

A Merry heart!

"A merry heart does good like medicine" - Proverbs 17:22

Nobody owes you happiness! Your joy depends on you! It is no one's responsibility to make you happy but your own!

Sometimes we rely on others to make us happy by what they do or don't do! So, when people do things, we don't expect them to do, we're unhappy.

God wants us to abound in Joy both in the "good times and bad". Even when others annoy you or step on your toes, the choice is yours!

Staying joyful is actually a way of persevering through distractions and staying focused. Bitterness, anger etc. Are what the bible calls "The works of the flesh" and these not only stunts spiritual growth, they are also "breeding grounds" for the devil to fester.

So, make up your mind to live a joyful life
irrespective of what is going on around you.