

IS GENUINE HAPPINESS A PART OF OUR DNA?

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Genuine happiness isn't something we conjure up to make our lives complete. It comes from deep within ourselves where God lives. He is the one who gives us real happiness. Psychologist, Denis Waitley puts it this way: "Happiness cannot be traveled to, owned, earned, worn, or consumed. Happiness is the spiritual experience of living every minute with love, grace, and gratitude."

We have a tendency to seek out material possessions to make us happy. We want money, position in life, total acceptance from all people we come in contact with, and to never face any deep rooted adversity. The key to true happiness has nothing to do with any of these things. It is really a spiritual experience. When we have a real encounter with God our life changes and doesn't depend on power, position, money, etc. to make us happy.

So how can we become truly happy in this most difficult world? First, we must believe that only God can make it so in our lives. We must get our minds off all those worldly accomplishments and allow God to permeate our lives with His deep love and acceptance.

Secondly, we must come to believe that God wants us to be genuinely happy more than we could ever desire it ourselves. God has created us in His image and wants us to live our lives out in total peace, love, and acceptance of life as it comes to us.

So, I ask you to open yourself to receive God's special love. Learn that happiness only comes through a "spiritual experience of living every minute with love, grace, and gratitude." The only way we can be truly happy is by totally surrendering ourselves to God as we understand Him. When we do that, we will be very surprised as to how fruitful our lives will become. We will experience happiness more deeply that we can ever imagine. It will be a happiness that no difficulty can take away from us. Come let God show us His plan for us and our lives will never be the same.