



## **“The Blessed One”**

Scott Kelly  
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messages from CAC at [www.CACharrisburg.com](http://www.CACharrisburg.com)

**14% of Americans identified themselves as very happy according to a study conducted in June of 2020.**

**Notes on what “Blessed” people avoid?**

**Notes on what “Blessed” people embrace?**

### **Reflection Questions:**

Does your life feel blessed and happy?

Are you following the teaching of Psalm One?