



A SURE WAY TO A HAPPY DAY

Happiness is something we create in our mind,
It's not something you search for and so seldom find.
It's just waking up and beginning the day,
By counting our blessings and kneeling to pray.

It's giving up thoughts that breed discontent,
And accepting what comes as a gift heaven-sent,
It's giving up wishing for things we have not,
And making the best of whatever we've got.

It's knowing that life is determined for us,
And pursuing our tasks without fret, fume, or fuss.
For it's by completing what God gives us to do,
That we find real contentment and happiness, too.

Helen Steiner Rice

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