

Character Track

Practical Happiness, by Bob Schultz

Worksheets

Chapter 1: Questions

1. What is a one-word question that little children ask many times each day?
2. How does asking questions express humility?
3. Why don't proud people like to ask questions?
4. In the context of this chapter, at what age does a man stop feeling like a kid?
5. What was the question my wife and I asked that drastically changed our family's life?

Chapter 2: Deep-Sea Diving

1. Why does Ralph like to travel?
2. Why did he, not his fellow divers, get to see the Christmas tree worms?
3. Why does a quiet boy see more in the woods than a loud boy?

Character Track

Practical Happiness, by Bob Schultz

Worksheets

4. What advice did Job's friend give him?

5. What value is there in learning to be quiet and experiencing the wonders of God?

Chapter 3: A Look in the Mirror

1. What is one reason God might bring difficult people into our lives?

2. Why should you want to know your faults?

3. Why are some people afraid to have their faults revealed?

4. After God reveals your shortcomings, what's His next step?

5. Do you have the courage to ask God to send you a mirror?

Chapter 4: Jerks

1. What have I found in every successful home?

Character Track

Practical Happiness, by Bob Schultz

Worksheets

2. What happens to the families who don't admit there are jerks in their homes?
3. What made our losing baseball team fun to play on?
4. When you help someone who has missed the mark, what should your attitude be?

Chapter 5: Try Giving Yourself Away

1. How do you know that God is a cheerful giver?
2. What did Moses tell the people to do if they wanted to proclaim that the Lord was their God?
3. What walks hand in hand with giving?
4. What is a hobby?
5. Do you have anything you could give away?

Character Track

Practical Happiness, by Bob Schultz

Worksheets

Chapter 6: Scaffolding Wrestling

1. Why did Paul attack scaffolding?
2. What would happen if everyone could make up natural laws whenever they wanted?
3. If someone says you have an excellent spirit, what does that mean?
4. How does understanding help a man obtain an excellent spirit?

Chapter 7: Listen, He's Speaking

1. Why did God make the heavens and the earth?
2. What are some of the ways God speaks to people?
3. Why are some folks afraid to say that God speaks to people today?
4. God's clearest Word has come to us through a person. Who is that person?

Character Track

Practical Happiness, by Bob Schultz

Worksheets

Chapter 8: Training Your Ears to Hears

1. How can a mechanic tell what's wrong with an engine just by listening to it?
2. What does learning a foreign language and learning to hear God's voice have in common?
3. How can the Bible teach you to hear God's voice?
4. What does His voice sound like?

Chapter 9: Why Men Don't Hear

1. What are some of the ways God speaks to us today?
2. Why does He want to speak to us?
3. What are some of the reasons men do not hear God?
4. What crop is produced in the heart of men who reject God's counsel?

Character Track

Practical Happiness, by Bob Schultz

Worksheets

Chapter 10: Look at the Root

1. Name three books that describe truth?
2. Why should all three align with each other?
3. Why did Mrs. Nelson's branch bloom after breaking off? Why did it wither?
4. What does the root of the righteous do?
5. Who is that Root?

Chapter 11: Picking Strawberries

1. What is the difference between a pessimist and an optimist?
2. Why is it hard for a pessimist to recognize good or for an optimist to see bad?
3. What was one of Paul's remedies for a pessimist?

4. Why is it important that fathers learn to pick strawberries instead of focusing on the weeds when dealing with their children?

5. Compare a weed-picking employer to a strawberry-picking employer.

Chapter 12: Discouragement on Willamette Pass

1. What does *fail* mean?

2. How did the jerk fail?

3. What did God do when the jerk failed?

4. How did Peter fail?

5. How did Jesus respond to Peter's failure?

6. How should we respond to people that fail us? Why?

Character Track

Practical Happiness, by Bob Schultz

Worksheets

Chapter 13: The Happy 2 x 4

1. What's one thing I like about Bill Watkins?
2. What was Davey's problem?
3. What did he do that showed he got over it?
4. Name a few unchangeable parts of your life?
5. If you try to get honor for ourselves, who do you have to steal from to get it? Why?

Chapter 14: Squirreling

1. Why do squirrels gather and store nuts?
2. What kinds of things do people gather and store?
3. Should people only gather just enough resources for themselves?

Character Track

Practical Happiness, by Bob Schultz

Worksheets

4. Why does a man feel happy when he has finished filling the woodshed with wood?

Chapter 15: Tests

1. What do good tests reveal?

2. Why do many people not like tests?

3. Why does God like trials and tests?

4. Why does our pride avoid tests?

5. What should our attitude be when trials come our way? Why?

Chapter 16: Judgments

1. Does God ever harden the hearts of men so that they do what appear to be mean things?

2. Why would He do such a thing?

Character Track

Practical Happiness, by Bob Schultz

Worksheets

3. Do you believe that God controls the decisions of current word leaders?

4. When a man receives a promotion, who gives it to him?

5. When a man receives a demotion, who is behind it?

6. What is one reason why few men live happy and restful lives?

Chapter 17: A Time to Give

1. What did Robert Supply give away?

2. Why did such a little gift make a lasting memory?

3. Why do little moments of time often create the highlights of the day?

4. If God has given us all the time we need, and if we always feel like we don't have enough time, what's wrong? How can we change it?

Character Track

Practical Happiness, by Bob Schultz

Worksheets

Chapter 18: Bringing Home the Lights

1. What is a major root fear?
2. How does simple light remove fear?
3. Name some ways to bring light into the lives of others.
4. How does a man gain the ability to bring light into dark places?

Chapter 19: Sick and Tired of Family Devotions

1. Why was I frustrated with my family's morning Bible times?
2. What was the real problem?
3. How will others respond to you if you cheerfully choose a good course of action?
4. How old do you have to be before you can apply this lesson?

Character Track

Practical Happiness, by Bob Schultz

Worksheets

Chapter 20: Placed in Prison

1. Was I mean to confine my chickens to a ten-by-twenty foot pen? Why?
2. Why does God put people in prison?
3. How do they get out?
4. What does it mean to be captivated by His beauty?

Chapter 21: Where's the End Zone?

1. Why did Clyde Simmons run the wrong way?
2. Describe Clyde's feelings when the ball bounded into his hands; as he ran toward the goal; when he entered the end zone; when he realized he was at the wrong end.
3. What is the goal of life?
4. How can a man run for this goal during a day of work and business?

Character Track

Practical Happiness, by Bob Schultz

Worksheets

Chapter 22: McCheyne's Advice

1. Why was Scott worried and frustrated?
2. Why do people get discouraged when they frequently look at themselves?
3. What does it mean to look at Jesus' heart?
4. How does looking at His heart give us the freedom to be happy even when we have faults?
5. What was Robert Murray McCheyne's advice?

Chapter 23: Two Types of Sorrow

1. In the kindling story, I was concerned with slothfulness. What was God concerned with?
2. Describe worldly sorrow. What is its fruit?
3. Describe godly sorrow. What happens to the people who have this type of sorrow?

Character Track

Practical Happiness, by Bob Schultz

Worksheets

4. What pressures will a family face when the father indulges in worldly sorrow?
5. What freedom will a family face when the father uses sorrow as God intended?

Chapter 24: An Example to Follow

1. At the Last Supper, what did Jesus do to teach a lesson?
2. What was the lesson?
3. If a man knows this lesson, what will make him happy?
4. What is something specific you can do to follow Jesus' example?

Chapter 25: Returning

1. What does a firm handshake have to do with carpentry?
2. What is a hit-and-run accident?

Character Track

Practical Happiness, by Bob Schultz

Worksheets

3. What happens to men who will never go back to make things right?
4. What is the most important return we'll ever make?
5. What will try to keep you from returning to what you know is right?
6. If a young man is an overcomer, how will he treat these obstacles?
7. Do you have someone in mind you need to return to?

Chapter 26: Produce Fruit

1. Why are bees usually happy on warm days?
2. What were the Thessalonians doing that made Paul write what he did?
3. What does *officious* mean?

Character Track

Practical Happiness, by Bob Schultz

Worksheets

4. Why does productive work tend to make a man happier?

Chapter 27: Pain, the Preacher

1. Name one attitude that relieves pain.

2. What are five emotions that tend to increase pain?

3. Can you think of five opposite emotions that might reduce pain?

4. What are a couple of reasons why God gives us pain?

5. When there's pain that you don't understand or when you may be tortured for your faith, what are three comforting facts to remember?

Chapter 28: Persecution

1. Why could Jesus be joyful as He approached the cross?

2. How does a man develop the eye to see into God's coming kingdom?

Character Track

Practical Happiness, by Bob Schultz

Worksheets

3. What did William's parents think about his upcoming death?
4. Was William afraid?
5. How is it possible that cruel tortures cause rejoicing in Christians?

Chapter 29: Outwitting a Weak Mind

1. Define *responsibility*.
2. How does being responsible help a weak mind?
3. What did "Keep your shoes tied" mean?
4. What's more important than thinking straight and feeling good?

Chapter 30: A Business Tip

1. What's one reason some building contractors overbook jobs?

Character Track

Practical Happiness, by Bob Schultz

Worksheets

2. Would you like to be like dog one or dog two? Why?

3. Why did the contractor get in trouble?

4. What is the business tip?

5. How does “Thou shalt not covet” apply to the tip?

Chapter 31: Under His Smile

1. Who gave us the longing to be loved by our dad?

2. How did He plan to fulfill that longing?

3. What did God do to assure the Jews He was approachable?

4. How do we come to God now?

Character Track

Practical Happiness, by Bob Schultz

Worksheets

5. In what practical ways can we express this theology?

Chapter 32: Remember

1. What's an MRI?
2. What does *claustrophobic* mean?
3. How did David overcome the fears and discouragement of trouble?
4. What can you do to help remember the good things God has done?
5. What is one story you remember about God helping you in a time of trouble?

Chapter 33: Conscience

1. How did Brian's conscience try to warn him about the bike in the kitchen?
2. Why didn't he listen?

Character Track

Practical Happiness, by Bob Schultz

Worksheets

3. What does the conscience mainly warn us about?
4. What are the two great commandments?
5. How does our conscience help us to align with those commandments?
6. What action sears a conscience?

Chapter 34: A Lie

1. What is one lie that plagued Adam and Eve and still troubles people today?
2. What does “affective forecasting” mean? What do people usually forget to include in their “forecast”?
3. The Bible tells us to be content if we have two things. What are they?
4. If you have these two things, and godliness also, what do you have?

Character Track

Practical Happiness, by Bob Schultz

Worksheets

5. The scientific study concluded that happiness was elusive. Is that true? Why?

Chapter 35: The Seriousness of Murmuring

1. What size of God does a complainer have?

2. Proverbs 17:27 says, "A man of understanding is of an excellent spirit." Daniel had an excellent spirit. What did he understand?

3. Who rules the governments that exist in the world today?

4. What does God think about complaining and murmuring?

5. What should you think about it? Why?

Chapter 36: That Your Joy May Be Full

1. Why did the Apostle John write his first letter in the Bible?

2. According to Andrew Murray, why do most men never come to the fullness of joy God offers?

Character Track

Practical Happiness, by Bob Schultz

Worksheets

3. Murray called it “abiding in Christ.” What did Madame Guyon call it?

4. Guyon said it was simple to experience Christ. What did she say to do?

Character Track

Practical Happiness, by Bob Schultz

Answer Key

Chapter 1: Questions

1. Why?
2. Asking questions demonstrates humility because it shows that we don't have all the answers. We need the wisdom and knowledge of others.
3. Proud people don't like to ask questions because they don't think they need other people to help them grow in wisdom and knowledge.
4. A man never stops feeling like a kid.
5. "Could a family live in America during the twenty-first century without borrowing money for anything?"

Chapter 2: Deep-Sea Diving

1. It helps him grasp the greatness and beauty of his Creator.
2. Because he made few movements and drifted with the current so as not to scare the worms away.
3. A loud boy will scare God's creatures away as he tramps through the woods. But a quiet boy who enters the woods with an eye to its beauty and quietly watches and waits, will be rewarded with fascinating discoveries and experiences.
4. "Stand still and consider the wondrous works of God" (Job 37:14).
5. Quiet, observant hearts gain wisdom and an understanding of God that loud, hasty hearts never do.

Chapter 3: A Look in the Mirror

1. It is often easier to see faults in others than in ourselves. The faults of others can act as a mirror to expose our own faults.
2. So you can confess and forsake them.
3. They don't have the courage to face them.
4. He will show you how to overcome them with His help.
5. Answers may vary.

Chapter 4: Jerks

1. There's a jerk in every one of them.
2. They will fall through pride (Prov. 16:18).
3. They didn't expect their teammates to never make errors, and when they did, they tried to make up for them by helping each other.
4. Learn to forgive and love them with a helpful, cheerful heart.

Chapter 5: Try Giving Yourself Away

1. Because He commands us to give, and He would never command us to do or be something He isn't.
2. When they came into the Promised Land, they should take some of the first and best fruits they found, put them in a basket, and take them to the priests. At proper times they should give them to the Levite, the stranger, the fatherless, and the widow (Deut. 14:28-29, 26:1-15).
3. Happiness

4. "A favorite object... which a person pursues with zeal or delight." (Webster's 1828 Dictionary)
5. Yes. Specific answers may vary.

Chapter 6: Scaffolding Wrestling

1. He had a burst of irritation because the scaffolding was hard to work with.
2. The world would crumble into chaos.
3. Having a meek, calm, submissive, and loving heart.
4. Instead of demanding his own way, he learns to rest with-in God's wise laws that govern the world.

Chapter 7: Listen, He's Speaking

1. To declare His glory and show His handiwork (Ps. 19:1).
2. Through the Bible
Through nature (creation)
Through others
Through circumstances (providence)
3. They don't want to listen to what He has to say.
4. Jesus Christ

Chapter 8: Training Your Ears to Hear

1. Because he's spent much time training his ear to hear.
2. It takes a lot of time and effort.
3. By saturating your mind with God's Word and engraving it into your heart, you learn the difference between God's voice and a false imitation.
4. It can sound like a human voice, like thunder, or be still and quiet. It can also be a sense of His presence or a prompting.

Chapter 9: Why Men Don't Hear

1. Through His Word, His Spirit, dreams, visions, and angels.
2. He wants fellowship with us.
3. Pride, peer pressure, hard hearts, worry, ambition, desire for money.
4. Arguments, fights, anger, debt, drunkenness, and immorality.

Chapter 10: Look at the Root

1. The Bible, the book of nature, and the book of life.
2. Because they all teach that if you want something to flourish, attend to the roots.
3. It was springtime and it still had some life in it. It wasn't connected to the root so it withered.
4. It yields fruit.
5. Jesus Christ

Chapter 11: Picking Strawberries

1. Pessimists look at the dark side of things while optimists

Character Track

Practical Happiness, by Bob Schultz

look at the bright side.

2. Because pessimists are too busy looking at the bad and optimists are too busy looking at the good.
3. "Be anxious for nothing, but in everything by prayer and supplication, with thanksgiving, let your requests be made known to God." (Phil. 4:6)
4. If you focus on the weeds (flaws), you will miss the strawberries (virtues) and won't be able to impart life and hope to your children.
5. The weed picker sees only the weeds and misses the strawberries. The strawberry picker only sees the strawberries and misses the weeds.

Chapter 12: Discouragement on Willamette Pass

1. "To desert; to disappoint; ...to neglect to give aid, supply, or strength."
2. Instead of providing hope and to his wife and child, he deserted them. He didn't ask God for help.
3. He graciously sent a fellow traveler to help him.
4. He denied Jesus three times.
5. He offered comfort, encouragement, and food to him.
6. Usually, extend forgiveness and mercy. Jesus often did and we are to follow his example.

Chapter 13: The Happy 2 x 4

1. He's always ready with a thought or verse to encourage me at an appropriate time.
2. When assigned a task, he whined and produced little work.
3. He drew happy faces on every stud rafter and joint, and then obeyed.
4. Your birth, your parents, your siblings, your gender, your death date.
5. God. Because He is the Builder and we are simply His creation.

Chapter 14: Squirreling

1. They are storing up food for winter.
2. Meat, fruit, vegetables, money, etc.
3. No. The goal is to lay up, ahead of time, the resources for approaching needs and extra to give away.
4. God designed men with a sense of pleasure when they work to provide for the needs of their families.

Chapter 15: Tests

1. Truth
2. Because they reveal their shortcomings.
3. So that the truth might be known.
4. Pride would rather lie to look special than face the reality of being average or uneducated.
5. Greet trials as friends and give thanks for them. We get to know and love God better when we experience His trials.

Answer Key

Chapter 16: Judgments

1. Yes, He does.
2. That all people may know that He is the Lord.
3. Answers may vary.
4. God
5. God
6. They don't believe that God controls all judgments.

Chapter 17: A Time to Give

1. Cans of soda or lemonade packed in ice.
2. Because they gave a little more than necessary.
3. Because those moments are often the times we invest to meet people, cheer up lives, remove obstacles and serve others.
4. We don't have the right priorities. We aren't living a grace-paced life or investing our time in godly endeavors. We may be using most of our time on necessities or selfish pleasure. We should arrange our time so that we may give the time required for each thing and then a little more.

Chapter 18: Bringing Home the Lights

1. Uncertainty
2. It reveals truth and brings understanding.
3. By giving words of encouragement, reasons to forgive, and speaking and living the truth.
4. By letting God's light dwell in him.

Chapter 19: Sick and Tired of Family Devotions

1. His children were not interested. They acted like it was bedtime and were easily distracted.
2. He was tired of boring times together. He had a hard time presenting the living Bible in a way that seemed interesting.
3. They will want to tag along.
4. It doesn't matter. There is no age requirement.

Chapter 20: Placed in Prison

1. No. The author was keeping the chickens safe.
2. To accomplish His good purposes. Often it's to stop people from their own ways so they might consider His beauty.
3. By voluntarily being captivated by the beauty, excellence, and goodness of God.
4. To know and walk with God.

Chapter 21: Where's the End Zone?

1. He had spun around during the fumble.
2. He could think about nothing else except reaching that end zone. This was his glory moment. He could hear the crowd roar as he crossed the line. His imaginary glory faded away and was replaced with a sinking feeling of regret realizing that he had gone the wrong direction. He was being

Character Track

Practical Happiness, by Bob Schultz

jeered at and he wished that the earth would swallow him up. He was humiliated.

3. The goal of life is to delight in God.
4. By delighting in God and letting the happiness of knowing God change his heart.

Chapter 22: McCheyne's Advice

1. He was not growing taller as fast as he wanted to.
2. They are never satisfied.
3. Consider His mercy, His understanding, His desire to save sinners, His kindness, and His death for you.
4. His heart refreshes us with hope in His goodness to save and love sinners.
5. "For one look at yourself, take ten looks at Christ."

Chapter 23: Two Types of Sorrow

1. That His name and goodness would be glorified.
2. Worldly sorrow weighs a man down. He keeps mentally reviewing his failures, kicking himself, and wishing for the chance that will never come to relive the past. His future is heavy and darkened by a constant focus on past mistakes.
3. Godly sorrow looks right at the problem, confesses it, makes it right, and then cheerfully gets back to work. It allows a man to stand clean before God, to be pleasant to people, and be able to look at himself without self-condemnation.
4. Repeated depression, pity parties, and little desire to work and provide.
5. A constantly growing family, honesty with self, and a desire to work harder to the glory of God.

Chapter 24: An Example to Follow

1. He washed his disciples' feet.
2. The greatest in His kingdom are to become the least.
3. Faithfully serving and providing for those under his care.
4. Giving your younger siblings a drink.

Chapter 25: Returning

1. It can invoke the trust and confidence necessary to do business.
2. When you hit something or someone and don't stop to offer assistance. Rather, you leave the scene of the incident with no plan to make restitution.
3. They won't live happy lives if they leave unresolved problems behind him.
4. Returning to God
5. Satan's lies and pride.
6. He will cast them aside and return to God's promises.
7. Answers may vary.

Chapter 26: Produce Fruit

1. Bees are active on warm days and they are happy when they are

productive.

2. They were quitting their jobs and being idle in anticipation of Jesus' imminent return.
3. Excessively zealous to serve; interposing in affairs without being desired.
4. Fruitful work aligns us with God and gives us His joy and fulfillment.

Chapter 27: Pain, the Preacher

1. Gratitude
2. Fear, anger, guilt, loneliness, and helplessness.
3. Peace, trust, comfort, joy, gratitude, and hope.
4. He sends fatherly chastisement so we might return to Him. He seeks to get our attention so that we might flee wickedness.
5. On the last day, for those who have repented, God shall wipe all tears from their eyes. There shall be no more death, neither sorrow nor dying. There shall be no more pain (Rev. 21:4).

Chapter 28: Persecution

1. He saw beyond the pain and death to the joy that was set before Him.
2. By valuing the things of God more than the things of the world.
3. They were happy that they had a child who was willing to lose his life for Christ's sake.
4. No. He knew to die for Christ was gain, and after suffering he would receive a crown of joy.
5. Because if you are partakers of Christ's sufferings; when His glory is revealed, you will be glad with exceeding joy (1 Pet. 4:13).

Chapter 29: Outwitting a Weak Mind

1. A moral obligation to behave correctly and be accountable to something.
2. It helps you do the small things that you can and need to do. Small things turn into great things if you are faithful.
3. Do the little things you know you need to do, the ones you can do, and you'll get through.
4. Keeping your shoes tied.

Chapter 30: A Business Tip

1. They fear the housing market will dip and they'll be out of work.
2. Dog two. He was content and therefore got more privileges.
3. He obtained a job he wouldn't finish, desired to be paid even though he didn't work, and neglected his responsibilities.
4. Set your attention on completing the work at hand. Put

Answer Key

Character Track

Practical Happiness, by Bob Schultz

off new starts, avoid new promises, be willing to say no to newcomers. Don't let new commitments hinder your current work.
5. Don't covet more than God has given. Be faithful in the things that God has given you.

Chapter 31: Under His Smile

1. God
2. By being a Heavenly Father to us.
3. He gave them specific laws of sacrifice that if followed in faith gave them assurance of His forgiveness.
4. We trust in Jesus Christ and His sacrifice to save us just like our Old Testament fathers did. Now that Christ the substance has come, the shadowy sacrifices that pointed to Him are no longer necessary.
5. Accept His pardon, confess our sin, and obey Him.

Chapter 32: Remember

1. Magnetic Resolution Imagery
2. The fear of being in tight spaces.
3. He sought and considered the days of old. He remembered the Lord and meditated on His works. He remembered what God had done in the past (Ps. 77).
4. Write them down. Review the times God has delivered you and met your needs. Remember His promises to sustain you.
5. Answers may vary.

Chapter 33: Conscience

1. It reminded him of his sisters who worked hard to keep the floor clean and his parents who would also not approve of what he was doing.
2. He cared more about what he was trying to accomplish than listening to his conscience. He reasoned that it would be okay since he hadn't been expressly told not to.
3. It warns us before we do wrong and convicts us after we do.
4. Love God with all your heart, soul, mind, and strength. Love your neighbor as yourself (Mark 12:30-31).
5. It helps us maintain good relationships by letting us know when we are doing something that will harm them.
6. Knowingly disregarding one's conscience and saying "I don't care" to God.

Chapter 34: A Lie

1. You do not possess enough to be happy.
2. Examining the way people look into the future and predicting and acting upon what they think makes them happy or unhappy.
3. Food and clothing.
4. Happiness and contentment.
5. It is for many people because they don't have Jesus. Happiness eludes them because they try to find it in worldly pleasures. But the believer has Christ, the fountain of pleasure.

Answer Key

Chapter 35: The Seriousness of Murmuring

1. A small size god.
2. That God was sovereign over all, and in order to fully worship Him, he couldn't be a complainer since He had ordained and set the plan for his life.
3. God
4. He abhors it.
5. We should hate it because when we complain we are complaining against God.

Chapter 36: That Your Joy May Be Full

1. So that our joy might be full (1 John 1:4).
2. They don't believe in it.
3. Experiencing Christ
4. She made some steps to follow. Then she said to throw away the steps the more you became aware of Jesus.