

The Secret To Happiness

Men crave happiness and pursue it with all their power, but most are not finding it. Happiness is a state of mind, which environment can not seriously affect. The condition of happiness is within us. Happiness cannot be purchased with money or by the heaping up of material possessions.

God gave mankind his formula for happiness in this life and the life to come. "Rejoice in the Lord always. Again I will say, rejoice! Let your gentleness be known to all men. The Lord is at hand. Be anxious for nothing, but in everything by prayer and supplication, with thanksgiving, let your requests be made known to God; and the peace of God, which surpasses all understanding, will guard your hearts and minds through Christ Jesus" (Philippians 4:4-7 NKJV).

1) BE POSITIVE IN ALL AREAS OF YOUR LIFE

"Rejoice in the Lord always"

We should be positive in our outlook on life. We need to look for the good in everyone and every situation. Count your blessings. "Blessed be the Lord, who daily loadeth us with benefits" (Psalms 68:19). By counting our blessings instead of supposed misfortunes enables us to see how God has so richly blessed us. We must emphasize the positive and not the negative in our lives. Count your benefits instead of your reverses and it will surprise you how your efficiency and personality will improve.

2) SHOW GENTLENESS TOWARD ALL MEN

"Let your gentleness be known unto all men"

If we want true happiness in this life we must be ready to do good unto all men. We have only one life to live upon this earth. We must do as much good as we can in the time we have upon this earth. If we make it to heaven, we must take someone else with us.

3) LIVE ONE DAY AT A TIME

"The Lord is at hand"

We should live everyday to the fullest. I should live everyday as though it were my last day on earth. We have no guarantee of life expectancy upon this earth. Jesus Christ could return at any moment and life and the world as we know it would end. Our personal life could also end without warning. People die tragic and unexpected deaths everyday. One of God's secret's to happiness is to live each day of our life to the fullest.

4) DON'T WORRY, PRAY!

"Be anxious for nothing; but in everything by prayer...

let your request be made known unto God"

Worry is a thought process, and to a great extent is just a habit that we learn. If we trust in God there is no need to worry about the past, present or future. The cure for worry is prayer. The faithful child of God has the privilege of prayer to an omniscient Father who is sensitive to our every need.

RESULT: PEACE

"The peace of God...shall keep your hearts"

Those who will faithfully follow God's will and his formula for happiness are promised peace of mind or true happiness. A person who is in a

right relationship with God has nothing to fear from God now or in eternity. The person who is right with God also has nothing to fear from man, because God as his loving father will see that all his needs are provided. This is a peace that the world cannot understand. It can only come to those who love God and follow his will. Do you have this kind of peace and contentment in your life? -- Mike Hardin