

Finding True Happiness

Regardless of conditions, we do want to be happy.

A teacher of a young adult class asked the students to write down their answers to the questions, "What do you want most out of life?" Nine out of 10 answered, "Happiness."

Psychology Today magazine took a poll of 40,000 readers, and 83 percent responded that their main question is, "How can I find real happiness?"

If anybody should be happy, it is a Christian. But, is the average Christian known for his joy?



Many think of a Christian in terms of solemnity, seriousness and severity. Some of us are like the country boy whose grandmother forbade him to engage in "worldly amusements" on Sunday.

Dejected and lonely, he walked down to the barn fence, and while he was there, a mule came up and put his head into the boy's hands. Patting the sad face of the mule, the boy commiserated, "Poor fellow, you must be a Christian, too."

Christians, however, have good reason to be the happiest people in the world. Our happiness is not based upon the condition of the world but upon the condition of the heart. We are happy because of God and not because of man. We are happy because of the gift of salvation granted by faith in Christ.

Recently, I found a short essay on the *Bulletin Digest* website. It is for Christians and it is called *10 Rules for Happy Living*:

1. Give something away (no strings attached).
2. Do a kindness (and forget it).
3. Spend a few minutes with the aged (their experience is priceless guidance).
4. Look intently into the face of a baby (and marvel).
5. Laugh often (it's life's lubricant).
6. Give thanks (a thousand times a day is not enough).
7. Pray (or you will lose the way).
8. Work (with vim and vigor).
9. Plan as though you'll live forever (because you will).
10. Live as though you'll die tomorrow (because you will die on some tomorrow).

Those are, indeed, good principles that will make our stay upon this earth worthwhile – and happy!

You make known to me the path of life; in Your presence there is fullness of joy; at Your right hand are pleasures forevermore (Psalm 16:11 ESV).

– Beecher Hunter