

47--- Happiness is a Choice

Dennis Prager is a national radio personality and the author of "Happiness is a Serious Problem". Each week Dennis devotes a full hour to happiness.

Here are a few select quotes from Dennis:

"You cannot be happy if you do not take responsibility for your errors"

"Gratitude is the mother of goodness and happiness"

"Fun is temporary; happiness is ongoing"

"A sense of purpose is necessary for happiness"

"Nothing is as contagious as unhappiness"

"Everybody wants to be happy, but very few people ask themselves what will make them happy"

"Experiences bring more happiness than things do"

"We decide what will make us happy; we decide what will make us unhappy"

"Most people are waiting for something terrific to happen in order to be happy. I have the opposite view. Unless something terrible is happening, I am happy"

Do you see a theme in everything Dennis has to say about happiness? **His theme is that happiness is a personal decision.** We choose to be happy and we choose to be unhappy. God did not design us to be unhappy. He designed us to be grateful for the many blessings He bestows upon us minute by minute each day. Showing God our gratitude for these blessings draws us closer to Him. It also has a positive impact on our well being. There are many feelings we experience--- afraid, angry, cheerful, confused, encouraged, enraged, glad, guilty, hopeful, hurt, jealous, joyful. Why is it that some feelings are negative and others are positive? Could it be that some feelings come from the devil and some come from God?

Happiness requires us to identify the feeling, understand its sender (devil or God), and then decide how to deal with the feeling. I reject all feelings sent from the devil and I strongly encourage you to reject them. These negative feelings destroy our happiness because WE LET THEM. If we reject these negative feelings we are left with joy, hope, cheerfulness, gladness

and graciousness because we are secure in the unconditional love of the Creator of the universe. That's where I want to be. I want to be basking in the blessings showered on me by a God that loves me unconditionally.

Here's what the Scriptures have to say about happiness:

Psalms 37:4 "Delight yourself also in the Lord; and he shall give you the desires of your heart."

Proverbs 16:20 "He that handles a matter wisely shall find good; and whoever trusts in the Lord, happy is he."

Philippians 4:4 "Rejoice in the Lord always; and again I say Rejoice."

Philippians 4:7 "And the peace of God, which passes all understanding, shall keep your hearts and minds through Christ Jesus."

Personal Reflection:

What can you do to sharpen your discernment skills? What feelings from the devil are you allowing to impact your happiness?

Group Discussion:

Share the areas of your life where you need prayer to bind the devil and cast him out.

Encourage each other to bring the devil's plan out of the darkness and expose it to the light.