Pillars of the Truth

Article #19

*Rules for Happy Living*

Paul Sain

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Do you desire a “Happy Life”? Follow these rules and you will enjoy happiness that cannot be found in *things* of this world.

1. **Count your blessings, not your troubles.** Though we have problems in this life, we are still

richly blessed. The plaque on the wall stated, “I grumbled and complained because I had no shoes, until I saw a man who had no feet.”

2. **Live one day at a time.** Regardless of what Satan may throw at you, it can be handled “one

day at a time” (Jam. 4:13-15). You can control and conquer if you will take on the obstacles a day at a time.

3. **Learn to say, “I love you” to those near and dear.** Break the shackles and learnedrestraints and express your love and appreciationto as many as possible each day (Mark. 14:3-6).

4. **Be a giver, not a getter.** Often if you fail to get out of life what you want, it is because you are expecting to **get** instead of **give** (Luke 6:38).

5. **Seek good in everyone and everything.** Be a *good* seeker. Try hard not to be a “faultfinder.” When faults are present, deal with themlovingly.

6. **Pray every day.** Always take time to express to God your appreciation for blessings and ask Him for guidance (Luke 18:1).

7. **Do a good deal each day.** The “grandest intention” is not as good as the “smallest deed.” Follow the Lord’s example (Acts 10:38).

8. **Watch your priorities.** Keep the important things in first place (Mat. 6:33).

9. **Fill your life with good.** Throw away the *trash* from your life and replace it with good thoughts and deeds (Phi. 4:8).

10. **Laugh and cry. Laughter is good medicine.** A good sense of humor overcomes many “ills and problems” of life.

11. **Learn to practice the happiness habit.** Smile, and the world will smile with your (Phi.4:4). Make up your mind to “be happy.”

12. **Let go and let God control your life.** To find peace and happiness, you must let God completely reign on the throne in your life. You must totally follow His will. It is for your good.