



## TRUE(ISH): AS LONG AS YOU ARE HAPPY

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### Science of happiness:

#### Chemicals of happiness:

Oxytocin - **COMFORT**

Dopamine - **DISCOVERY**

Serotonin - **RESPECT**

#### Sources of happiness:

Genetics **50%**, Circumstances **10%**, Choices **40%**

#### Motivations of happiness:

Public:	Wealth	Image	Position
Personal:	<b>RELATIONSHIPS</b>	<b>GROWTH</b>	<b>SERVICE</b>

### Scripture on happiness (*Psalms 1*):

Healthy **RELATIONSHIPS** (*Psalms 1:1*)

Personal **GROWTH** (*Psalms 1:2*)

Helpful **SERVICE** (*Psalms 1:3-4*)

### TAKE AWAY: 5 minute tip for self-medication

Relationships	<b>GRATITUDE</b>	Oxytocin
Growth	<b>MEDITATION</b>	Dopamine
Service	<b>GENEROSITY</b>	Serotonin

## WAYS TO GIVE



**GIVING BOXES**  
located in auditorium



**ONLINE**  
[ccv.church/give](http://ccv.church/give)



**MOBILE APP**  
on the App Store



**KIOSKS**  
located in the lobby



[ccv.church](http://ccv.church)



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