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10 Ways to be Happy – And Stay That Way

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“The only way we can be full of happiness and comfort is to hear God’s voice”



Happiness is wonderful but fleeting. It’s here today or for a moment, and then flies away. It can be as elusive as a butterfly lighting on a flower.

But once you have a permanent connection and relationship with the God of the universe and know He loves you, it is easier to keep that inner happiness, or joy, as the Bible terms it.

When you love someone, you want to hear his or her voice. You want your loved one near you.

One night shortly before my late husband Dennis died, he was leaving the house to drive to our nearby post office to mail some bills he had paid.

I called to him, “Dennis, do you want me to go with you?” He answered, “I always want you with me.” How comforting those words were. From time to time I think about them, even now years later. They were unconditional love expressed.

The only way we can be full of happiness and comfort is to hear God’s voice speaking to us in prayer and in His Word. Imagine God saying to you, “(Fill in your name here), I always want you with Me!” Awesome isn’t it?

Yet Jesus, the great connection between God and man, does say something similar to us recorded in the Gospel of Mark prior to His as-

cession, “And, I am with you always, even to the end of the world (or age).” – (Mark 28:20b KJV mod).

There are eight places in the Gospel records where Father God publicly acclaimed His Son Jesus, “This is My beloved Son, in whom I am well pleased: hear Him!” – (Matthew 17:5b KJV mod). See also: Matthew 3:17, 12:18; Mark 1:11, 9:7; Luke 3:22, 9:35, 20:13).

Mary, Jesus’ mother, said to the servants at the wedding feast, “Whatever He says to you, do it” – (John 2:5; verses 1-11). Almighty Father God, and Blessed Virgin Mary are both calling us to listen to and obey our Savior Jesus Christ who, as Moses did, teaches us the Ten Commandments.

In the Beginning

The first and foundationally important time that God spoke to man was at Mt. Sinai in Arabia (Galatians 4:25) the third month after the Children of Israel had come out of Egypt.

They were beginning a long, glorious, but arduous journey.

Through their leader Moses, God gave Israel Ten Commandments because He loved her and was betrothed to her.

The commandments gave the people boundaries, yet they were also wedding vows. If they kept them, it would be a happy marriage, otherwise things would not go well. – (Exodus 20:1-18).

The Ten Words, as the Jews sometimes call them, never passed away. Jesus gives them to us again recorded in the New Testament’s Gospel of Matthew.

Here are the major verses our Lord gives, which we’ll read in detail at the conclusion of this message:

1. God is number One (Matthew 22:37);
2. Have no other Gods – (idols) (Matt. 4:10b);
3. No blasphemies (Matthew 15:19,20);
4. Keep the Sabbath (Matthew 11:28);
5. Honor parents (Matthew 15:3b; 4a);
6. No murders (Matt. 15:19,20);
7. No adulteries or fornications (Matt.15:19-20);
8. No thefts (Matthew 15:19-20);
9. No false witness (Matthew 15:19-20);
10. Resist evil thoughts; not to covet neighbor’s property (Matt. 15:19-20)

Following our Lover’s ten vows to Israel and now also to us will help us stay happy all our lives, and the blessings will last through eternity!

How great that is.

These commandments, or “mits-vot,” were the only Words written by God’s own hand. These Ten Commandments are honored by being put in the most holy Ark of the Covenant.

With all of this in mind, don’t you think we should pay more attention to the commandments and study them more deeply?

Look up the exact wording in Scripture and try to memorize the order. I’ll tell you more in my next column.

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