



The Secret to Happiness



An InstaBook by
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Are you truly happy?

Most Christians, if they're honest, must admit that their happiness is conditional.

Circumstances control most people's happiness, and that's the problem because true joy and happiness don't come from circumstances.

The Apostle Paul gave us a great example of this.

While ministering in Macedonia, Paul and his companion, Silas, were beaten and thrown into the worst part of a prison with their feet and hands in stocks (Acts 16:16-24).

Yet this was their response: “And at midnight Paul and Silas prayed, and sang praises unto God: and the prisoners heard them” (Acts 16:25, *KJV*).

Think about that! After the awful treatment those two men endured; they still gave thanks by praying and singing praises unto God.

They were so loud, in fact, that it ministered to the other prisoners.

When was the last time your praise in a terrible situation ministered to someone?

Next thing you know, an earthquake came, their chains fell off and the prison doors opened (Acts 16:26-28).

Paul and Silas' praise released God's power. You see, praising God blesses you, drives away the devil, and blesses God.

When you find yourself in an adverse situation and you offer genuine praises to God, you put yourself in a position to receive from Him!

In Philippians 4:4 (*KJV*), Paul wrote,
“Rejoice in the Lord always: and again
I say, Rejoice.”

Rejoicing is a command, and the
world needs to hear it. People are
doing everything within their power
to be happy, but happiness is still
elusive to most.

What's the secret to happiness? Psalm 34:1 says, "I will bless the Lord at all times...."

All times. That means you can rejoice when circumstances are good and when they aren't.

Happiness is not dependent upon circumstances. It is a state of mind, not a state of being.

Paul understood this. Some people have never thought of him as a happy person, because of all the terrible circumstances he endured. But he was.

Paul knew the secret to happiness, and it hasn't changed: *Rejoice!*

THE END

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