

Let's Talk CHANGE DEVOTIONALS



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THE WAY TO HAPPINESS

Dr. Vanessa Dantzer Ussery | October 12, 2016

"The way to happiness: Keep your heart free from hate, your mind from worry. Live simply, expect little, give much. Scatter sunshine, forget yourself, and think of others." Norman Vincent Peale

If one were to match this statement with the Word of God it might seem like the way to happiness is: Love your enemies and forgive others, do not worry about your life. Be content with what you have, be a cheerful giver. Be kind to one another and prefer others over yourself.



If one is not being led by the Spirit in their thinking it is difficult to see how this is a way to be happy. The natural mind perceives happiness when focused on one's self. The spiritual mind perceives happiness when focused outside of one's self. Perhaps many of us are not really happy because we are self-centered in our lifestyle and not others-centered. Jesus died on the cross because he was other-focused and not self-focused. The scripture said it delighted God to sacrifice His only Son to benefit the world so all mankind can be in fellowship with the Father. It is often very difficult to believe we will be most happy in life if we focus on others more than ourselves. The expressions we so often make such as, "I have to look out for what's best for me," shows we are programmed opposite to the teaching of Jesus. We easily forget how great our inner man felt when we helped someone, shared what we had, encouraged others, gave more than we received, and was content with what we had. Our enemy knows that our flesh is comfortable operating on the reverse order and enjoys yanking our chain, so to speak.

Let's change our focus away from our problems, issues and wants and ask the Lord to promote a spiritual mindset in the forefront of our thinking to really pursue happiness by loving others, forgiving others, not worrying, being content, giving more to others, being kind more often and putting others first. The truth is we all will be pleasantly amazed how the Lord will increase the blessings He has for us in our lives because we are not focused on being blessed but being a blessing.

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