

But one night, I came home at 3 am, frustrated and empty. As I parked, I saw two house guards dancing barefoot to music from a tiny radio. They had nothing. But they had joy. And I didn't.

Years later, I stood on global stages as a successful recording artist, entertaining millions. I had "made it." But that moment in Mozambique stayed with me: Joy isn't found at the top. It's built from within.

Joy is a leadership advantage

We live in an anxious, burned-out world. But as followers of Jesus, we're called to a different source. Joy isn't something we wait to feel. It's something we build with God's help. And the more we do, the more we experience peace, clarity, and lasting impact.

Want to build a joy-fueled future?

On May 4, I'm hosting the Xponential Intensive – a three-hour online experience where we'll do the deep work of transforming anxiety into daily joy. I'll walk you through the exact practices I teach my high-level coaching clients – tools to create meaningful work and holistic success – delivered in a focused format for a fraction of the cost. Only a few spots available.

Apply at: <https://www.xponential.life/event-details/intensive>

If you're reading this from a developing nation and cost is a challenge, message me directly at cr@3rddrive.com for a special discount.

Christian Ray Flores is an evangelist, coach, and entrepreneur. Get weekly insights on success and significance at www.christianrayflores.com.

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April 21, 2025 • Edward Carr – Missoula, MT, USA
The Five Valleys Church of Christ in Missoula, Montana is seeking a lead evangelist to guide our congregation into the next chapter. We recently celebrated our 30th anniversary, and while we've had our fair share of ups and downs, the church today is on solid ground with...

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Happiness that Lasts

To Inspire, Inform, Unify and Grow
the International Churches of Christ

UPCOMING EVENTS

- Asian Discipleship Summit**
Bali, Indonesia
June 12-15, 2025
- Caribbean Campus Ministry Conference**
Kingston, Jamaica
June 19-22, 2025
- DT Travel: Alaska**
July 6-13, 2025
- ICMC**
Los Angeles, CA, USA
July 31-August 3, 2025
- LA Jubilee**
Los Angeles, CA, USA
July 31-August 3, 2025
- Heartland Jubilee**
Kansas City, KS, USA
August 29-31, 2025
- DT Travel: South Africa**
September 20-October 2, 2025
- ICOC Delegates Meeting**
Rio de Janeiro, Brazil
October 22-24, 2025
- InsideOut Counselors Conference**
St. Louis, MO, USA
October 24-25, 2025

CONNECTING DISCIPLES IN
CHURCHES AROUND THE WORLD



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April 15, 2025 • Christian Ray Flores – Austin, TX, USA

Some truths take centuries for science to catch up to Scripture. One of those truths is this: Happiness doesn't follow success. It precedes it.

Top researchers like Dr. Raj Raghunathan and Tal Ben-Shahar, both of whom I've had the privilege to interview, have shown that happiness isn't something we unlock after we've achieved our goals. It's the foundation that allows us to reach them in the first place.

This flips the cultural formula we've been taught: Work hard, succeed, then be happy. But in reality, it looks more like this: Cultivate joy, gain clarity, energy, and resilience, and success follows. As Christians, this shouldn't surprise us. Joy isn't a luxury or bonus. It's a fruit of the Holy Spirit, a natural result of walking with God.



Galatians 5:22–23 tells us: “But the fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, self-control...”

Joy isn't meant to be rare. It's meant to be normal.

When I had everything – but not joy

I first noticed the disconnect in college. While visiting my dad in Mozambique, I had money, a motorcycle, and a lively social life.