
The Habit of Happiness

Most of us experience a happy response to certain external things, listening to music, enjoying a good joke, eating chocolate. When those triggers are not available, we can develop a happy response to things we bring to mind.

Sometimes we find ourselves not able to think any happy thoughts. Can we prepare for these times by developing the habit of happiness?

Christadelphians have a responsibility to share what we believe. What we believe should make us happy. We should be known for our positive outlook. We have good reason to be positive: For example, the Bible provides words of encouragement: “The steadfast love of the LORD never ceases; his mercies never come to an end; they are new every morning; great is your faithfulness.” Lamentations 3:22-23. And, “So we do not lose heart. Though our outer self is wasting away, our inner self is being renewed day by day.” 2 Corinthians 4:16.

So how can we develop the **habit of happiness**? What **strategies** can we put in place in our day to day lives?

Pray – have a conversation with our Heavenly Father- who understands our situation better than any earthly person.

Be thankful – count the innumerable blessings God has given us. This is a great routine to start the day, to pass the time waiting for a train, to bring on elusive sleep.

Be friendly – Even if you feel cross or irritated, don’t pass it on. Greet everyone with a smile. Happiness can be infectious in a positive way.

Show your appreciation – Thank the bus driver, the shop assistant, the barista, your work colleagues.

Help people – especially those with fewer blessings than you.

Do these things every day, regardless of how you feel. Develop the habit of happiness. Become an **ambassador** for happiness.

Remember **we are sharing** what gives us most joy, the Hope of the Kingdom.

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