

the Daily Bliss

Hi ! Good afternoon! I hope your day is full of bliss!

A few days ago, I came across a conversation where we discussed the challenges we have faced throughout life and what we have learned. Upon talking about this, I was reminded that we would never grow if we didn't face obstacles in life. While we all experience pain and suffering in our lifetimes, it's how we react to these challenges that determine if we will live a hopeful and joyful life or a hopeless and melancholy life.

Three years ago, I moved from where I had spent the last thirteen years of my life to an entirely new state. The move was life-changing, as I experienced an immense amount of loneliness, nostalgia, and hopelessness. Day after day, I felt like I was in a nightmare that I could never escape. The list of challenges started piling up as I began experiencing memory troubles and digestive issues. The problem wasn't that I was facing undesirable circumstances; it was that I let my circumstances define me and my happiness.

It's easy to base our happiness on circumstances - When we have good experiences, we're optimistic, and when we have bad experiences, we're pessimistic. When something doesn't go how you desired or planned it to go, look to find what you can learn from the experience. If life went our way all the time, we would never mature or develop into the unique person we are meant to become.

Our circumstances will always be changing, so if we base our joy on circumstances, we will never find true joy. What if we based our joy on the one thing that never changes, God! He is the same yesterday, today, and forever! The Lord provides peace, comfort, joy, and hope! Don't crouch down in fear when you stare darkness in the face, because there IS hope, even when you don't see it.

Did you know that birds fly against the wind when they are trying to escape their predators? When birds fly against the wind, they are lifted higher up in the sky, protecting them from the predator. We, too, are similar to birds. It sometimes feels as if we are continually flying against the wind and struggling for survival. However, when we go against the wind, we are lifted higher and grow closer to God and the person He desires us to be. When you face adversity, don't harp on it and feel bad about yourself. See the challenges you face as an opportunity to grow because the truth is, life doesn't happen to you; it happens FOR you!! This mindset is LIFE-CHANGING!

This week, I want to challenge you to find happiness in the mundane things of life and to find joy even through your unfavourable circumstances. Light a candle, read a good book, spruce your meals up, decorate for the season, and appreciate what you DO have. If you experience a disappointment, see it as an opportunity to grow. We can't control our circumstances, but we can control how we react to them. If you're currently in a season of darkness, don't be wary, for God has destined you for JOY!

WITH LOVE AND BLISS,

Lindsey Smith



You can unsubscribe all you want, but you'll always be in our heart.