

True Happiness

What is true happiness? How many people have said 'true happiness is...' but have no idea what they are even talking about. Humans cannot define true happiness, because we always define happiness as related to perfection and perfection in the eyes of humans is based on opinions rather than fact. Just as everyone's definition of perfection is different, everyone's definition of happiness is different. So how does God define true happiness?

"Do not conform yourselves to this age but be transformed by the renewal of your mind, that you may discern what is the will of God, what is good and pleasing and perfect." Romans 12:2

God knows that in order for us to be truly happy our hearts have to be free. They must be free from all pleasures and chains of this world.

"For whoever wishes to save his life will lose it, but whoever loses his life for my sake will find it." Matthew 16: 25

How does one go about losing his life for Christ? How do we free ourselves from the desires of this world and live our lives for the glory of Christ?

**"If you want others to be happy, practice compassion.
If you want to be happy, practice compassion." Dalai Lama**

To be compassionate means to suffer with, to walk along side and experience the emotions, sufferings and joys of each other. When we reach out and help each other, we feel satisfied and fulfilled, because we are giving of ourselves, losing our time, talent and treasure for Christ.

"My soul is thirsting for you, O Lord my God." Psalm 63:2

We all have holes in our lives, gaps and trenches that surface and never seem to go away. Sometimes it may feel as though true happiness is impossible, but our God is the God of the impossible. He knows what it will take for joy and peace to reign in your heart and He will provide those opportunities for you. The question remains, is your heart open to the true happiness that God has to offer? Happiness always comes in unexpected ways and at unexpected times. So trust the unexpected from the God of the impossible and true happiness is not a fairy tale but just around the corner of your heart, waiting with anticipation to be revealed to you!

**Jesus,
show my heart the way to happiness that is lasting and true.
Unearth within my soul the desire to live in the joy of Your glory.
Grace my voice with songs of Your majesty,
and may my words rhyme with lyrical harmony.
Hold me in the times where joy seems to be lost,
and the pain is too great from me to handle.
May my heart never be cold to the sufferings of the world,
and may I always do what I can for everyone I encounter.
Amen**