

On Finding Joy

For a lot of us finding joy can sometimes seem impossible. It's not. All too often we search for joy "out there" somewhere when it just is absolutely not out there to be found. If you are searching for joy, stop it, you already have it, or at least all you need to cause it to be a reality in your life. If you are looking for joy outside of yourself you will not find it. No other person can give it you, all except One that is. Joy has to be found within, not without. That is the first step in finding it, stop looking for it in outward circumstances and begin to look within.

Happiness can be found "out there" to be sure. But it has no substance and can not be held, it can, and will!, leave just as sure circumstances will change. People can make you happy, a job can to. Both of those things can also make you miserable. Joy is dependent upon that which is separate from you. Think of happiness as a bonus you may get every once in while but joy is the salary we can earn through living right.

It is not that complicated and is easily testable. Do a good deed. Do you feel it? That is joy. Are your thoughts loving towards God? Towards others? Do you act in such a way that is honoring to all? That is how we can release the joy that lies within us, it is found in giving, not in receiving or taking.

If you we want a joyful life we must live it to benefit others more than self. My experience has been that the more I seek for happiness, popularity, wealth, or prestige the more miserable I become. Now there are somethings I do that strength my joy. when I care for myself in such a way that promotes health I find I am better able to experience joy. Joy is not about how much we have but rather about how much we give.

Often it is attempting to find happiness that we rob ourselves of even a chance at joyful living.

Remember: Even a smile can be a great good deed!