i've heard all the words my friends can offer
but still i'm mourning
i've experienced their compassion
but still the pain continues

i'm looking for comfort from beyond
i'm needing spiritual solace
i'm needing the kind of comfort that only jesus of nazareth can offer
i'm ready to receive it

**jesus of nazareth:
you're happy if you mourn
because you'll be comforted**

wk 2: day 5
hope

with comfort comes hope
maybe in time i'll be able to rebuild
maybe in time i can begin to look ahead
hope is like a distant light in my heart
when i give my grief to jesus of nazareth my hope grows stronger

the light burns brighter
brighter every day

**jesus of nazareth:
you're happy if you mourn
because you'll be comforted**

wk 2: day 6
beginning

could it be that there's a new beginning for me?
could it be that i can begin to live again?

when i mourn, it feels like death has overwhelmed me
when i find my comfort in jesus of nazareth
it feels like i've been born once again
a new beginning

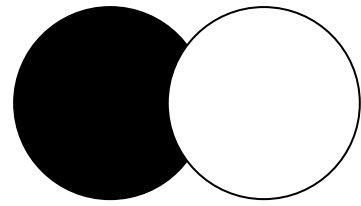
**jesus of nazareth:
you're happy if you mourn
because you'll be comforted**

wk 2: day 7
joy

now i'm living again
my heart's filled with joy once more
my mourning belongs to the night
the dark night that i've just come through

my joy belongs to the day
the new day that has now begun
the new dawn that i've found in jesus of nazareth
my comforter

**jesus of nazareth:
you're happy if you mourn
because you'll be comforted**



**prog 7
happy
wk 3: meek**

**wk 3: day 1
meek**

meek
it sounds like weak
but it means something different
quite different

it means humble
so it also means strong
strong as in strength of character
it means not having to prove myself
to anyone
and that's what jesus of nazareth's like
he doesn't need to strive to prove himself

**jesus of nazareth:
you're happy if you're meek
because you'll inherit the earth**

**wk 3: day 2
humble**

some prize power
some covet influence
some people respect pride

me?
i'd rather own humility
it's more valuable than all those other things
it's worth even more than all those put together

my only desire's to clothe myself in humility
after all, that's what jesus of nazareth wore
true humility

**jesus of nazareth:
you're happy if you're meek
because you'll inherit the earth**

wk 3: day 3
proud

i'm proud of one thing
and one thing only

i'm proud of belonging to jesus of nazareth

i'm proud to be his

why?
because he showed what it was to be proud of God
even to the point where he was hated for it

even to the point of death

**jesus of nazareth:
you're happy if you're meek
because you'll inherit the earth**

wk 3: day 4
inherit

some people inherit money
some inherit property

do i desire any of that?
not really

none of that stuff lasts forever
anyway, jesus of nazareth says that if i'm meek
the earth will be my inheritance

i guess that's only possible because it's his to give
it belongs to him

**jesus of nazareth:
you're happy if you're meek
because you'll inherit the earth**

wk 3: day 5
power

what's true power?
the ability to get my own way?
to demand something and to have it happen?

to snap my fingers and have people wait on me?
to have people fear me?
to tremble in my presence?

that's not power at all
it's weakness
according to jesus of nazareth

**jesus of nazareth:
you're happy if you're meek
because you'll inherit the earth**

wk 3: day 6
everything

it all belongs to jesus of nazareth
everything

it's all his and he offers it out to people who'll live like him
it's the inheritance of people who're meek
of those who put other people first
people who're strong like that

who don't care what the world thinks of them

**jesus of nazareth:
you're happy if you're meek
because you'll inherit the earth**

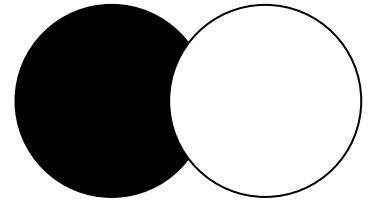
wk 3: day 7
rule

i wonder what the world's rulers think of him
i wonder what kings and presidents make of him
how do the world's dictators react at his words?

will they give up their rule and make jesus of nazareth king?
will they bow down?

as for me, i'm on my knees

**jesus of nazareth:
you're happy if you're meek
because you'll inherit the earth**



**prog 7
happy
wk 4: hunger**

**day 1
hunger**

how can i be happy when i'm hungry?

while there's a yearning within me,
while this hunger gnaws at me,
nothing seems right.

for what do i hunger?

i hunger for a world that puts justice first
jesus of nazareth says if that's my hunger
then soon i'll be filled.

**jesus of nazareth:
you're happy if you hunger and thirst for righteousness
because you'll be filled**

**day 2
thirst**

i thirst

my spirit cries out for water
for the life-giving spring of living water

where does that life-giving spring flow?

it flows from jesus of nazareth

it floods my being
when it flows within me, my desires change
now i thirst for righteousness

i thirst every day for God

**jesus of nazareth:
you're happy if you hunger and thirst for righteousness
because you'll be filled**

day 3
righteousness

righteousness
it's more than doing the right thing

it's more than playing by the rules
more than keeping the law

when i desire righteousness
my desire's to see a new kind of world

a world where the last are put first
a world where jesus of nazareth's on the throne

jesus of nazareth:
you're happy if you hunger and thirst for righteousness
because you'll be filled

day 4
desire

desire drives me
it pushes me on
desire is my reason to get up in the morning.

desire for what?

a desire to see the world turned upside down
a desire to make the world a better place
a desire to build a world based on jesus of nazareth's rules

jesus of nazareth:
you're happy if you hunger and thirst for righteousness
because you'll be filled

day 5
longing

how long?
how long until everything's put right?
seems like we've been waiting forever
for centuries
for millennia

the longing grows stronger
stronger and stronger year on year

but one day soon he'll come
(i'm talking about jesus of nazareth)

and then, when he comes, all the rules will change

jesus of nazareth:
you're happy if you hunger and thirst for righteousness
because you'll be filled

**day 6
filled**

my hunger and thirst've been filled
no longer is there a need within me
no longer do i yearn for a better world

ok, maybe i can't say that yet
but soon
really soon
i'll be able to say that

how do i know?
because jesus of nazareth promised it

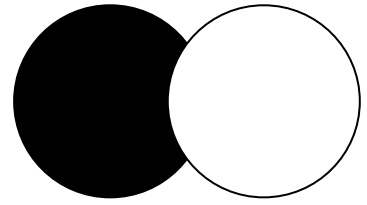
**jesus of nazareth:
you're happy if you hunger and thirst for righteousness
because you'll be filled**

**day 7
satisfied**

when that day comes
then i'll be satisfied
then i'll sit down under the branches of a spreading oak tree
then i'll say, 'it was worth the wait'

'it was worth the hunger and the thirst
because now i'm satisfied
i've lived to see jesus of nazareth rule the earth'

**jesus of nazareth:
you're happy if hunger and thirst for righteousness
because you'll be filled**



**prog 7
happy
wk 5: mercy**

**day 1
justice**

i'm looking at the things people do wrong
i'm thinking, 'some people deserve all they get'
i tell myself they deserve justice

they deserve all that's coming to them

then i wonder about me
about jesus of nazareth
and about God

i wonder if i deserve what's coming to me

**jesus of nazareth:
you're happy if you're merciful
because you'll be shown mercy**

**day 2
fairness**

i'm thinking about what's fair
where does 'fair' come from?
who placed fairness within me
is it just my upbringing?
is it taught?

seems to me there's something within me that was always there
built in
something telling me that the universe runs on right and wrong
and on justice

**jesus of nazareth:
you're happy if you're merciful
because you'll be shown mercy**

day 3
merciful

i long for justice
so when the 'rules' are broken, i'm angry

so angry that sometimes i'm in danger of going too far
that's when i remember i need to forgive
then i remember i need to be merciful

and not remember every wrong

that's what God did with me

**jesus of nazareth:
you're happy if you're merciful
because you'll be shown mercy**

day 4
justify

i want to justify myself
i want to defend my position
i want everyone to see that i'm in the right

but hold on there a minute
did jesus of nazareth insist on protesting his innocence?
no he didn't

he let injustice reign
so that, in time, justice could reign

**jesus of nazareth:
you're happy if you're merciful
because you'll be shown mercy**

day 5
deserve

if i look hard at my life
if i count up all the things i've done that i shouldn't have
if i recall everything i've said that i'd have been better not to

well, i'm ashamed to think about it
when i look at God's standards,
i deserve his wrath

**jesus of nazareth:
you're happy if you're merciful
because you'll be shown mercy**

day 6
mercy

alongside justice sits mercy
hand in hand they walk
side by side they stand

i'm glad that my desire for justice is tempered by mercy
'cause that means when i mess up, i'll be shown mercy too

least that's what jesus of nazareth says
and i'm happy to trust him

**jesus of nazareth:
you're happy if you're merciful
because you'll be shown mercy**

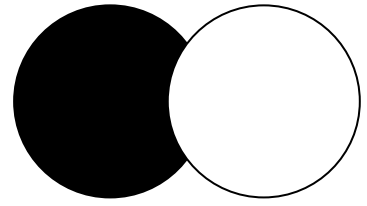
day 7
thankful

my heart's overflowing with joy
i'm thankful beyond what words can describe

what's causing me such joy?
does it come from something i've done?
no.

i'm thankful to jesus of nazareth because of what he's done
for me
he forgave my sins
and there's no words to describe my thankfulness

**jesus of nazareth:
you're happy if you're merciful
because you'll be shown mercy**



**prog 7
happy
wk 6: pure**

**day 1
heart**

love heart
soft heart
hard heart
cold heart
sweet heart

what's with the connection between my heart and my emotions?
after all, my heart's not where my desires live.

but i know it's just a way of speaking
and jesus of nazareth's saying i've to keep all my desires pure

**jesus of nazareth:
you're happy if your heart's pure
because you'll see God**

**day 2
inner**

it's what's going on inside
it's what's unseen
my inner desires and drives
my motives

that's what my 'heart' is

who can see inside me?
who can know my motives?

my family
my friends
maybe my boss?

none of these.
only God can look within and know my inner thoughts

**jesus of nazareth:
you're happy if your heart's pure
because you'll see God**

day 3
motive

if i were to sift my motives
if i were to look inside myself
inside my heart
well, not everything there would make comfortable viewing

there's things inside me i'd rather no-one saw.
except maybe jesus of nazareth
'cause i know that he can help make me pure
deep inside

**jesus of nazareth:
you're happy if your heart's pure
because you'll see God**

day 4
pure

pure
without flaw
without fault
well, that doesn't sound like me

pure
unsullied
untainted
no blemishes
well, that's definitely not me

so i'm asking jesus of nazareth to work with me
if he supplies the strength,
the Spirit
then i'll supply the will
the desire
to have a pure heart

**jesus of nazareth:
you're happy if your heart's pure
because you'll see God**

day 5
clean

in my experience, there's only one way to get clean
and that's to wash
so what happens if my spirit's unclean?
impure
how to i get cleaned up inside?
only by asking jesus of nazareth
'wash me'

then i'll be truly clean
then i'll have clean hands and pure heart

**jesus of nazareth:
you're happy if your heart's pure
because you'll see God**

day 6
God

what's God look like?
what would it be like to look at him?
to see him?

i guess almost everyone's thought that at some point
everyone's thought
'if you're there God'
let me see you

jesus of nazareth says we can see God
first step's to have a pure heart

jesus of nazareth:
because you'll see God
you're happy if your heart's pure

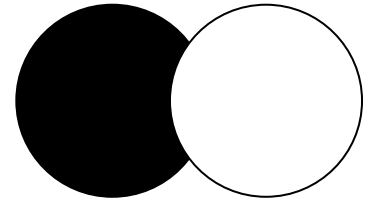
day 7
face

face to face
eyeball to eyeball
that's how i'd like to see God
that way i'd have no doubt

but maybe that's arrogance
maybe that's missing the point

he wants me to believe even though i can't see him
he wants me to have faith
a pure desire to trust

jesus of nazareth:
you're happy if your heart's pure
because you'll see God



prog 7
happy
wk 7: peace

day 1
peace

peace is the absence of war
that's for sure
but it's more than that too
peace is where i'm at when i rest in God's presence
and jesus of nazareth says he'll give me peace
if only i'll trust him

sounds like a good deal
guess i'll be trusting him

jesus of nazareth:
you're happy if you're a peacemaker
because you'll be called God's child

day 2
gentle

it takes a gentle heart to bring peace
why's that?
well, because peace flows out from within us
it starts inside and flows out into other people

so, if my heart's angry within
then peace can never flow

what i need's a gentle spirit within me
jesus of nazareth's spirit

jesus of nazareth:
you're happy if you're a peacemaker
because you'll be called God's child

day 3
war

in the midst of war
that's where jesus of nazareth's followers are to be found

in the middle of all kinds of wars

wars fought with guns and bombs
and wars fought with words as weapons

hate filled, spiteful words
destructive words

that's where jesus of nazareth's followers bring peace

jesus of nazareth:
you're happy if you're a peacemaker
because you'll be called God's child

day 4
active

peace doesn't happen by accident
it doesn't just come out of nothing

it has to be worked for
it has to be worked at
it has to be made

it is achieved through a conscious decision of the will
through an attitude that says:
'i'll make peace'
'i'll be active'

jesus of nazareth:
you're happy if you're a peacemaker
because you'll be called God's child

**day 5
change**

who wants to change the world?
well, pretty much everyone i'd guess
at least, there's some things in the world we'd all like to change
as for me, i'd like to bring peace where there's strife
i'd like to see more people discover the peace that jesus of nazareth brings

**jesus of nazareth:
you're happy if you're a peacemaker
because you'll be called God's child**

**day 6
father**

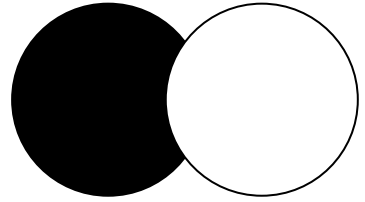
jesus of nazareth says
if i work for peace then people will comment that God's my father
i think he must be saying 'like father; like son'
because if i work to make peace then i'm reflecting what God's like
after all, i've heard it said that 'God is peace'

**jesus of nazareth:
you're happy if you're a peacemaker
because you'll be called God's child**

**day 7
child**

and what a privilege to be God's child
to be part of his family
to be intimate with God
to call him 'dad'
if that's a status that comes with being a peacemaker
then i'd rather make peace than war
i'm asking jesus of nazareth to help me in that

**jesus of nazareth:
you're happy if you're a peacemaker
because you'll be called God's child**



prog 7
happy
wk 8: persecute

day 1
persecute

none of us longs to be hated
no-one looks for persecution

but jesus of nazareth; he says:
'get ready, 'cause it'll come'

and he says i've to be glad when it does
'cause the world hated him too

so, i'm not looking for it
but i'm happy to face it

jesus of nazareth:
you're happy if you're a persecuted because of me
because the kingdom of heaven is yours

day 2
follower

what's it mean to be a follower of jesus of nazareth?

if it means following him into unpleasant places
into danger
or hardship
or rejection

well, i'm ready to go there
ready and willing

after all, if i'm willing to accept good things
i'm happy to take tough things too.

jesus of nazareth:
you're happy if you're a persecuted because of me
because the kingdom of heaven is yours

day 3
rejoice

even in the middle of persecution
even there i can rejoice

how's that possible?

easy

it's 'cause my eyes are fixed on a different horizon
my eyes are fixed on heaven

i'm looking beyond what's happening now
i'm looking to what's up ahead
and i'm looking to jesus of nazareth

jesus of nazareth:
you're happy if you're a persecuted because of me
because the kingdom of heaven is yours

day 4
reward

what's the prize i'm hoping for?
what's the goal to which i'm working?

well, i'm not looking for gold medals
i'm not looking for pride of place on the winner's podium

no, the prize i'm running towards is jesus of nazareth himself
he's my reward
he's reward enough for me

jesus of nazareth:
you're happy if you're a persecuted because of me
because the kingdom of heaven is yours

day 5
honour

jesus of nazareth says that i'll receive an honour
it's the honour of being his
it's the honour of knowing that i belong to him

it's a strong bond
it's a bond that's forged in the furnace of persecution
it's stronger than any other bond
nothing can break it
nothing

jesus of nazareth:
you're happy if you're a persecuted because of me
because the kingdom of heaven is yours

day 6
possess

most of all, what do i wish to possess?
what do i desire most?
what motivates me?
what drives me?

is it wealth?
or honour?
or power?

none of these.
it's God's kingdom
it's knowing that i possess it already
how do i know?
because it's already within me

possessed

jesus of nazareth:
you're happy if you're a persecuted because of me
because the kingdom of heaven is yours

day 7
mine

all that's his is mine
all that's mine is his
that's the kind of relationship we have
it's all consuming
it's all embracing
jesus of nazareth's my magnificent obsession
that's why to be hated because of him's no burden at all
it's no sacrifice to lose everything for his sake

jesus of nazareth:
you're happy if you're a persecuted because of me
because the kingdom of heaven is yours