

HOW
TO BE
HAPPY

By Rev. David Trexler

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Someone once said, “You can’t buy happiness.”

Someone else replied, “But money will sure help you look for it.” I would never belittle the importance of money. It’s hard to relax when you’re broke, but it is possible to live a delightfully happy life in a world filled with disappointment and frustrations and it won’t cost you a cent! I know, because for years I searched for genuine happiness but like some people searching for gold, I was looking in the wrong places. One day I looked God’s way and I found it. I want to share with you what I found.

1. YOU MUST KNOW WHO YOU ARE

A doctor friend of mine told me about a patient of his who suffered brain damage and couldn’t remember who he was—not even his name. How can a person be happy if he doesn’t know who he is? Lots of people think they’re just mere animals. I suppose that’s the reason so many folks act like monkeys and some even act like pigs. It is a known fact that you act like what you think you are.

The great discovery I made was that I am a child of the Most High! I am created in the image and likeness of God! I am an offspring of the King! So are You! The Bible makes this very clear: “So God created man in his own image, in the image of God he created them.” (Genesis 1:27) No wonder Jesus said, “For what does a person profit, if they gain the whole world, but lose their soul.” (Matt. 16:26) You are worth more than all of the world’s goods. Doesn’t that excite you?

When you wake up in the morning, look at yourself in the mirror and say, “I am special! I am in the image and likeness of God!” Do it every day and you will see a change in your life.

2. YOU MUST TURN YOUR LIFE OVER TO JESUS CHRIST

The other day I had my car worked on. It was sputtering and spitting like it had the hiccups. The mechanic told me the spark plugs were dirty and so the electrical power wasn't getting through. So he cleaned the plugs and now my car runs like a top. The Bible tells us that dirt has short-circuited the connection between God and ourselves. Scripture calls this sin. The Bible says, "For all have sinned and fall short of the glory of God." (Romans 3:23) Sin has cut out the power and it happens to ALL of us.

Before true happiness can fill your life the dirt must be removed. The Psalmist cries out, "Wash me thoroughly from my iniquity and cleanse me from my sin." (Psalm 51:2) Jesus did just this when he died for you on the cross. The Bible declares, "The blood of Jesus Christ cleanses us from all sin." (1 John 1:7) The day you believe this is the day God's Power will fill your life. The short circuit will be removed and joy will flood your soul. Don't just take my word for it—try it. Just say right now, "Jesus I believe that you have taken my sins away and that your power is restored in my life." Do you feel better?

3. YOU MUST THINK POSITIVELY

I know this is an often over-worked phrase, but it is still true. Faith is a positive position! Your happiness begins right up there in your heart and mind. People are always looking for happiness on the outside. That's like chasing rainbows. Happiness comes from the inside. You must think "happy." The Bible puts it this way, "For as one THINKS in their

heart, so it will be.” (Proverbs 23:7) Your inner thoughts will determine your outer life.

So it is important each day you think about the fact that you are a child of God and forgiven and restored by His Son. I can't emphasize this enough. Try putting your mind on these things and you'll see a difference in your life.

4. YOU MUST ACT POSITIVELY

A baseball player who always thought about getting a hit, but never swung his bat, would certainly live a frustrated life. Too many people, who start off thinking positively, never swing into action. This creates psychological, spiritual and physical problems. Failing to act sets up a whole series of frustrating problems, accompanied by conscious and sub-conscious guilt feelings. If this continues it will soon develop into a kind of action-paralysis. Following through on your positive thoughts gives you a sense of accomplishment and power!

You're thinking like a child of God. Now you must try to act like one. You can do this by trying to follow Jesus Christ! He studied the Scriptures—You study the Scriptures. He prayed—You pray. He went to church—You go to church. He helped people in need—You help people in need. He tried to make other people happy—You try to make other people happy. Oh, you'll have failures once in a while. It's not those failures that will bother you—it's not trying that will give you trouble. If all these things frighten you, start with practicing one. I would suggest going to church. Find a place to worship and make it regular. Be in control of your body—you can make it go to church. Try it. You'll see the difference. Remember, the Bible says, “Be doers of the word and not hearers only.” (James 1:22)

5. REMEMBER YOU CAN'T LOSE

You're in God's hands and nothing can defeat you. The Bible says, "We know that all things work together for good to them that love God." (Romans 8:28) What more sure promise do you have? Nothing can overcome you—neither life, nor death, nor any power. The resurrection of Jesus proves once and for all that God's children can't lose; life is stronger than death, love is stronger than hate, right is stronger than wrong. Always keep in mind you are on the winning team. The final score has already been determined by God. You have every right to be an optimist.

6. COUNT YOUR BLESSINGS EVERY DAY

When trouble strikes, just stop and count the blessings in your life. It's so easy to become overwhelmed by one wrong thing when there are a hundred things going right. I guess that's the Devil in us. Do as the hymn says, "Count your blessings, name them one by one, count your many blessings, see what God hath done." No matter how dark the day may get, you'll still be able to see the sunshine. There is a Scripture I love so well: "Blessed be the Lord, who DAILY bears our burdens." (Psalm 68:19) You've got a lot to be thankful for. Remember that every day!

That's it! You will never know whether or not the things I have mentioned will work unless you try them. Just reading them won't help. But I'll stake my reputation on this fact. If you really do what I have suggested, you will experience a real surge of happiness in your life. Isn't that what you want? Then give it a try.