

**SPIRITUAL TASK—**  
**YOU ARE AS HAPPY AS YOU CHOOSE TO BE** (Matthew 5)  
*by the Rev. David Roth at the New Church of Boulder Valley*

**Story** The Sermon on the Mount begins by the Lord outlining what the true blessings of our life are. Today we discussed the first one: “Blessed are the poor in spirit, For theirs is the kingdom of heaven.”

**Meaning** The first key to happiness is admitting our powerlessness and learning to depend on the Lord’s power in our lives. In other words: having humility that God is God and in charge and that we aren’t.

**Task** Begin working on these steps to increase the sense of humility in your life.

1. Examine yourself and look for areas where you put your self and your own interests first - regardless of the impact
2. Confess that this is really going on inside your heart
3. Pray to the Lord that He might give you the strength to start breaking away from this attitude - that He might soften your heart
4. Identify, by study and reflection, truths about where your power truly comes from
5. Admit your powerlessness to the Lord or to another person
6. Open your eyes and heart to the situations of others
7. Take action to serve someone other than yourself or someone who is connected to you