

Week 34 Devotional | HAPPINESS

Consider it pure joy whenever you face trials because you know that the testing of your faith produces perseverance. Let perseverance finish its work so that you may be mature and complete, not lacking anything.

- James 1:2-4



Success is a journey, not a destination. The doing is often more important than the outcome, so fall in love with the process.

The journey is where we spend most of our time, so find JOY and HAPPINESS in the journey.

I have been the best player on some teams, and I have come off the bench on others. I have been the star on the court, and I have been the star towel-waver cheering on my teammates. I have been a great teammate, and I have been an excuse-making bad teammate. What I have learned in my many experiences is that every experience gives me a chance to learn something new, and that I can be happy and have joy in any situation.

When I was in college, I lost my starting spot and I was upset about it. I spent the next few practices pouting, but I learned some valuable lessons. First, I learned that nothing was given and that anything can be taken away. Second, I learned how important it is to work harder and compete harder than the person next to you. Finally, I learned how important it is to find HAPPINESS and joy in any situation by bringing value to the team by mastering my role.

While I never earned my starting spot back, I did make a major impact on my team, and I was on the court to finish a lot of games. More importantly, after I wasted time pouting and feeling sorry for myself, I found HAPPINESS and joy in my role by pushing the starters in practice, by supporting the starters in the game, and by bringing energy, scoring, and defense when I got in. I found ways to make my teammates and my team better.

I chose to be HAPPY. I chose to have joy. I chose to have energy and enthusiasm. The apostle Paul was one of the most important people in the history of Christianity. In Philippians 4:10-13. Paul the apostle wrote:

I rejoiced greatly in the Lord that at last you renewed your concern for me. Indeed, you were concerned, but you had no opportunity to show it. I am not saying this because I am in need, for I have learned to be content whatever the circumstances. I know what it is to be in need, and I know what it is to have plenty. I have learned the secret of being content in any and every situation, whether well fed or hungry, whether living in plenty or in want. I can do all this through him who gives me strength.

Our HAPPINESS does not have to come from what happens or doesn't happen to us, but from knowing that we are more than enough when we have a relationship with God. Life is full of trials and tribulations. It is full of wins and losses, but we can be HAPPY and content in the moment while we work hard to get what we want. Choose to be HAPPY. Choose to find joy in everything that you do. Choose love. Instead of only focusing on the destination, find ways to be HAPPY while you are on the journey.

If you struggle with anything, remember that we hear people say, "I can't," but we never hear them say, "God" and "I can't."

THIS WEEK

1 - Every morning this week, think about three things that you are excited and happy about for the day. Every night this week, think about three things that made you HAPPY and brought you joy.

2 - Love drives out fear. When you are afraid or upset about something, think about something that you love in the situation. Think about something HAPPY that is happening in life.

3 - How can you bring value and positive energy this week no matter what is going on around you?

PRAYER

Our Father, I know that all things are possible through you. May you fill me with happiness, joy, peace and hope. Please show me how to bring value and positive energy no matter what is going on around me. In Jesus's name, amen.