

Chapter 1 : Three Keys to a Happy Life - New York Essays

The first Key to happiness is to realize that we are in charge of our happiness. Happiness is an inside job, is a product of our minds and we need to work on our happiness every day. The second key to Happiness is to accept that happiness is a choice, our choice to be Happy no matter what life.

This article is taken from my recently published book *Earth Wisdom* [http:](http://) Do not act in order to receive a payoff. This is what is causing much of our discomfort as individuals and a society. As soon as you act with the purpose of receiving something, you have removed love from the act. The goal is to act as if all your needs are met, then all your thinking and behavior comes from a different perspective. You also find that you act more effectively to get those things that you truly want, because you are acting and thinking as if you already have them. The state of mind of having something creates it, not the other way around. The place you see this most is in relationships. The more you need in relationships, the less you get. This is simply because you are saying that you are not whole until someone else meets those needs that can never be met. Often what happens is that you eventually get the opposite because you are trying to show yourself that you must look inside. Once again, in relationships you must look to be loving, respectful, and accepting, because this is saying that you have all these things to give. In the end these things will be overflowing from you. Remember if you want to have something, give it, because you must have it if you can give it. Abundance is another area this concept plays a major role. The more you say you need and operate from a place of not having enough, the more that state of mind will be created physically. This is why the very wealthy can sometimes feel impoverished, and the very poor can sometimes feel wealthy. Remember that perception is everything and that your thinking, feelings, and actions come from those perceptions. You are the only judge of your life and what you will judge in the last moment of your life, is how well you loved. Believe it or not, you do not really care what you accomplish in your life. How much you acquire, and how successful you are will not mean a thing when you decide to leave your body. Imagine that you are all living your own movie. Each movie has different characters, a different plot, and a different setting, yet the goal for each conclusion is the same. The happy ever after ending for every movie, is that the main character loved well at least once in their life in spite of circumstances. You have probably noticed that people on their deathbed, do or say something loving, often out of character, before they go. This is because they are closer to their spirit and may finally realize that to love well was their goal. Imagine if you lived with that consciousness while you were healthy and had time. Everything else physical comes to an end when you die, but people can take your love with them long after you die. You are perfect, were perfect, and always will be perfect. To the degree that you believe this, is how much physical success you will have. The people who believe in themselves and their ability are the ones who have lasting success in their lives. Belief in yourself is not like what you consider ego or arrogance. To truly believe in this perfection, you must also believe in the inherent perfection of all people and things. Remember how all things were created. Therefore you do not believe you are better than anyone, even though you may act better and have more success because you know the truth about yourself. You never have to judge or be right because you know that you cannot make anyone believe in themselves, though you can show them what it looks like. Your belief in the constant perfection of creation allows you to know that you are successful always because you cannot be anything else. Then what you choose to create will be a success and you know you can create anything. You act based on what you know. This sounds simple but is actually very profound. In order to act in a truly loving way, you must know what love really is. To be successful at anything, you need to know what success is. If you do not know what to do, you will do what you have learned, or try something that you think might work, sometimes getting lucky. You cannot program a computer without knowing what actions you must perform. If you must learn things because it is so difficult to remember in your physical state, perseverance, patience, and belief in yourself come in handy. Sometimes you have housed yourself in a body which does not allow you to be successful at certain physical endeavors. This you do because you choose to limit yourself so that you can focus on your higher desire to succeed at something else. If you were physically capable of the other things, you may not choose to do the thing that you really want to

accomplish on a spiritual level. You have chosen the body conditions, and situations you experience. This is done on a spiritual level and for good reason. Your goal is to find out what you can do with it, not feel bad about what you cannot do. Find out what you can do because you cannot run a marathon. Fear is your biggest enemy, and can only be conquered by faith. Fear tells you that to only love will not be enough. Fear and faith cannot coexist or control behavior together. One or the other has to take over. Believe it or not, which one takes over is your choice. This may not appear so, because many of you have developed a habit of acting on your fear. Remember that you can act with faith even though you are feeling fear. Which habit have you developed? This goes back to the role of emotions and how you have developed a script, so to speak, about which behaviors go with which emotions. When you say you are depressed, you are really labeling your set of behaviors and thoughts. A good experiment is to consciously act in a way that your feeling does not describe. For instance, if you are angry, try smiling and saying something nice. If depressed, exercise and tell someone what a beautiful day it is. Most importantly, if afraid, do the thing that you are afraid of if it is in your best interest jumping off a building may not be included in this. You may find that these strategies make you feel like a fraud, but they will show you that you can do whatever you choose in spite of what you are feeling, including loving. Remember to use the feeling as a message, but choose the behavior that most effectively and lovingly responds to the message. Knowing that you can choose gives you real power over your life. I understood the concept of faith. To me it is a powerful word that literally leads to mental invincibility. I was really beginning to feel it in my life. The next principle takes from the last and is perhaps the most difficult for all of you. No action is involuntary, including your thoughts. Many of you may have at least come to believe that this is true for overt behaviors, but still struggle with applying it to thoughts. The scope of this principle is out of most human conception. There is not even a body function that is completely involuntary, though the medical profession would like you to believe that they are. Most of you simply do not know the force that controls your so-called autonomic nervous system. Once you really learn where and how thoughts work, you will know this force. Many of the things you say you are shy, stupid, alcoholic, etc. Whether you are doing a behavior, having a body function, or thinking, you are on some level doing something voluntarily. All of it, every event that happens in your life, and in your body, is a product of thought. You are probably thinking that there is no way that you could voluntarily be doing cancer, but it does begin with a thought, and your body is completely controlled by thought. Because if you really think you are dead, you are. After being diagnosed with cancer you have more thoughts about that, then more thoughts about your prognosis and course of disease. If you could examine a record of every thought you have ever had, conscious and unconscious, you could find the explanation of everything you experience in your life. We have talked about thought and belief before, but what is important is that you know what is having these thoughts and how you can be the decision maker about the thoughts you have. When you are born, there is one source of thoughts, your soul, spirit, higher self, God, whatever you choose to call it. This source has all the ultimate truths. Over time and not a very long time another aspect of consciousness emerges, which you can call the learned self. This is like an observer who begins to notice that you are separate, have needs for physical survival, and can experience pain. This part continues to define itself through experience. It also defines everything and everyone around it. Within a short time, by about six years, this learned self has all but completely taken over, and is giving commands to your body and the universe by its constant thoughts. Once a thought or belief is established, it may never again be consciously verbalized in your mind again. You may call these echo thoughts because they are no longer conscious, but like an echo, they continue to fill every space available. These thoughts or beliefs are usually in the form of a conclusion and are the most constant, therefore most creative thoughts of all. They begin to operate behind the scenes very powerfully and without conscious attention. Thought is the creative force of the universe, but it needs to have conviction and consistency to manifest in physical reality.

Chapter 2 : The 5 Keys to Living a Happy and Successful Life | HuffPost

The 3 Keys to Living a Happy Life in 3 Minutes (What the Research Says) Life can be extraordinarily beautiful. Life can also be excruciatingly painful, sinister and at times seemingly unbearable, to even the grittiest among us.

But where does happiness come from? Maybe all of us have heard of this famous question: An optimist observes what is in the glass – the full half, because he focuses on what he has. Furthermore, negative thinking can take a lot of time and too much emotional energy, which absolutely does not lead to a happy life. In addition, positive thinking makes us have a feeling of excitement about something pleasant or exciting that we know is going to happen. Such a feeling is anticipation. No matter what our circumstances are, if we have something to look forward to, we bring happiness into our life well before the event actually takes place. In fact, sometimes the happiness of anticipation is greater than the happiness of the actual experience itself. However, sometimes unrealistic anticipation may get us lost. So we need to simplify in order to stay positive. This is my second key to a happy life – simplification. Every day we often rush through things, trying to get them done, trying to finish as much as we can. We pass quickly through one destination and then move into the next. For example, maybe some of us have such experience. When we travel to the other cities or countries with tour group, we are always fully scheduled. Each day we have to see a lot of places and we are only allowed to stay at each place for 30 minutes or at most one hour just for taking some pictures. We have to hurry from one spot to the next. At the end of the tour, we only feel tired and remember which places we have looked around but have no idea how beautiful they are. However, if we put away the tour group and cut the schedule in half, stay longer at each place, enjoy every moment at ease. That would be another story. We must have our social life. Social life includes friends and family. Ancient philosophers and modern scientists agree that strong relationships with other people are critical to a happy life. We need close, long-lasting relationships; we need a place to belong to; we need to give and receive support – perhaps surprisingly, giving support is just as important to happiness as getting support. These 3 keys of happiness are beliefs that I hold and they have worked for me in the past and they work for me now. I sincerely hope these 3 simple and easy to apply keys can also work for all of you. My wish is for all of us to have a happy life and enjoy it!

Chapter 3 : 10 simple keys to a Happy life | The Living Word Library

BIBLE PRINCIPLE: "Happy is the man who keeps on enduring trial, because on becoming approved he will receive the crown of life." — James When applied, the Bible's wisdom is "a tree of life to those who take hold of it, and those who keep firm hold of it will be called happy."

Technology Entrepreneur The 5 Keys to Living a Happy and Successful Life A few days ago we found something when we were going through some paperwork, which I am going to share with you. He was 85, and although he put up a heck of a fight against brain cancer, he eventually lost the battle. He was pretty extraordinary. A child of the depression he realized early on that he wanted to be in control of his own destiny. He was an entrepreneur and ran a successful business for many years. And he was a writer. I always remember him talking about the latest play he was working on. Getting published was a lot more difficult without the digital age to aid him, but he did manage to get a play published in the "Best Short Plays of So I wanted to publish it; to share it with you, and to give the most fitting tribute I know how to give to a great man -- getting published one last time. My grandfather had wisdom in no short supply. Since part of life is struggle, the key resource in struggle is not to give up. Bring to everything you do your best. If it is worth doing, it is worth doing well. Bring a sense of importance and caring to what you do. Be proud of being thought of as a person who cared. Avoid harsh judgments of others. The world and human beings are too complex to permit sweeping judgments. There are no certainties. Without the capacity to run calculated risks there is no chance for enhancement. Avoid rash acts or risks. These can bring trouble, and if one can avoid trouble there will be plenty of room for a decent life. Bring your best energies to contributing to helping others. It is among the few things that is truly fulfilling. I always think of what Rabbi Menachem Schneerson the revered leader of the Lubavitcher often said, "A single act of kindness changes the world forever."

Chapter 4 : 6 Keys to Living a Healthy, Happy Life | Kenneth Copeland Ministries

Children easily find happiness in simple everyday things, because they rely more on their theinnatdunvilla.commes we need to move away from our critical mind and take a simple children's outlook on life.

Share via Email Caring for someone else can boost your happiness. Advertisers tell us it comes from owning and consuming their products. The media associate it with wealth, beauty or fame. And politicians claim that nothing matters more than growing the economy. But do any of these things really bring lasting happiness? For thousands of years, people have looked to philosophy, religion and grandmotherly wisdom for answers to such questions. But in recent decades this ancient wisdom has been tested by scientific research. Scientists have found that although our genes and circumstances matter, a huge proportion of the variations in happiness between us come from our choices and activities. So although we may not be able to change our inherited characteristics or the circumstances in which we find ourselves, we still have the power to change how happy we are – by the way we approach our lives. Action for Happiness has identified 10 keys to happier living, based on an extensive review of the latest research about what really helps people flourish. Do things for others Caring about others is fundamental to our happiness. It makes us happier and can help to improve our health. Giving also creates stronger connections between people and helps to build a happier society for everyone. So if you want to feel good, do good. Action ideas Do three extra acts of kindness today. Offer to help, give away your change, pay a compliment, or make someone smile. Give them a call or offer your support. Let them know you care. Connect with people Our relationships with other people are the most important thing for our happiness. People with strong relationships are happier, healthier and live longer. Our close relationships with family and friends provide love, meaning, support and increase our feelings of self-worth. Our broader social networks bring a sense of belonging. Action ideas Make more time for the people who matter. Chat with a loved one or friend, call your parents or play with the kids. Make three extra connections today. Stop to chat in the shop, wave at a neighbour, learn the name of someone new. Take care of your body Our body and mind are connected. Being active makes us happier as well as healthier. It instantly improves our mood and can even lift us out of depression. We can also boost our wellbeing by spending time outdoors, eating healthily, unplugging from technology and getting enough sleep. Action ideas Be more active today. Get off the bus a stop early, take the stairs, turn off the TV, go for a walk – anything that gets you moving. Eat nutritious food, drink more water, catch up on sleep. Notice which healthy actions lift your mood and do more of them. Notice the world around you Have you ever felt there must be more to life? Good news – there is. We just need to stop and take notice. It helps us get in tune with our feelings and stops us dwelling on the past or worrying about the future. Action ideas Give yourself a bit of head space. At least once a day, stop and take five minutes to just breathe and be in the moment. Notice and appreciate good things around you every day, big or small. Trees, birdsong, the smell of coffee, laughter perhaps? Keep learning Learning affects our wellbeing in lots of positive ways. It exposes us to new ideas and helps us stay curious and engaged. It also gives us a sense of accomplishment and helps boost our self-confidence and resilience. There are many ways to learn new things throughout our lives, not just through formal qualifications. We can share a skill with friends, join a club, learn to sing, play a new sport and so much more. Action ideas Do something for the first time today. Sample sushi, try a new route, read a different newspaper or visit a local place of interest. Learn a new skill, however small. A first aid technique or a new feature on your phone, perhaps. Cook a new meal or use a new word. Have goals to look forward to Feeling good about the future is really important for our happiness. We all need goals to motivate us and these have to be challenging enough to excite us, but also achievable. If we try to attempt the impossible, this creates unnecessary stress. Choosing meaningful but realistic goals gives our lives direction and brings a sense of accomplishment and satisfaction when we achieve them. Action ideas Take the first step. Make a call, fill in that form, tell others. Tell three people about an aspiration that is really important to you this year and listen to theirs too. Find ways to bounce back All of us have times of stress, loss, failure or trauma in our lives. How we respond to these events has a big impact on our wellbeing. We often cannot choose what happens to us, but we can choose how we react to

what happens. Action ideas Ask for help today. Confide in a friend, talk to an expert, reach out to a colleague, ask a neighbour to lend a hand. When something is troubling you, do something you really enjoy. Shift your mood and bring a new perspective on the problem. They also help us perform better, broaden our perception, increase our resilience and improve our physical health. Action ideas Do something that you know will make you feel good. Listen to music, watch something funny, get outside or call an old friend. Try to smile and say something positive or constructive every time you walk into a room. Notice the reaction you get. But so often we compare a negative view of ourselves with an unrealistic view of other people. Learning to accept ourselves, warts and all, and being kinder to ourselves when things go wrong increases our enjoyment of life, our resilience and our wellbeing. It also helps us accept others as they are.

Chapter 5 : Ten easy steps to happier living | Life and style | The Guardian

The 5 Keys To Living A Happy and Successful Life By: Paul Goldman. 1. Since part of life is struggle, the key resource in struggle is not to give up. Whether that struggle is with life threatening.

It is better to light a candle than to curse the darkness. The year was the happiest of my life. Not because it was the most perfect or problem free year. In reality it was as messy, sad, and as difficult as any previous year. In October I looked at the last correspondence between my biological father and me for the first time since his suicide years before. I felt as devastated as the day he died. Around March my psychologist noted that I was codependent on my blissfully independent husband and in serious need of my own identity. In August I traveled to the U. From April to November I hated the stress, demands, and despair of my job and wanted to quit. Extended family ignored requests to help me write a memoir about my biological father and grandmother. Not a single piece of my writing got published and my blog went days without a visitor. If I get the job, if he loves me, if I stop feeling anxious, if my health gets better insert your own if here then I will be happy. Happiness is not when everything turns out exactly how we want or plan. Happiness is a full-hearted, unreserved embrace of life exactly as it is. I identified three keys to making happiness a more enduring state not just a flickering emotion dependent on other people and results. Here is how I do it.

Gratitude In I started keeping track of my gratitude. Each day I write between five to eight unique events I am grateful for. If you grew up in an abundant environment and learned to be grateful because of it, awesome. Learning was a slow process for me. After twenty-one days I was not a more positive or grateful person. A hundred days in, it had completely changed my life. Even when work sucks and people disappoint me or I let myself down, I make an effort to see all the spaces, places, and people for which or whom I am grateful. With time, I have begun to recognize my gratitude not just at the end of the day, but when things actually occur.

Self-Compassion I accompany homeless adults on the arduous journey of trying to reenter the work market. Recently, one participant in a drunken rage broke the leg of the chair and threatened to attack another person. My team took care of the immediate danger, and the next day it was left to me to conduct the reflection. The conversation lasted less than five minutes. Not my best work. I felt like a failure. One year ago I would have replayed the scene in my head over and over and called myself every name in the book. Being kind to myself is a huge challenge and a fundamental element in my pursuit of living an authentic and happy life. Recognizing that self-compassion is not weakness or going to make me a lazy, unmotivated slob has greatly increased my willingness to be nicer to myself. The truth is, the kinder I am to myself, the more willing I am to get up from each failure and try again. Give it some time. Husband really mad at me? That is okay, it happens to everyone and we will work it out. How do you treat yourself when you fail? How do I discover who I am? I asked myself, what do I love to do? I asked myself what I love and then acted upon the response without reservation. The answer was writing. This was the motivation to start taking online writing classes, reading books, and starting a daily writing practice. Better yet, by investing in one interest, several others had room to grow. In I took a photography class, began sketching, created desserts with no refined sugar, and started a blog all of which I do while maintaining my full-time job. What matters is that I showed up for me. Simply start with what you love. What do you love? There is no guarantee or protection against pain. But if you practice gratitude and self-compassion and invest in your identity, you will create a default state of happiness that will support all the difficulties and failures along the way. Take a deep breath, get in touch with who you are, and find something you appreciate about your life, exactly as it is. There you have it. Happiness is within your reach right now, no matter what is happening in your life.

Chapter 6 : 3 Keys to Feeling Happy, No Matter What Happens

Life is flawed, but unhappy people keep expecting a happy ending that never comes the way they expect it. Aim for progress, not perfection. Learn more about how you can get happy by exercising, eating right and staying connected with HAP Community Wellness Programs.

Add to Favorites Are you living the life you want to live? Are your spirit, mind and body in perfect sync? Do you greet each morning with joy? If not, you may not be living the healthy, happy life God desires you to live. If you want to live with joy, freedom and well-being in every area of your life, then put these six keys to work. Live the life you were meant to live—the one Jesus died to give you! Key 1 to Living a Healthy, Happy Life: Believe and Receive Living a healthy, happy life begins when you get born again by receiving Jesus as your Lord and Savior. Your life takes another leap forward when you receive the baptism in the Holy Spirit. You cannot live the successful life God designed for you without those two things. If you need someone to pray with you for salvation or baptism in the Holy Spirit, call one of our KCM Prayer Ministers at Key 2 to Living a Healthy, Happy Life: I will protect those who trust in my name. When they call on me, I will answer; I will be with them in trouble. I will rescue and honor them. I will reward them with a long life and give them my salvation. Write it down and post it where you can see it every day, several times a day. Hold tightly to this promise and trust God to fulfill it. Key 3 to Living a Healthy, Happy Life: If God has called you to give extravagantly, then get to giving. If God has called you to focus on your family so that the next generation is prepared to serve Him, then do that. If God has called you to plant a church, start planting. Whatever God has called you to do, get busy doing it. Key 4 to Living a Healthy, Happy Life: Key 5 to Living a Healthy, Happy Life: Receive Forgiveness First John 1: Then change your ways. Doing so allows you to take what belongs to you in Christ—which is healing, health and well-being. Key 6 to Living a Healthy, Happy Life: You can live the healthy, happy life you were born to live. Jesus paid for it. And by remembering these six keys, you can have it! As always, if you need a partner to agree with you in prayer, please call our prayer ministers at or submit a prayer request.

Chapter 7 : Keys to a Happy Life – Part 3 - Cross Creek Community Church

10 Keys to Happier Living Everyone's path to happiness is different. Based on the latest research, we have identified 10 Keys to Happier Living that consistently tend to make life happier and more fulfilling.

Life can also be excruciatingly painful, sinister and at times seemingly unbearable, to even the grittiest among us. The things we know and appreciate one day, could be gone the next. We move through our lives and the only real constant is change. Not only are we continually changing as individuals, but so is everything around us. Friends estrange themselves, children grow up, parents die, and in a world full of uncertainty, one minute we feel safe, and in no time, the world as we see it, can change instantaneously, and forever. It means we practice the conditions for happiness, and that can shape us in powerful ways. Meaning and Contribution Beyond Ourselves: To contribute means that we are a part of something. Being a part of something makes us feel significant, valued and like our time on this earth is being well spent. How can you be a more present parent or spouse? How can you spend your free time more effectively and meaningfully? Strong, Nurtured Relationships: I know a lot of people have seen the research from Harvard and Dr. They took two groups of young men from Boston – half were Harvard students and the other half were found in the city, mostly uneducated. The researchers met with these men every year, took tests and engaged in conversation with them, and over the course of the 75 year study – the 1 thing that all of the happiest individuals had in common were healthy, loving and nurtured relationships. The problem is that now we live in a world where we can move on to the next thing and the next person and on to the next town and kind of keep up via social media, or not even i. On to the next, or worse, infidelity and dishonesty. Instead, the key, as the research says, is to appreciate the things life gives us, because of the very nature of the idea of a gift. The easiest way for me to conceptualize this idea is like this: You come home from work. Your spouse is making dinner. Oh, no, I got the red car, I knew I should have gotten the blue one! Or, when your friend out orders you in the ice cream shop! right? So, I guess that was a little longer than three minutes, but you still got the three points I promised.

Chapter 8 : 7 Keys to a Happy Life

10 simple keys to a Happy life The May (UK edition) of the Reader's Digest carried an interesting article on keys to a happy life. Here is a quick review of them with my comments added.

Here is a quick review of them with my comments added. Wealth Money can buy a degree of happiness. But once you can afford to feed, cloth and house yourself each extra pound makes less and less difference?. Money is for providing our daily up keep not happiness. There is nothing wrong with money when we recognise what place it should take in our life. Learn this truth now and it will save you a lot of pain. Desire 18, students in 39 countries responding to a questionnaire were found to have less happiness when they perceived that what they desired was less than what they had. Those students who perceived that what they desired was not much different from what they had were happier. Instead of satisfying our desires more wealth merely stirs us to want more - with the result that happiness eludes us. How often have we thought that if only our desires can be met we would be happy? It is not so. Learning to be satisfied with what we have at present means we can enjoy the present while we work towards the future. Intelligence Surveys indicate that intelligent people are not happier than less intelligent people. However, friendship and fellowship can affect our happiness. Having wisdom to live a fruitful life is what the bible sees as a blessing. We all have the same privilege to seek wisdom from God James 1: Genetics Are people born with genes to be happy. The bigger cause of our happiness has to do with what is going on in our lives. Beauty The article found that people who thought they were beautiful or handsome presumably were happier than those that did not. We have to remember that beauty is a matter of opinion. What you think about yourself with regards to looks is far more important that what other people do. Friendship People living in slums were interviewed. Surprising those with friends were found to be happier than those living in more suitable and wealthy areas. A note of caution should be sounded to church organisations here. Christian life can so easily be taken over by activities. People sitting down listening to someone talk. More time should be made for proper fellowship among one another. Jesus called his disciples friends John We should spend more time getting to know and care about each other Hebrews Marriage Some pretty familiar conclusions here. In analysis of reports from 42 countries, married people were found to be consistently happier than singles. Further more, the studies also found that? There is something about doing it the proper way. Faith Studies found a positive link between happiness and religion. Religion gives people meaning in life and hope for the afterlife. Jesus said it Himself - John 6: Charity Studies found that giving made people happy. Many associate this purely to money. But when you read the verses in context of the passage you discover it goes much further than that. You can give forgiveness, time and friendship. The benefits to you will be enormous. Holding tightly to all that you have will bring the opposite effect of happiness. Age Old people were found to be happier than younger people. One of the reasons suggested for this was the fact that older people may have learnt how to live with the hardships of life. It is almost like saying they have learnt to live by several of the nine factors mentioned above. The moral of the story is this - happiness is not possessed by what you have but what you know. However, knowing the causes of happiness is not enough, you have to live it. You have been told.

Chapter 9 : The 3 Keys to Living a Happy Life in 3 Minutes – Fit Yourself Club

Happiness is a full-hearted, unreserved embrace of life – exactly as it is. I identified three keys to making happiness a more enduring state – not just a flickering emotion dependent on other people and results.

Let us start by saying the following prayer points: Every closed door of blessing, open, in the name of Jesus. Every dark power that has ever visited me at night, what are you waiting for? Sometimes ago, a white man who is a psychiatric doctor and a Christian shared with me that one man often came to him complaining that he was unhappy, depressed, and could not go out to see other people, that his world was upside down, everything was very bad for him and he wondered why God was so unfair. But in that city, where the psychiatric doctor was working, this man called Dong Alex had an amusement centre where youths spent time for music, fun, pleasure and amusement. The Christian doctor once said to Dong Alex: The world is a terrible place full of suicide and other kinds of terrible things. The Bible says that as the end of the age is getting close, evil men shall wax stronger and stronger. Any time I read that Scripture I am scared. For the Bible to say that evil men will get stronger means that you and I should get stronger too. Today, there is famine, war, depression, divorce, bitterness and hatred all over the world. Now, many marriages are marriages of conveniences. Things like happiness, joy and contentment are becoming scarce commodities, even among Christians. Therefore many people are constantly seeking after happiness, contentment and joy. Some even believe that there is no such thing as happiness and they believe that the only thing is to go to heaven where there is happiness. But the fellow who wants to go to heaven is still keeping malice. Is there any such a thing as true happiness? God expects it; He commands that His people must be happy. In the world ye shall have tribulations, but be of good cheer, I have overcome the world. There are many other Scriptures that tell us our position. I am filled with comfort, I am exceeding joyful in all our tribulation. We as Christians should have happiness and joy in our hearts. Biblical or divine joy is different from earthly joy. When you say earthly joy. But the same person becomes sad when his team loses. Somebody carried his wares to the market on Monday and sold very well, he was happy and went home rejoicing. The next day, the mobile police and the council workers came and scattered and carried away most of his wares. The same person who was happy on Monday was now sad. That was earthly joy.