

HAPPINESS AND JOY

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Many people progress through their day to day living with little joy or happiness present. These days there seem to be many reasons for feeling down or depressed. All we need to do is turn on the TV and we are hit with bad news and plenty of reasons to feel bad about either ourselves or feeling bad for others. Unfortunately, too many of us take on board these reasons for feeling bad, absorb ourselves in them, and then give up on feeling joy and happiness. I dare to say that there are too many of us who are doing this on a daily basis, living in an existence of being miserable.

However, maybe it is time for us to ask ourselves if being miserable is God's intention for our existence? Did God create us to be miserable? I believe some will argue that God's intention is quite the opposite - that we were created to experience happiness and joy in our lives. I believe that we were created to appreciate His Creation, and feel the happiness and joy that comes from being a part of His Creation. Admittedly, sadness and bad news are also part of the life we have been given by God, however, I think you will agree with me that there is more to life than just sadness and bad news. God also created joy and happiness, and thus we should not give up on our God-given right to experience these.

So how can we experience joy and happiness in our lives, when we are also faced with all these reasons for feeling bad or sadness? We cannot just ignore what is bringing us sadness, however, we can accept that God created us to experience both sadness and happiness, both depression and joy. Accept that there will always be many reasons for feeling sad, but also many reasons for feeling happy. The key is to observe the conditions that make you sad, pray for conditions to improve, and then go out with the resolve to facilitate that improvement. And, in fact, it is through these steps that you will find happiness and joy in your own life.

I would like for you to know this simple wisdom: that happiness and joy comes to you when you allow for it to move through you. There is no other pathway to true happiness, and this truly a miracle from God. If you are seeking happiness and joy, you must first yourself act as a catalyst or vehicle for happiness and joy to reach into the lives of others. You need to bring happiness and joy to others, for you to experience them yourself. The fact is, that you will have a number of opportunities in the days, week, and months ahead of you, to be a vehicle of happiness and joy for another person or persons. Step right into that role and embrace it. I dare you to be the source of joy and happiness for others.

And this is indeed the key for your own happiness and joy: As you bring others to a smile, so too, will you bring yourself. This method is more or less foolproof and you simply cannot fail at this. Be the source of happiness for another, bring them to a smile, and then experience joy and happiness yourself.

The only question is: Who will you bring a smile to today?