

## Hope = Happiness

Continuing with the topic of “Hope”, of the 133 times hope comes up in the King James version, Psalms has it mentioned 26 times, the most of any book of the Bible. The very last verse listed says it all....

*Happy is he that hath the God of Jacob for his help, whose hope is in the Lord his God: Psalm 146:5*

Before the birth of Jesus, God was only known as one entity. He is referred to here as “the God of Jacob”. “Happy is he that hath the God of Jacob for his help”

Happiness seems to be a fleeting thing in our lives. We suffer through losses, crises, diseases, disasters and disappointments. We are appalled, angry, disheartened and disillusioned on a regular basis. The world around us seems to overcome our senses and emotions. In this day of global news bombarding us on every side, how do you find any happiness at all? Every little crumb of happiness is stripped away. Or, so it may feel.

True happiness does not come from the world, but from the heart. A heart “whose hope is in the Lord his God”.

Well, how the heck to do you that? We do one of the toughest things there is to do, trust in the Lord. (Trust is mentioned 188 times in the NKJ)

*Trust in the Lord with all thine heart; and lean not unto thine own understanding. In all thy ways acknowledge him, and he shall direct thy paths. Proverbs 3:5-6*

This is, for me personally, a very difficult, if not the most difficult, thing to do. You see, I am the kind of person who wants to be in charge and know the answers to life’s dilemmas. However, when a situation presents itself, if I say to myself, “God, you are in charge and I know you know what you are doing.” the next step comes easier.

The next step is to give whatever it is, to God. Here is the problem I deal with constantly in doing that. I give it to God and then I take it back. Then I give it to God and take it back again. It’s like a mental spiritual tug of war. Why? Because I am human. And, what’s more, so are you.

None of the tug of war means you or I are any less as a Christian. But, through the years, the tug of war has decreased dramatically. And, with that decrease, my happiness has increased. I have seen how God has worked in my life and it is so much easier to hope and trust in Him because of it.

David, the author of the Psalms, had to continue to remind himself of that hope and the happiness it brings. Sort of like talking to himself.

*Why art thou cast down, O my soul? and why art thou disquieted in me? hope thou in God: for I shall yet praise him for the help of his countenance. Psalm 42:5*

We are not born with hope, we acquire it. Through the trials you have faced, can you see where God was working? That is the “evidence” we need to see that our hopes are not in vein.

Take a few minutes today and think about the happiness you can have. Trust in the hope that God is with you and He has a plan. (He just hasn’t shared it with you yet). You can be assured, when it is revealed, you will know it! “Don’t worry, be happy!” Talk to yourself and remind yourself that God is in control

May you have all the happiness your heart can hold,



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