

Journey to Happiness

A Lord's Flock General Assembly Topic

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September 03, 2022

It was often misconstrued that happiness is a destination. However, it is a journey and a choice. Happiness does not mean everything should be perfect because happiness goes beyond imperfection. We can change our perspective about happiness when we develop quality relationship with God. As Christians, let us seek happiness in the Lord who will give our heart's desire. Thus, we should surrender ourselves to the Lord, trust in Him, and He will surely help us (Psalm 37:4-5).

A. There are two kinds of obstacles to Happiness.

1. I cannot change People. We have different kinds of attitude that hinder us to be happy.

1.1. We experience trials in life. However, we count it all joy when we fall into various trials (James 1:2).

1.2. We become lonely/ sad if we are disappointed in our goal. Nonetheless, God listens and hears our cries (Psalm 18:3).

1.3. We are unhappy because of financial matters, but God can truly provide for everything we need (Philippians 4:19).

1.4. We are heartbroken. Being heartbroken may tire us out, but laying our cares and worries before God gives us the support that we need to get through our heartache. He will surely wipe away every tear from our eyes (1 Peter 5:7).

2. I am not in control.

2.1. Situation

Every situation in life is temporary. We should not look at the things which are seen but at the things which are unseen; for the things which are seen are only temporary (2 Cor. 4:18).

2.2. Storm/Weather

We don't have the ability to control the weather, but Jesus can calm the sea and provide the "rest" we need. In return we should be still (Mk. 4:39).

2.3. Perspective

We should strive to be more positive and learn to change our attitude toward our challenges. Jesus

said, "If you believe, all things are possible for those who truly believe" (Mark 9:23).

Moreover, when Fr. Bong shared about writing his book of pun /jokes, his perspective changed. Subsequently, he practiced what he preaches, i.e., to be cheerful in all things and situations.

3. We have been given choices. These will determine the choices that we make based on who we really are.

3.1. I am in charge of how I feel today; I am choosing happiness. The Lord is my strength and my shield. I trust him with all my heart and my heart is filled with joy (Psalm 28:7).

3.2. Blessed are those who trust in the Lord. They do not fear when heat comes but they bloom with grace. (Jeremiah 17:8).

3.3. Sometimes it is our pain that leads us to our purpose. God can use suffering to develop us into a better person who can love and enjoy Him forever (James 1:24).

3.4. If we get tired, we should learn to rest and not to quit. In James 5:11: "Behold we count them happy those who endure because God teaches us to endure hard times/ difficulties."

Conclusion:

All too often we are led to believe that by obtaining goals or possessions we think we would be happier. Unfortunately, our happiness is short lived. Indeed, when we develop a strong relationship with God, we become happy amidst our trials/ obstacles. Consequently, we become strong, courageous and happier. We are no longer frightened or dismayed for the Lord our God is with us whenever and wherever we go (Joshua 1:9).

Reflection:

1. Who and what makes you happy nowadays?
2. Do you allow God to control and change your perspective and to fix your life? How?

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