

How to be Happy and Stay Happy

•Secrets of True Happiness•

AYO ODUNAYO

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DEDICATION

The book is dedicated to the Almighty God, who is the source and substance of true and lasting happiness. To him be all the glory and honour in Jesus name. Amen.

ACKNOWLEDGEMENT

The teachings in this book are practical words of wisdom that God has enabled me to learn and to share at various meetings especially to members of Chapel of Victory Int'l Churches.

I am very grateful to the Lord for granting me access into his mysteries and revelations and giving me the opportunities to share his word. I am also grateful to all members of Victory International Ministries Inc. aka Chapel of Victory Int'l Churches, to who these teachings were first sent.

I acknowledge and appreciate the sacrifice and labour of Pst Mrs. Adesola Ayo-Subair who first put my teachings on the subject of happiness together and compiled the first manuscript of the work. It took me a long time to work on the manuscript and she thought her labour was going to be in vain, but when the time came, the Holy Spirit re-inspired me to pick up the

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work and to complete it. Thank you Mrs. Ayo-Subair for an excellent job.

I also acknowledge the administrative support of my secretary, Mrs. Rosemary Oladipo who bears with my work pressure. Thank you and God's blessings.

FOREWORD

Happiness is a state of well-being and contentment; a pleasurable and satisfying experience. Happiness keeps you alive and energizes you. With these statements and to my surprise, the author still asks this question “Can someone find true happiness in this life and be happy?” In answering this question, the author outlines some challenges to true happiness and thereafter provides the way of finding true and lasting happiness.

The author clearly states in chapter 1, those things that can bring short term happiness, though they are good to possess, but the love of them can destroy long lasting happiness, inner joy, and satisfaction etc.

The author describes myths, fables and unfounded or false notion about happiness. He emphasizes that,

money cannot bring happiness and the love of it is the root of all evils; drinking alcohol can only give false happiness, temporal relief of pain, sorrow and troubles, and adds to existing unhappiness, mockery and death. Sex is pleasurable, will give temporal happiness but will become a snare if not done according to God's command. Work also, may take one's mind away from sorrow and may give some happiness but work cannot give lasting happiness.

Why then should you be happy? It is the desire of God for you; it promotes productivity and accomplishment. Looking at the entire life of Joseph, your being alive should make you happy. Be happy as the dead cannot praise the Lord. Happiness stems out of fulfilling the plan and purpose of God for your life. Your relationship with God should be a source of happiness as Jesus has taken away your sorrow and unhappiness. Sorrow may linger for a while but joy comes thereafter. As bitter leaf is, sweetness comes after consumption. Be happy because Christ-like minded people are around you. Health is wealth; housing a good health should be a source of

happiness. Every situation you find yourself should be a step to your happiness. Sowing in tears brings happiness during harvest. Work and eat at harvest, be happy, healthier and strong.

Every individual has the capacity and capability to make himself/herself happy by the power of the Holy Spirit and by not giving allowance to agents of unhappiness but rather face the challenges with courage, strength and firmness of mind in God. Although true happiness comes from joy in the Holy Spirit, it can only be established if you forgive others as God forgives us our sin in Christ Jesus.

In order to sustain your happiness, you need habits that promote happiness and make God your sufficiency. The author finally gave the steps to take in finding true happiness. This can only be achieved by knowing, trusting, serving and delighting in God Almighty our creator.

Although, the book is not voluminous but the content of the book is large and huge which will minister to the heart of the reader to obtain sustainable happiness. I therefore recommend the book for you, if you value happiness, buy for yourself and for others.

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INTRODUCTION

What does it really mean to be happy?

Merriam-Webster's Online Dictionary defines it as a state of well-being and contentment; a pleasurable or satisfying experience. This would mean that to find happiness is to find contentment and be in a state of pleasure and satisfaction.

But can someone find true happiness in this life and be happy?

The great scientist Aristotle says that “Happiness is the meaning and the purpose of life, the whole aim and end of human existence”

This statement underscores the importance of happiness. It means being happy is what you live for; if you have no happiness you really are not living life the

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way it was designed to be lived. Happiness keeps you alive, happiness energizes you.

You may be successful and have a lot of money, but without happiness it will be meaningless; it is Happiness that gives you fulfillment in life.

Happiness is something everyone wants to have and how to find happiness is the question on every man's lips. I am delighted to let you know that God wants you to be happy.

In this book, you will discover how to find true happiness and live a happy and satisfying life.

This book is about finding true happiness; knowing what inspires happiness; knowing what can hinder your happiness and how to keep them away from you or keep yourself away from them and then knowing what you need to do to remain happy in life.

The thoughts in this book will change your life as you imbibe them and live by them. Go with me through the pages and find the truths you need to be happy every day of your life.

Bishop Ayo Odunayo

CHAPTER ONE

MYTHS ABOUT HAPPINESS

Lots of people are lost in the various myths of happiness. A myth is a widely held but false belief or idea; and there are many myths about happiness.

In this chapter we will discuss a number of such myths that people think give them happiness but yet happiness eludes them.

MYTH NO. ONE

Money and or Riches give happiness.

Some people think that when they have money, wealth and or riches they will find true happiness.

In reality this myth has been found to be a fallacy. There are many people who have wealth and riches that are unhappy. They have no satisfaction and inner joy. They still find themselves miserable.

It is good to have money and the comfort of life. Indeed money answers for the things of comfort but money does not give happiness. Solomon had riches but his conclusion is that having riches, wealth or honour alone does not guarantee happiness.

A man to whom God hath given riches, wealth, and honour, so that he wanteth nothing for his soul of all that he desireth, yet God giveth him not power to eat thereof, but a stranger eateth it: this is vanity, and it is an evil disease.

Ecclesiastes 6:2 KJV

MYTH NO. TWO

Drinking alcohol takes away your worries and gives you happiness.

In search for happiness some turn to liquor, thinking that drinking would remove their pains, sorrow or troubles but they soon find out that drinking may drown their sorrow or pain for a while but would not take it away.

The scripture makes us to know that drinking alcohol rather brings a person into mockery.

Wine is a mocker, strong drink is raging: and whosoever is deceived thereby is not wise.

Proverbs 20:1 (KJV)

Drinking may temporarily relive from a person's misery but it could also lead to lawlessness and or even death.

Lest they drink and forget the law and what it decrees, and pervert the justice due any of the afflicted. Give strong drink as medicine to him who is ready to pass away, and wine to him in bitter distress of heart. Let him drink and forget his poverty and seriously remember his want and misery no more. **Proverbs 31:5-7 (AMP)**

MYTH NO. THREE

Sex is pleasurable and will give you happiness.

Some people turn to women or men for sex to find happiness. While sex may give you temporary pleasure but it may put you deeper in sin and increase your unhappiness.

Sex outside marriage is sin and increases unhappiness rather than bringing happiness.

Flee fornication. Every sin that a man doeth is without the body; but he that committeth fornication sinneth against his own body.

1 Corinthians 6:18 KJV

Living in the pleasure of sex does not bring enduring happiness but rather opens the gateway to a life that does not please God.

But she that liveth in pleasure is dead while she liveth. **1 Timothy 5:6 KJV**

Now the works of the flesh are manifest, which are these; Adultery, fornication, uncleanness, lasciviousness, Idolatry, witchcraft, hatred, variance, emulations, wrath, strife, seditions, heresies, Envyings, murders, drunkenness, revellings, and such like: of the which I tell you before, as I have also told you in time past, that they which do such things shall not inherit the kingdom of God. **Galatians 5:19-21 KJV**

MYTH NO. FOUR

Work takes your mind away from sorry and gives you happiness.

Some people put themselves into their work or on a project in order to find happiness and be filled with joy. However, this is no doorway to a life of happiness.

In a number of cases the more the work, the more the depression because work will eventually have her ill-effect on health. Importantly also is that too much work takes you away from God, from fellowship with God's people and from the search for true and lasting happiness.

Happiness does not depend on what you do and therefore your work cannot give you true and lasting happiness.

MYTH NO. FIVE

Going on pleasure trips and or holidays will give happiness.

It is a mirage to think that people can find true happiness in travelling around the world, going on holidays and living a pleasurable life.

Holidays and trips may take you away from the source of your unhappiness but cannot give you true happiness. When the holiday or trip is over, the unhappiness will return.

He that loveth silver shall not be satisfied with silver; nor he that loveth abundance with increase: this is also vanity.

Ecclesiastes 5:10 KJV

I am sure there are more myths about happiness out there. They remain unrealized hope for happiness.

My prayer for you as you read this book is that you will discover and encounter true happiness in the pages of this book.

Encounters with God are mostly intended to bring joy to the people. God does not take pleasure in your sorrow or unhappiness.

David in Psalm 144:15b declares that knowing God and making him your Lord will surely bring happiness.

...yea, happy is that people, whose God is the LORD. **Psalm 144:15b KJV**

Solomon also in Proverbs 16:20b tells us that trusting God brings happiness.

...and whoso trusteth in the LORD, happy is he. **Proverbs 16:20b KJV**

When God saw the oppression and the sorrow of the children of Israel, he responded to their cry to deliver them because he always desires that his children should be happy.

And the LORD said, I have surely seen the affliction of my people which are in Egypt, and have heard their cry by reason of their taskmasters; for I know their sorrows; [8]And I am come down to deliver them out of the hand of the Egyptians, and to bring them up out of that land unto a good land and a large, unto a land flowing with milk and honey; unto the place of the Canaanites, and the Hittites, and the Amorites, and the Perizzites, and the Hivites, and the Jebusites. Now therefore, behold, the cry of the children of Israel is come unto me: and I have also seen the oppression wherewith the Egyptians oppress them.

Exodus 3:7-9 KJV

Child of God, you need to have this understanding as a Christian that He wants your happiness and is always ready to bring you out of anything that takes away your joy.

CHAPTER TWO

WHY SHOULD YOU BE HAPPY?

1. Be Happy Because God wants you happy.

The first reason why you should be happy is because God wants you to be happy and to live a life full of his joy.

...Happy are the people whose God is the LORD!

Psalms 144:15b NKJV

...and whoso trusteth in the LORD, happy is he.

Proverbs 16:20b KJV

2. Be Happy Because Happy People Are More Productive

Happy people are more productive and are more likely to accomplish their goals than unhappy people.

Joseph was sold into slavery by his siblings who were supposed to love him and support his life vision and dream. This was enough reason for him to remain unhappy for the rest of his life, but he chose to be happy.

“And when they saw him afar off, even before he came near unto them, they conspired against him to slay him”. “And they said to one another, behold, this dreamer cometh”. “Come now therefore, and let us slay him, and cast him into some pit, and we will say, some evil beast hath devoured him: and we shall see what will come out of his dream”. “And Reuben heard it, and he delivered him out of their hands; and said, let us not kill him”. “And Reuben said unto them, shed no blood, but cast him into this pit that is in the wilderness, and lay no hand upon him; that he might rid him out of their hands, to deliver him to his father again”. “And it came to pass, when Joseph was come unto his brethren, that they stripped Joseph out of his coat, his coat of many colors that was on him”. “And they took him, and cast him into a pit; and the pit was empty, there was no water in it”. “And they sat down to eat bread; and they lifted up their eyes to looked,

*and behold, a company of Ishmaelite came from Gilead, with their camels bearing spicery and balm and myrrh, going to carry it down to Egypt”. “And Judah said unto his brethren, what profit is it if we slay our brother, and conceal his blood?”. “Come let us sell him to the Ishmaelites, and let our hand be upon him; for he is our brother and our flesh, and his brethren were content”. “Then there passed by the Midianites merchants-men; and they drew and lifted up Joseph out of pit, and sold Joseph to the Ishmaelite for twenty pieces of silver; and they brought Joseph into Egypt.” **Gen 37:18-28***

Despite the circumstance of his life, Joseph refused to be unhappy but rather remained full of life and of the joy of the Lord. The happiness and joy showed in his appearance and relationship with people. He did not wear a sad face neither did he withdraw himself into seclusion and loneliness; rather he was looking for how to make others happy.

And the captain of the guard charged Joseph with them, and he served them; so they were in custody for a while. Then the butler and the baker of the king of Egypt, who were confined in the prison,

*had a dream, both of them, each man's dream in one night and each man's dream with its own interpretation. And Joseph came in to them in the morning and looked at them, and saw that they were sad. So he asked Pharaoh's officers who were with him in the custody of his lord's house, saying, "Why do you look so sad today?" And they said to him, "We each have had a dream, and there is no interpreter of it. So Joseph said to them, Do not interpretations belong to God, Tell them to me, please. **Genesis 40: 4-8 NKJV***

Joseph succeeded in life because he chose to be happy despite the challenges of his life. And his persistent state of happiness made him to succeed and to eventually become the prime minister of Egypt.

*Then Pharaoh said to Joseph, "Inasmuch as God has shown you all this, there is no one as discerning and wise as you. You shall be over my house and all my people shall be ruled according to your word; only in regard to the throne will I be greater than you." And Pharaoh said to Joseph, "See, I have set you over all the land of Egypt." **Genesis 41: 39 – 41 NKJV***

Do not spend your time and energy complaining and venting about how life is not fair; be optimistic, happy and driven by your dreams.

3. Be Happy Because You Are Alive

No matter what you are going through, whether sick, disappointment, unemployment, still unmarried, without children etc.

There is one thing you should still be grateful for, and that is the gift of life: you are still alive and here.

You are still alive because God has a purpose for you and this will be accomplished in Jesus Name.

When there is life, there is hope. The future has a lot of greatness in store for you.

*"For there is hope of a tree, if it be cut down, that it will sprout again, and that the tender branch thereof will not cease". **Job 14:7 KJV***

So no matter what the situation is with you today, there is still hope for you.

4. Be Happy Because Happy People Have Better Relationships.

Happiness affects your thoughts, your moods, your speech, your actions and reactions, your attitudes etc. and ultimately affects your relationships.

Happy people have happy marriages and happy love life. Happy people succeed at work and in business and in whatever relationships they keep.

Joseph was a happy man and he had fruitful relationships everywhere.

“And Joseph found grace in his sight, and he served him: and he made him overseer over his house and all that he had, he put into his hand”. “And it came to pass from the time that he had made him overseer in his house and over all that he had, that the Lord blessed the Egyptian's house for Joseph's sake; and the blessing of the Lord was upon all that he had in the house, and in the field”. “And he left all that he had in Joseph's hand; and he knew not ought he had, save the bread which he did eat. And Joseph was a goodly person, and well favored.” **Gen 39:4–6 JKV**

Joseph had good relationship with his master Potiphar and with the servants under him. He did not allow his

difficult experiences to affect the joy of the Lord in him hence he remained a happy man.

In prison, he had successful relationships with the head of the prison and with all the prisoners because he was a happy man.

“And the captain of the guard charged Joseph with them, and he served them: and they continued a season in ward”. **Genesis 40:4**

Be happy at work, be happy at church, be happy at home, and be happy with your friends. Happy people have happy relationships.

Being cheerful, friendly and happy helps give a successful social life. You mix easily and bond easily. Being moody, complaining and irritable will leave you with few friends and unsuccessful relationships. Be optimistic, happy and driven by your dreams; do not spend your time and energy complaining about how life is not fair.

Be happy no matter what people do to you. The scripture says we must put on long-suffering and bear with one another

Therefore, as the elect of God, holy and beloved, put on tender mercies, kindness, humility, meekness, longsuffering; bearing with one another, and forgiving one another, if anyone has a complaint against another; even as Christ forgave you, so you also must do. Colossians 3:12-13 NKJV.

5. Be Happy Because Life Will Change For The Better Soon

Another reason to be happy is because difficult situations do not last forever; rather they are part of passing moments in life.

“For our light affliction, which is but for a moment, worketh for us a far more exceeding and eternal weight of glory”. “While we look not at the things which are seen, but at the things which are not seen: for the things which are seen are temporal; but the things which are not seen are permanent”. 2 Corinthians 4:17-18 KJV

Choose happiness today and enjoy every single moment you have. You can be who you want to be right now, no matter how your situation looks like.

6. Be Happy Because There Are People In Your Life Who Love You And Depend On You

You need to be happy because of people in your life.

No matter how bad life gets, there will always be someone who loves you unconditionally. Do you think your loved ones want to see you unhappy and miserable? Of course, they don't. Therefore choose happiness for the people who love you and it will make your relationships much more enjoyable.

7. Be Happy Because Happy People Are Healthier

If you need another reason why you should be happy right now, here is a good one. Experience and research shows a direct correlation between health and happiness. Happy people tend to take better care of themselves by exercising more and eating healthier. Don't wait till tomorrow, choose happiness now.

According to a Harvard medical School health report positive emotions have been linked with better health, longer life and greater well being in numerous scientific studies.

8. Be Happy Because The World Needs More Happy People

We live in a world where there is constant war, famine, poverty, destruction, quarrel, intimidation, unfriendliness, etc. However, the action of one happy person can create a ripple effect that can literally change the world.

King Hezekiah brought joy and happiness by his actions as we see in the following scripture.

“For Hezekiah king of Judah did give to the congregation a thousand bullocks and seven thousand sheep; and the princes gave to the congregation a thousand bullocks and ten thousand sheep: and a great number of priests sanctified themselves”. “And all the congregation of Judah, with the priests and the Levites, and all the congregation that came out of Israel, and the strangers that came out of the land of Israel, and that dwelt in Judah, rejoiced”. “So there was great joy in Jerusalem: for since the time of Solomon the son of David king of Israel there was not the like in Jerusalem”. “Then the priests the Levites arose and blessed the people: and their voice was heard, and

their prayer came up to his holy dwelling place, even unto heaven.” **2 Chronicles 30:24-27 (NKJV)**

You too can make a difference, by choosing happiness and being a source of happiness to your world.

9. Be Happy Because Every New Day Is A New Opportunity To Be Better Than Yesterday

Your happiness has life benefits that promote your success in life.

This is a good reason to be happy. Every day comes with new opportunities when you are happy. When you are happy you are healthier and stronger to face new opportunities and to increase your life benefits.

You should place your faith in the Lord and in his word that tomorrow will surely be better than yesterday and today.

Those who sow in tears shall reap in joy. **Psalms 126:5 NKJV**

... Weeping may endure for a night, but joy comes in the morning. **Psalms 30:5b NKJV**

CHAPTER THREE

HAPPINESS IS BEING YOURSELF

God has deposited his joy in his children as a fruit of the spirit and it's the responsibility of his spirit filled children to live by the joy of the Holy Ghost and be happy.

To be happy, you must look inwards and not outwards. You must draw from the well of the Lord from inside of you and don't allow the external factors around or about you to determine your happiness.

God has deposited his joy, the exceeding joy inside of you and that's what you need in order to be happy through life's challenges.

There are also habits of happiness you need to develop in order for you to overcome the external pressures

and challenges of life that tend to want to steal your joy and make you unhappy. Ten of these habits are discussed in chapter seven of this book.

Forgiveness is an essential ingredient in building a happy heart. An unforgiving spirit blocks your relationship with God and hinders your relationship with man. It promotes bitterness and defiles others around. To be happy therefore, you must forgive everyone who hurts you and put the experience and the hurt behind you.

How To Easily Forget What People Have Done That Hurts You

- I. Stop thinking about the experience. It's in the past and you must let go of the past.
- II. Stop talking about it. When you talk about it you refresh the memory. It's like opening a wound afresh and it never heals.
- III. Pray and ask the Lord to help you forget the experience completely such that when it crosses your mind, it no longer hurts you.

How To Be Happy Being Yourself

1. Recognize that God made you unique and complete, you are different from others.

2. Discover yourself and accept who you find - good or bad.

If you don't like yourself then you can never be happy in life. You must accept yourself and have a good self-Image. Every great man also has his or her shortcomings.

You are a son or daughter of God and the seed of the greater one is in you. You have the capacity of bringing forth great things because of the seed in you.

3. Don't magnify your short comings but focus on your strengths and potentials.
4. God's purpose for your life is unique and different.

What someone else is doing and achieving may be enviable but may not be in line with divine purpose for your life. You should acknowledge the achievements of others and be inspired but don't copy

5. Discover God's purpose for your life.

*For I know the thoughts that I think toward you, says the LORD, thoughts of peace and not of evil, to give you a future and a hope. **Jeremiah 29:11 NKJV***

Identify what gives you joy and focus on it that is your assignment. You must give the best to what you are

called to do. Excellence and diligence pays. If you are not getting the results you expect, check the quality of your inputs into your assignments and check with God what you need to do, and check whether your expectations are realistic or too high.

6. Don't let any person be your standard but an inspiration.

The scripture is the mirror to mature us into the fullness of Christ and not another person.

*But we all, with open face beholding as in a glass the glory of the Lord, are changed into the same image from glory to glory, even as by the Spirit of the Lord. **2Corinthians 3:18 (KJV)***

The Holy Spirit is our guide to divine purposes and fulfillment not what someone else has done

*Commit thy way unto the Lord; trust also in him; and he shall bring it to pass. And he shall bring forth thy righteousness as the light, and thy judgment as the noonday. Rest in the Lord, and wait patiently for him: fret not thyself because of him who prospereth in his way, because of the man who bringeth wicked devices to pass. **Psalms 37:5-7 (KJV)***

CHAPTER FOUR

HAPPINESS IS HAVING THE ATTITUDE OF FORTITUDE

What is fortitude?

It is mental and emotional strength in facing difficulty, adversity, danger or temptation courageously. It is strength and firmness of mind; a resolute endurance.

The word fortitude has its origin from a Latin word “fortitude” that means strength, firmness, courage. It is a combination of two Latin words that can be expressed as “strong attitude”

The attitude of fortitude therefore is the display of the spirit of courage, strength, firmness of mind, resolute

endurance, bravery etc. in the face of difficulty, adversity, danger or temptations. This is the mental and emotional attitude of a conqueror in battle.

You have to face life with all these attributes of fortitude - mentally and emotionally, in order to be happy.

The Characteristics of Fortitude

1. **Courage.**

This is the quality of mind which enables one to encounter or face danger and difficulties with firmness, or without fear, or fainting of heart. Courage also means valor, boldness; resolution etc. Life is a battle - fortitude is courage to fight with the winner's mentality; resisting the enemy; decreeing what you want by the word and proclaiming and taking what you decree.

Happiness comes when you face your battle with courage knowing that God is with you

“Thanks be unto God who always give us the victory”. **2 Corinthians 2:14**

God told Joshua to be courageous to face his challenges.

*Be strong and of a good courage: for unto this people shalt thou divide for an inheritance the land, which I sware unto their fathers to give them. **Joshua 1:6 (KJV)***

What was ahead was not going to be easy, so he told him to have courage, a strong and positive attitude.

In order for you to be happy, you must have the mind to face life's challenges with firmness, without fear or fainting heart. You must recognize that life is not without difficulties

2. Strength - Mentally and emotionally and spiritually

Fortitude also means strength; a quality of being strong; the ability to do or bear; to resist strain or stress, to go a long haul etc.

Strength also means capacity or exertion or endurance.

A person of strength does not allow situations to crush you, weaken or break him or her down. Those that will be happy build up an attitude of facing life with inner strength, emotional strength, mental strength and spiritual strength.

Joseph is a great example of a man who has the attitude of fortitude. He was strong in his many life challenges as a slave and even as a prisoner. He was strong and courageous.

3. Firmness of mind.

A third meaning of fortitude is firmness of mind. It means not wavering but resolute in conviction. It means a stubborn faith.

*Who against hope believed in hope, that he might become the father of many nations; according to that which was spoken, So shall thy seed be. [19] And being not weak in faith, he considered not his own body now dead, when he was about an hundred years old, neither yet the deadness of Sara's womb: [20] He staggered not at the promise of God through unbelief; but was strong in faith, giving glory to God; [21] And being fully persuaded that, what he had promised, he was able also to perform. **Romans 4:18-21 (KJV)***

You need to have a firm mind, a resolute conviction and a strong faith to be happy in the midst of life's difficulties. You must be like Abraham who was not troubled by the delay of having children but

maintained his joy and remained his happy self as he walked with God.

4. Resolute endurance.

Another characteristics of fortitude is resolute endurance. It means going the long haul without giving up. Resolute endurance is going through challenges in faith and in expectation of victory, knowing you will win at the end.

This was Jacob's attitude when he was deceived and given Leah instead of Rachel, for whom he had spent seven years of his life to serve Laban.

Genesis 29:20-21, 23, 25-28 (KJV)

And Jacob served seven years for Rachel; and they seemed unto him but a few days, for the love he had to her. And Jacob said unto Laban, Give me my wife, for my days are fulfilled, that I may go in unto her. And it came to pass in the evening that he took Leah his daughter, and brought her to him; and he went in unto her. And it came to pass, that in the morning, behold, it was Leah: and he said to Laban, What is this thou hast done unto me? did not I serve with thee for Rachel? wherefore then hast thou beguiled me? And Laban said, it must not be so done in our

*country, to give the younger before the firstborn. Fulfill her week, and we will give thee this also for the service which thou shalt serve with me yet seven other years. [28] And Jacob did so, and fulfilled her week: and he gave him Rachel his daughter to wife also. **Romans 4:18-21 (KJV)***

He went the long haul and served another seven years in order to have Rachel as his wife. He remained his happy self.

The attitude of Fortitude is the attitude of happy man. He does not give up and yet he is trusting in the Lord.

*Therefore say unto them, Thus saith the Lord God ; There shall none of my words be prolonged any more, but the word which I have spoken shall be done, saith the Lord God. **Ezekiel 12:28 (KJV)***

The spirit of exceeding joy is the spirit of fortitude, the spirit of courage, strength, firmness of mind, resolute endurance, bravery etc. in the face of difficulty, adversity, danger or temptations. May you be possessed today by that spirit

Life is a journey that needs fortitude and your happiness is guaranteed when you have the attitude of fortitude.

CHAPTER FIVE

HAPPINESS INSPIRES FORGIVENESS

He is known as Jehovah El Simchah Giyl - God my Exceeding Joy. God is the source of true and lasting joy which is given to every believer by the Holy Spirit.

Happiness is an emotional expression of excitement and true happiness comes from the joy of the Holy Spirit. Your happiness must not depend on the physical circumstances of your life or of the things that you see or hear but must come from the inner joy of the Holy Spirit.

Happiness is a choice; and you have to make the choice to be happy regardless of what life throws at you. Let the joy of the Lord be your strength and don't allow people or circumstances determine your

happiness. You can be happy where God has placed you no matter what people say or do to you.

Forgiveness is a major source of happiness and living a life of forgiveness will guarantee your happiness.

Happiness is forgiveness.

What is Forgiveness?

It means to renounce or cease resentment, indignation or anger as a result of a perceived offense, disagreement, or mistake, or cease to demand punishment or restitution.

The Oxford English Dictionary defines it as "to grant free pardon and to give up all claim on account of an offense or debt".

We can also define forgiveness as "to pardon, to renounce anger or resentment against, to absolve from payment of (i.e. a debt) etc.

In summary, FORGIVENESS means to let go; to release the past of the hurt, pain, etc. It is the release of the self-image reflected in others, the opportunity to believe, to love, to trust, etc.

The word “forgive” means to wipe the slate clean, to pardon, to cancel a debt. Real forgiveness means to forget.

The act of forgiveness brings happiness whereas when we hold back offences and hurts and pains, we give our hearts to unhappiness and live a frustrated life of pain and sorrow.

It is impossible to live on earth without getting hurt, offended, misunderstood, lied to, or rejected. The habit of forgiveness helps you live happily despite the hurts and disappointments you experience daily.

When we wrong someone, we seek his or her forgiveness in order for the relationship to be restored. It is important to remember that forgiveness is not granted because a person deserves to be forgiven; rather it is an act of love, mercy, and grace.

Why do we need to walk in forgiveness?

- i.** We need to forgive because we have first been forgiven by God.

And be ye kind one to another, tenderhearted, forgiving one another, even as God for Christ's sake hath forgiven you. **Ephesians 4:32 (KJV)**

It is a joy to know that God has let go of all your failures, offenses, misbehaviors, sins etc. He has forgiven you. What a joy then is it for you to forgive others. When you let go of whatever wrongs people have done to you, you live your life free of pain and trauma.

- ii.** We need to forgive in obedience to God.

Recompense to no man evil for evil. Provide things honest in the sight of all men. [18] If it be possible, as much as lieth in you, live peaceably with all men. [19] Dearly beloved, avenge not yourselves, but rather give place unto wrath: for it is written, Vengeance is mine; I will repay, saith the Lord. **Romans 12:17-19 (KJV)**

Walking in obedience to God by forgiving others will bring great happiness to you when you realize that you are God's obedient child.

- iii.** We need to forgive others so as to gain control of our lives from hurt emotions.

In Genesis 4:1-8 Cain could not gain control over his emotions because he did not forgive himself and Abel his brother of whatever his perception of Abel or the sacrifice he had offered to God was.

If he has walked in forgiveness, he would have gained control over his jealousy and anger and would never have killed his brother.

- iv. We forgive in order to receive God's forgiveness when we also do wrong.

*For if ye forgive men their trespasses, your heavenly Father will also forgive you: But if ye forgive not men their trespasses, neither will your Father forgive your trespasses. **Matthew 6:14-15 (KJV)***

*And forgive us our sins; for we also forgive every one that is indebted to us. And lead us not into temptation; but deliver us from evil. **Luke 11:4 (KJV)***

*And when ye stand praying, forgive, if ye have ought against any: that your Father also which is in heaven may forgive you your trespasses. But if ye do not forgive, neither will your Father which is in heaven forgive your trespasses. **Mark 11:25-26 (KJV)***

- v. We need to forgive so we won't become bitter and defile those around us.

Follow peace with all men, and holiness, without which no man shall see the Lord: Looking diligently

*lest any man fail of the grace of God; lest any root of bitterness springing up trouble you, and thereby many be defiled; **Hebrews 12:14-15 (KJV)***

We can understand from scripture that bitterness and lack of forgiveness bring defilement to us and to people around us.

The word to defile means to make something dirty or no longer pure, to make unworthy or unholy, to contaminate etc. When you walk with bitterness and do not forgive you make yourself and those around you to become impure, unholy and contaminated.

How many times can we forgive before we stop forgiving people?

Jesus says forgiveness is continuous.

*Then came Peter to him, and said, Lord, how oft shall my brother sin against me, and I forgive him? till seven times? Jesus saith unto him, I say not unto thee, Until seven times: but, Until seventy times seven. **Matthew 18:21-22 (KJV)***

Take heed to yourselves: If thy brother trespass against thee, rebuke him; and if he repent, forgive him. And if he trespass against thee seven

*times in a day, and seven times in a day turn again to thee, saying, I repent; thou shalt forgive him. **Luke 17:3-4 (KJV)***

When you live a life of continuous forgiveness you live free of bitterness, hurts and or pain. You live a happy life.

Whom do you have to forgive?

1. You should forgive yourself

You should forgive yourself of your past life and of any wrongs you may have done to yourself and or to others. When you have received God's forgiveness you must forgive yourself

*If we confess our sins, he is faithful and just to forgive us our sins, and to cleanse us from all unrighteousness. **1 John 1:9 (KJV)***

God has dealt with your past and it's over. Put it behind you.

*For I will be merciful to their unrighteousness, and their sins and their iniquities will I remember no more. **Hebrews 8:12 (KJV)***

Not forgiving yourself will prevent you from making progress with your life.

2. You should forgive others.

You need to forgive those who have hurt you or offended you even when they don't deserve it. These include your parents, your colleagues, your brethren in church, your leaders, your pastor or pastors, your wife, your spouse, your children etc.

Forgiveness takes bitterness away and gives you healing and happiness. Don't hold it anymore, give it up and forgive.

*Forbearing one another, and forgiving one another, if any man have a quarrel against any: even as Christ forgave you, so also do ye. **Colossians 3:13 (KJV)***

*And be ye kind one to another, tenderhearted, forgiving one another, even as God for Christ's sake hath forgiven you. **Ephesians 4:32 (KJV)***

*He who covers and forgives an offense seeks love, but he who repeats or harps on a matter separates even close friends. **Proverbs 17:9 (AMP)***

Unforgiveness is a spirit you must cast out. Unforgiveness leads to bearing grudges and bitterness and wrath etc. You must deal with it and receive the spirit of forgiveness and love.

CHAPTER SIX

HINDRANCES TO HAPPINESS

Life is full of various experiences. While some people find their experiences as exciting, some others see them as unfortunate. Life experiences mean different things to different people depending on how they want to interpret them. These life experiences when interpreted negatively are major sources of unhappiness and are therefore hindrances to happiness.

Unhappiness is caused mostly by external factors and our failure to respond to them appropriately. If you can be able to recognize common sources of unhappiness and how to appropriately respond to them, you can be happy every day of your life.

In this chapter, we will discuss some common causes and sources of unhappiness that hinder happiness and look into how you can handle them and be happy for the rest of your life.

1. **Wrong beliefs or feelings.**

When you have wrong beliefs and feelings about yourself and about other people, you will end up with lots of unhappiness. Such feelings and beliefs could be that you are not doing well; that people don't like you; that God is not with you; that you have not been forgiven etc. Such beliefs are mostly untrue and should be rejected from your mind.

Reject unbelief, feelings and anything that is not based on the word. God's word is true and his promises are yea and amen. The just shall live by faith.

Cast not away therefore your confidence, which hath great recompense of reward. For ye have need of patience, that, after ye have done the will of God, ye might receive the promise. For yet a little while, and he that shall come will come, and will not tarry. Now the just shall live by faith: but if any man draw back, my soul shall have no pleasure in him. But we are not of them who draw

back unto perdition; but of them that believe to the saving of the soul. Hebrews 10:35-39 KJV

2. **Fear of the unknown, fear of the unknown and any form of irrational fear you cannot explain.**

Fear brings torment says the scripture and anyone who lives in fear cannot live a happy life. Rather learn to trust God absolutely and trust in his promise for your life and future.

When you are confronted by what you cannot understand or explain, turn to God's word and hear what God says about you and your situation.

For I know the thoughts that I think toward you, saith the Lord, thoughts of peace, and not of evil, to give you an expected end. Then shall ye call upon me, and ye shall go and pray unto me, and I will hearken unto you. And ye shall seek me, and find me, when ye shall search for me with all your heart. And I will be found of you, saith the Lord: and I will turn away your captivity, and I will gather you from all the nations, and from all the places whither I have driven you, saith the Lord; and I will bring you again into the place whence I caused you to be carried away captive. Jeremiah 29:11-14 (KJV)

3. **Poor self-image - not liking yourself**

A lot of unhappiness is caused when you don't think well of yourself and look down on your person. Your life will also be filled with unhappiness when you want to be someone else because of how highly you think of that person. It is ok to be motivated by the success of others but it's not right to want to be someone else.

God made you complete and well.

I will praise thee; for I am fearfully and wonderfully made: marvelous are thy works; and that my soul knoweth right well. Jeremiah 29:11-14 (KJV)

Accept who you are and pursue God's plan for your life, herein lies your happiness.

4. **Lack of self-confidence**

Unhappiness sets in when you lack confidence in yourself and have a wrong believe that you won't succeed or that you are not good enough or perhaps what you have or know is not worth it.

Cast not away therefore your confidence, which hath great recompense of reward. Hebrews 10:35 KJV

Have not I commanded thee? Be strong and of a good courage; be not afraid, neither be thou dismayed: for the Lord thy God is with thee whithersoever thou goest. Joshua 1:9 KJV

5. When the future looks gloomy or when you lack vision of a successful future.

When the future looks gloomy, unhappiness sets in. This may be because of an unwanted experience, a recession in the land, a business failure etc; Your duty is to turn the situation around to be happy. Turn your faith to the Lord and give yourself to seeking him. He will direct your paths.

O send out thy light and thy truth: let them lead me; let them bring me unto thy holy hill, and to thy tabernacles. Then will I go unto the altar of God, unto God my exceeding joy: yea, upon the harp will I praise thee, O God my God. Psalm 43:3-4 (KJV)

6. Troublesome marriage or home.

A marriage or home that is filled with quarrels, misunderstandings, or physical abuse and disagreements and fights will definitely cause unhappiness. Other things that could result in unhappiness in a marriage or home include:

- Difficult parents or difficult children
- Disobedient children
- Children that are not doing well academically, spiritually or not meeting parental expectations
- Unresolved issues with your parents spouse or partner.
- A troubled relationship.

The list is endless. In order to be happy, you should take concrete steps to handle whatever issues causing trouble in your home, marriage and family. Your happiness is in your hands.

7. When you feel alienated or unwanted or unwelcome in a group.

Unhappiness finds her home with someone who feels unwanted or unwelcome in the office, neighborhood, house fellowship, church group, church, or even in a home or family.

If you notice any reason to suggest such, you should deal with it quickly by approaching someone to help you out. You may need to first find out if such concerns are true; what you may be doing to cause it or aggravate it and then what you need to do to stop it.

8. When unemployed and or in a financial mess.

Unemployment and financial difficulty may cause unhappiness when you are not positive about God's plans for you which is to prosper you and give you a future and hope,

For I know the thoughts that I think toward you, saith the Lord, thoughts of peace, and not of evil, to give you an expected end. Jeremiah 29:11 KJV

Don't ever give up on yourself or on your present unsatisfactory condition, rather trust the Lord to bring you out of that unpleasant circumstances and to a glorious future.

For our light affliction, which is but for a moment, worketh for us a far more exceeding and eternal weight of glory; 2 Corinthians 4:17 KJV

9. Sickness or death of a loved one.

In situations of sickness or death, recognize that it is inevitable for all and it takes time sometimes for healing or emotional pains to wear off.

Be strong in the Lord. Turn to him for healing from every disease and infirmity depriving you from enjoying divine health.

10. When you expect everything to work out positively always.

Unhappiness is the likely result of failed expectations, and folly is expecting that everything will always be ok.

Jesus said in the world there are tribulations and this is meant to help us as believers to manage our expectations.

Life is full of ups and downs but thanks be unto God who always give us victory. Rise up if you fall.

11. When you are a perfectionist and seek perfection from everyone around you.

Both men and women fall into this trap of seeking perfection from people or expecting people to be as good, as efficient, as prompt, as unforgettable etc. as they are. When you expect people to always meet your goals, you end up living an unhappy life. Frustration comes from expecting everyone to do things right.

If you always attain excellence, that is ok; then help others in the spirit of humility and not with condemnation, harassment, abuses and disappointments. Don't stress

yourself up; it leads to an unhappy life. Lower your expectations from people but rather invest in people to train them and raise them up to your standard.

12. When you set unrealistic goals and targets for yourself

Unrealistic goals and targets will cause you lots of unhappiness. Sometimes these goals are set without carefully checking the availability of adequate resources to realize them. To maintain your happiness, lower your goals to realistic and achievable levels and take one step at a time.

13. When you keep comparing yourself and your achievements with others

God has called each person for a purpose. You are different from others and God's plan and purpose for each person is not the same.

I said in mine heart, God shall judge the righteous and the wicked: for there is a time there for every purpose and for every work. **Ecclesiastes 3:17 (KJV)**

Because to every purpose there is time and judgment, therefore the misery of man is great upon him. **Ecclesiastes 8:6 (KJV)**

Those who compare themselves are foolish.

For we dare not make ourselves of the number, or compare ourselves with some that commend themselves: but they measuring themselves by themselves, and comparing themselves among themselves, are not wise.

2 Corinthians 10:12 (KJV)

When you compare your growth, success, failure, development etc. with that of another person, you may end up with feelings of bitterness, disappointments and indeed unhappiness. You need to understand how God is dealing with you, what lessons you are learning and compare yourself only with God's plan and purpose for your life.

14. Lack of personal satisfaction with what you are doing

Unhappiness sets in when you are not happy with your job, your home, your car, your career etc.

It is therefore important that you check. If you are in God's will and where God wants you to be, or if you are doing what you like to do.

If you do not have personal satisfaction then find out the source of your dissatisfaction and deal with it, then make up your mind to be happy.

*Wherefore, my beloved, as ye have always obeyed, not as in my presence only, but now much more in my absence, work out your own salvation with fear and trembling. For it is God which worketh in you both to will and to do of his good pleasure. Do all things without murmurings and disputings: That ye may be blameless and harmless, the sons of God, without rebuke, in the midst of a crooked and perverse nation, among whom ye shine as lights in the world; **Philippians 2:12-15 (KJV)***

15. When there is repeated disappointment by the people you trust.

Disappointments cause unhappiness especially when this is brought about by people close to you, especially those in whom you have invested a lot. Such people could be people you raised up in ministry, people you raised up as sons and daughters, people you sent through college or university, people you ordained in ministry, people you were training to take over from you, etc.

In order to reduce unhappiness as a result of disappointments, you have to let God be your expectation and your reward for all of your labor and investments in people. Don't place your trust in people in such a way that their disappointments affect you heavily. Let what you do be done willingly without expectation of return from people.

*It is better to trust in the Lord than to put confidence in man. It is better to trust in the Lord than to put confidence in princes. **Psalms 118:8-9 (KJV)***

16. Lack of contentment.

The most common notion people have about happiness is that it is what we feel when we get what we want. If this is true, then it means unhappiness is what we feel when we do not get what we want. For most people who allow their happiness to be defined by what they get, they are always filled with unhappiness when they don't get what they want. The problem is the word "want". When you allow your crave for something to grow and your list of wants expand, then you are positioning yourself for unhappiness.

The continuous crave for wants is akin to lack of contentment. You cannot be truly happy if you keep

desiring or wanting more than what you have. Unhappiness always sets in when, despite all efforts only a small percentage of your wants and desires are met.

Real happiness comes from within us and it starts by being satisfied with what we have. It does not matter if we have little in terms of material possessions, it is finding contentment with the things that we possess.

But godliness with contentment is great gain. For we brought nothing into this world, and it is certain we can carry nothing out. 1 Timothy 6:6-7 KJV

Contentment brings you happiness and lack of it brings you unhappiness.

17. Failure

“Your attitude towards failure determines your attitude after failure”- John Maxwell

Your perspective of what people call failure is what determines your reaction and response to it. It will also determine what happens to you when you find yourself in that situation.

Some people see failure as the end of their journey and believe that nothing good could ever come out of them again. By this, they excuse themselves from every

opportunity that comes their way. Others see failure in a different way; they think less of it and begin to move forward. This set of people end up attaining astounding success that makes it hard for anyone to believe that they ever failed.

Until you begin to view failure from a positive angle, it will continue to keep you in depression, which often leads to breakdown in health such as hypertension and partial stroke.

Failure is only an event, it is not meant to last forever. No matter how long failure has been hanging around your life, you are bound to outlive it. Failure does not have power to stick to you except you embrace it.

Consider the story of Abraham Lincoln for instance, he ended up being one of the greatest Presidents that America ever had, but that man started failing at the age of thirty-two. He went into politics after he suffered business failure, he lost election at five different levels, his wife died and in all these his determination did not change, he failed again in another election. Yet, he refused to call it failure, rather he said, “I am gaining experience”. At the end he became the president of America at the age of 60.

When failure occurs what should occupy your mind most is the lesson to learn from it. No matter the extent of the damage that might have been done, you can turn your failure into an opportunity to create something better than what you have lost. God does not consider failure as final, it is not the end of a journey, and it is simply a pause, which indicates that there is room to continue.

“The Lord upholdeth all that fall, raiseth up all those that he bowed down”. **Psalms 145:14 KJV**

“Though he fall, he shall not be utterly cast down: for the Lord upholdeth him with his hand”. **Psalms 37:24 KJV**

“For a righteous man may fall seven times and rise again, but the wicked shall fall by calamity”- **Proverbs 24:16 KJV**

“Do not rejoice over me, my enemy; when I fall, I will rise; when I sit in darkness, the Lord will be a light to me”- **Micah 7:8**

Stop condemning yourself. Successful people are ex-losers who got mad with failure”. So your rising starts from your fall.

18. Consideration of past wrongs

We all have things in our past we would rather not think about. Things we have experienced, mistakes we have made, people we have hurt.

Sometimes we regret the things we have done and sometimes we regret things we didn't do. There are many wounds in life that don't quite heal, they always seems to be there just below the surface waiting for the right moment to remind us of their presence. **Regret, shame** and **guilt** all stem from past experience.

We carry those negative emotions around us for months, even years, dragging those negative feelings around like a rotting skeleton. Sometimes they are there for a reason; a part of our conscience and a way of learning from past mistakes but they are never meant to be permanent state of mind.

We all have circumstances in our lives that we wish we could go back and change no doubt about it; and though most of us would clearly love to be perfect, imperfection is part of the human condition. We are going to make mistakes, sometimes BIG ones; and bad things are sometimes going to happen. We are always going to find things to regret.

In order to live a happy life you have to make peace with your past because making peace with your past is making peace with yourself. This will happen when you let go of those things that trouble you from the past; and the list is endless!

1. A relationship that ended before we were ready.
2. The loss of a loved one.
3. Poor decision(s) we made in the past.
4. Wrongs we have done to others.
5. Wrongs that have been done to us.
6. The loss of our hopes and dreams.

It could be one of these things, or it could be something entirely different, but you will often find that they have one thing in common – the level of emotion that was involved with the event, love, grief, regret, guilt, anger, sorrow, fear, disgust, hate, helplessness, hopelessness, jealousy, etc. These are all very powerful emotions and when linked to a specific event in the past, the bonds can be tough to break.

One of the first steps in making peace with your past is taking a closer look at the feeling involved and deal

with it. Once you admit your feelings, you are that much closer to letting go of them.

You can't change the past. You can spend your whole life wishing you had turned left instead of right, chosen A instead of B, replaying every mistake you have ever made, every wrong that has ever been done, but all you are really doing is storing up hurts. You can't change the fact of what happened but you can decide to put it behind you and let it go. That decision is yours and it's the beginning of victory.

Make yourself happy, forgive yourself and forgive whoever hurt you can caused the negative feelings that you carry. People usually find it difficult to forgive themselves but that is a choice you need to make in order to be happy. Make a choice of forgiving yourself, your past and everyone that have hurt you one way or the other.

Forgiveness is simply setting yourself free.

19. Disappointment

This is a result of having expectations that are not met. A lot of people are unhappy because of failed expectations. Some people react angrily aloud,

shouting at others while some react with suppressed anger, withdrawing from those who they consider as not meeting their expectations. Some other individuals react with feelings of low self-esteem when they disappoint their own expectations.

Expectation may be too high, irrational or unrealistic and continuous exposure to unmet expectation and lack of coping strategies may threaten the emotional and physical well-being of a person, resulting in depression, anger, apathy, denial and or fear.

Depression is a feeling of unhappiness, dejection, sorrow, discouragement, etc. Apathy is a condition in which someone becomes indifferent and passive to life; it is a helpless feeling about a disappointing situation and a belief that the situation cannot be changed. Denial comes in the form of giving up on goals, ambitions and passions because the person does not believe any of these are worth pursuing. Anger is a feeling of displeasure, hostility or annoyance in reaction to a situation or a person who has not met your expectations. All these and more are examples of reactions to disappointment and failed expectations.

How to handle disappointment

1. If you experience a disappointment that you find difficult to overcome without help, talk to friends. That will help you to realize that you are not alone and that others have overcome similar problems.
2. Abandon childish demands and foolish expectations from people or from yourself. Lower your expectations and you won't be disappointed by people. Are you looking for the perfect mate, a perfect job or a perfect son or daughter that does everything you envisage to well? You are sure to be disappointed because only God is perfect. If you realize and accept the fact that we mortals are imperfect, then you will eliminate much unnecessary misery from your life through disappointment.
3. Cultivate the act of patience. This is key to peace of mind. It's better you learn to be patient with people and allow for their imperfections and failures and also be patient with yourself knowing that growth and development and achievement of great dreams take time. Be patient with people who are around your life and seem to fail and disappoint you so much.

4. Always feed your mind with positive thought by reading the word of God, listening to good messages and good music. When you do this you will be able to handle disappointment with a positive outlook. Disappointments are just Gods way of saying I have got something better, be patient, live your life and have faith.

The bible says

*“all things work together for good for those that love God, they that are called according to his purpose”... **Roman 8:28***

*“For I know the thoughts that I think towards you, says the Lord, thoughts of peace and not of evil, to give you a future and a hope”... **Jeremiah 29:11***

CHAPTER SEVEN

TEN HABITS THAT SUSTAINS HAPPINESS

Happiness is not a birthright. It is not owed to you. It is what you can earn and live. It is not an impossible dream.

Happiness is a habit that can be developed just as you develop the habit of prayer, quiet time or even the habit of saying, “bless you” when someone sneezes.

Habits are things you do over time that have become a part of your life.

In order to be happy and to walk in the joy of the Lord, you need to develop habits that promote happiness such as the habit of forgiving those who have hurt you or offended you.

It has been said that if you do something for 21 days, without fail, it will become a habit, a ritual in your life. Most people spend time trying to change or break habits. You may not have spent time practicing obtaining a habit, but the habit of happiness is one that is worth practicing.

1. The Habit of turning negatives around to positives.

Turning things around is called "spinning". Spinning means that you take the information that you have and make it work for you. Spinning is important to your self-esteem and happiness because it teaches you to take the unpleasant, the bad, and the ugly and find good in it.

We can find a ready example in Joseph's story and life. He turned his being sold to slavery around; he was very positive while serving the man who bought him as a slave.

He also saw good in his imprisonment; he remained positive and became productive in the prison.

He summarized his attitude of turning the negatives to positives in **Genesis 50:20**.

*But as for you, ye thought evil against me; but God meant it unto good, to bring to pass, as it is this day, to save much people alive. **Genesis 50:20 (KJV)***

In order to stay happy, you should seek to see the good in everything that happens to you rather than dwell on the evil and negatives. For example, you could look at a car accident in which you were involved and don't see the accident but rather see it as a wake-up call to drive more carefully.

There is a good that can come out of every situation.

Refuse to attribute your failure to the devil, a witch or an enemy. Whatever may be involved in any situation you currently are in life, remind yourself that no failure is final.

*For a just man falleth seven times, and riseth up again: but the wicked shall fall into mischief. **Proverbs 24:16 KJV***

2. The Habit of Counting Blessings

Bless the Lord, O my soul: and all that is within me, bless his holy name. Bless the Lord, O my soul, and forget not all his benefits: Who forgiveth all thine iniquities; who healeth all thy diseases; Who redeemeth thy life from destruction; who crowneth thee with loving kindness

and tender mercies; Who satisfieth thy mouth with good things; so that thy youth is renewed like the eagle's.

Psalm 103:1-5 (KJV)

When you experience things that are not so good, recall the good things of time past. Your happiness is determined by your ability to recall the good things that you have experienced in the past and the opportunities that lie ahead of you.

God wants us to always count our blessings and when we do our hearts will rejoice and our expectations for greater blessings will be re-kindled.

Always count your blessings regardless of the circumstances around your life.

3. The habit of thanksgiving.

Being thankful for everything keeps you happy. Develop the habit of being thankful even for the smallest thing you receive from people or from God.

Being thankful means, being appreciative and grateful for what you have received.

When you don't recognize the smallest gifts in your life, you would complain about many things that you

have not received and end up living an unhappy life. However when you appreciate little things you not only live happy, you get more into your life.

Enter into his gates with thanksgiving, and into his courts with praise: be thankful unto him, and bless his name. **Psalm 100:4 (KJV)**

Be thankful.

4. The habit of singing and praising.

To stay happy you need to fill your life with songs of praise to your maker.

Make a joyful noise unto the Lord, all ye lands. Serve the Lord with gladness: come before his presence with singing. **Psalm 100:1-2 (KJV)**

Whatever your situation, come before Him with singing.

God's presence dwells in our songs and praise. When Paul and Silas disregarded their situation and filled their lives with songs of praise, the presence of the Lord came down and filled their prison room, causing a mighty earthquake and setting them free.

And when they had laid many stripes upon them, they cast them into prison, charging the

jailor to keep them safely: Who, having received such a charge, thrust them into the inner prison, and made their feet fast in the stocks. And at midnight Paul and Silas prayed, and sang praises unto God: and the prisoners heard them.

Acts 16:23-25 (KJV)

'The habit of singing praises and rejoicing before the Lord will keep you happy regardless of the circumstances of your life.

5. The habit of Helping and serving.

This is the habit of giving and making sacrifices for others.

Helping a person in need is surely one of the most magnificent offerings you can give another person — and yourself.

The feeling is beyond measure when you know that you helped alleviate someone else's suffering.

Helping another person can be as simple as offering a listening ear, helping someone with car trouble, pulling out someone from a burning home, offering a meal to someone who has nothing to eat, assisting in paying someone's school fees etc.

Not all of your efforts need to be monumental. Sometimes, the simplest acts are the ones that mean the most and help the most.

Joy comes from giving and helping others and seeing others happy.

What kept Jesus going was the satisfaction of the joy he was giving to people.

*Looking unto Jesus the author and finisher of our faith; who for the joy that was set before him endured the cross, despising the shame, and is set down at the right hand of the throne of God. For consider him that endured such contradiction of sinners against himself, lest ye be wearied and faint in your minds. **Hebrews 12:2-3 (KJV)***

In addition to giving a helping hand, happiness comes when you develop the habit of serving.

Service is about giving your time, talents, labor, efforts to humanity, to God's people and to the work of God. Let service give you joy.

The habit of serving is developed when you serve without expecting a reward from anyone; but when or if reward comes, it gives you exceeding joy.

6. The Habit of Empathy

It has been said that “empathy is your pain in my heart.”

Empathy means that you have allowed yourself to listen to and become involved in another person's life. They may be in pain, but your happiness comes from knowing that your care, your smile, your voice, and your presence are helping.

Empathy means that you try to put yourself in the other person's shoes. It means that you look at their life and problems from their perspective, not yours. When you have empathy for others, you begin to understand just how connected we all are and how much joy can come from the feeling of “oneness.”

For verily he took not on him the nature of angels; but he took on him the seed of Abraham. Wherefore in all things it behooved him to be made like unto his brethren, that he might be a merciful and faithful high priest in things pertaining to God, to make reconciliation for the sins of the people. For in that he himself hath suffered being tempted, he is able to succor them that are tempted. Hebrews 2:16-18 (KJV)

Jesus went through the physical stress of a human in order to give us real comfort.

We must develop the habit of empathy in order to derive joy from comforting people.

7. The habit of prayer and walking in the spirit.

To be happy, you must learn to pray and walk in the spirit. Learn to turn things to the Lord in prayer and wait for his will and counsel.

Don't pursue anything out of self or selfish desires. Learn to pray and to find out God's will and purposes for your life.

Happiness comes when you know you are in the will of God even when things don't seem right

Be careful for nothing; but in everything by prayer and supplication with thanksgiving let your requests be made known unto God. And the peace of God, which passeth all understanding, shall keep your hearts and minds through Christ Jesus. Philippians 4:6-7 (KJV)

This I say then, Walk in the Spirit, and ye shall not fulfill the lust of the flesh. Galatians 5:16 (KJV)

See then that ye walk circumspectly, not as fools, but as wise, Redeeming the time, because the days are evil. Wherefore be ye not unwise, but understanding what the will of the Lord is.

Ephesians 5:15-17 (KJV)

For as many as are led by the Spirit of God, they are the sons of God. **Romans 8:14 (KJV)**

8. Habit of living to please the Lord

Living to please the Lord leaves you with no disappointments, no stress, not rat race mentality etc. It leaves you with joy and satisfaction.

When David was when running from Saul, he was careful to live his life to please the Lord. When he found King Saul in a cave, he did not please himself by killing him, but he chose to please the Lord by saving King Saul alive.

And it came to pass, when Saul was returned from following the Philistines, that it was told him, saying, Behold, David is in the wilderness of En-gedi. Then Saul took three thousand chosen men out of all Israel, and went to seek David and his men upon the rocks of the wild goats. And he came to the sheepcotes by the way,

where was a cave; and Saul went in to cover his feet: and David and his men remained in the sides of the cave. And the men of David said unto him, Behold the day of which the Lord said unto thee, Behold, I will deliver thine enemy into thine hand, that thou mayest do to him as it shall seem good unto thee. Then David arose, and cut off the skirt of Saul's robe privily. And it came to pass afterward, that David's heart smote him, because he had cut off Saul's skirt. And he said unto his men, The Lord forbid that I should do this thing unto my master; the Lord's anointed, to stretch forth mine hand against him, seeing he is the anointed of the Lord. So David stayed his servants with these words, and suffered them not to rise against Saul. But Saul rose up out of the cave, and went on his way. **1 Samuel 24:1-7 (KJV)**

9. The habit of being open and open minded

Being open means that you have enough trust and faith in others that you can share your life, your dreams, your pains, your desire, your frustrations, loves, goals, and passions with them.

When you are open and open minded, you are opening yourself up for great happiness and at the same time opening yourself up for great pain.

Being open is a double-edged sword; it can bring both joy and pain. You should, and you need to be open with people, but you have to choose the people whom you trust enough to let into your life.

10. The Habit of keeping fit and healthy

Happiness comes to you when you are fit and healthy and this requires an effort from you. It requires that you give yourself to the good habit of exercise and good diet. A simple exercise such as walking can reduce stress and keeps off depression whereas a life without exercise or activity can leave you with so much worry that can cause unhappiness.

Every day, you need to walk or exercise or jog or run or swim, etc. You can prayer walk, you can walk with your spouse; whatever you do, remember that keeping yourself fit will keep you healthy and will give you happiness.

There is a lot of unhappiness that comes as a result of not feeling well frequently and having to visit a hospital regularly. The preventive measure is to keep fit.

CHAPTER EIGHT

HOW TO FIND TRUE HAPPINESS

Finding true happiness requires a search in the right direction.

1. Know the Lord

True happiness comes, first when you come to know God. He is the true source of lasting happiness. He is the God of our exceeding joy.

Then will I go unto the altar of God, unto God my exceeding joy: yea, upon the harp will I praise thee, O God my God. Psalm 43:4 KJV

You cannot have joy, true and lasting joy, without first having God in you.

In order therefore to find true happiness, you need to find God, you need to know him and acknowledge him as your God, your Lord and your Savior.

*Acquaint now thyself with him, and be at peace:
thereby good shall come unto thee. **Job 22:21 KJV***

This is the first step to find true happiness. The word "acquaint" means to make yourself familiar with something. The sense of the use of this word indicate getting intimate with God, going beyond awareness of his existence but being intimate with him in a personal relationship and making him your master, your savior. The way to do this is to make him the king of your life and accept Jesus Christ his son as your savior. Jesus is the one who paid the price for your salvation with his life and blood. It is through him that we all must come to the father and when we do so, the father accepts us into his kingdom, forgives us our sins and gives us a new beginning.

*But as many as received him, to them gave he power to become the sons of God, even to them that believe on his name. **John 1:12 KJV***

If you have not yet taking this simple step of making God your King and Jesus his son your lord and personal

savior, then take this step as you read this book. Tell God you acknowledge him and repent of your sins and ask Jesus his son to be your Lord and Savior.

If you have done this before but have not allowed God to truly rule in your life as your king, you can also take a simple step of repentance and yield your life to him totally and completely. This step introduces you to true and lasting happiness.

2. Trust in the Lord.

The next step to true and lasting happiness is to place your trust in the Lord.

Trust in the Lord, and do good; so shalt thou dwell in the land, and verily thou shalt be fed.

Psalms 37:3 KJV

The word "Trust" means to have confidence in him, to rely on him, to depend on him.

The word "trust" also means to have faith in". Trust or Faith in God takes away fear and worry in the midst of uncertainties. A fearful or worrisome person cannot live a happy life.

Our scripture tells us that when you trust in the Lord you shall dwell in the land and you shall be fed. This

shows how beneficial it is to trust in the Lord. You will be secured and settled and you will be taken care of, no Lack but abundance.

As we have seen, trust in the Lord means walking by faith, exercising faith in him. A Christian is required to live by faith, which is by trusting the Lord for everything. When things don't sound right, you exercise faith in the Lord and trust him they will turn out right. When things don't appear good, you exercise faith in the Lord and trust him to make them good. When things appear tough and difficult, you exercise faith in the Lord and trust him to make things easy and to make a way for you.

How can you trust the Lord or exercise faith in him? It is through his word, the scriptures. The scriptures are the given promises of God that gives us assurance of the things that God will do for us.

Thy word is a lamp unto my feet, and a light unto my path. Psalm 119:105 (KJV)

When you give attention to scriptures, you will find comfort and direction for your life.

When you give attention to scriptures you will find God's promises for your life.

3. Delight in the Lord

The next step to find true and lasting happiness is to delight yourself in God.

Delight thyself also in the Lord; and he shall give thee the desires of thine heart. Psalm 37:4 KJV

A major cause of unhappiness is when desires are not met and expectations are disappointed.

However when you delight in the Lord, he grants you your desires and satisfies your expectations.

The hope of the righteous shall be gladness: but the expectation of the wicked shall perish.

Proverbs 10:28 KJV

How can you delight yourself in the Lord?

(I). Through intimate relationship with God.

Intimacy with God helps you desire what God desires and to want what God wants; and when your desire matches God's desires, you definitely will have those desires granted.

Intimacy with God makes you love what God loves, makes you think of what he thinks of and makes you ask from God, according to his will.

*And this is the confidence that we have in him, that, if we ask any thing according to his will, he heareth us: And if we know that he hear us, whatsoever we ask, we know that we have the petitions that we desired of him. **1 John 5:14-15 KJV***

You cannot desire what God desires without getting it. You cannot ask God for anything in accordance to his will without getting it.

True happiness comes when you are relaxed in God's will and purpose, when you are not in a rat race after what others want or after what the world is running after. True happiness comes when you have discovered what to pursue because you delight in God.

(II). Through prayer fellowship with God.

Prayer fellowship builds your personal relationship with the Lord, praying always with all prayer and supplication.

Praying always with all prayer and supplication in the Spirit, and watching there unto with all perseverance and supplication for all saints;
Ephesians 6:18 KJV

Prayer fellowship with God in the spirit builds you to your most holy faith.

But ye, beloved, building up yourselves on your most holy faith, praying in the Holy Ghost,
Jude 1:20 KJV

The more time you spend praying in the spirit, the more you build intimacy with God and the more you develop your faith. Praying in the spirit is praying in other tongues.

When you delight in the Lord through prayer, you develop your ability to hear God more accurately and hence you can to have him meet your desires; because you will not pray amiss but ask for things that are in accordance to his will.

It's a journey to start today, delight in the Lord through prayer fellowship.

(III). Through studying and meditating on God's word.

Jeremiah the prophet ate God's word when he found them.

*Thy words were found, and I did eat them; and thy word was unto me the joy and rejoicing of mine heart: for I am called by thy name, O Lord God of hosts. **Jeremiah 15:16 KJV***

God's words are his promises. They are guaranteed not to fail. When you find them, God grants you the desires of your heart. This is how to find true and lasting happiness.

For as the rain cometh down, and the snow from heaven, and returneth not thither, but watereth the earth, and maketh it bring forth and bud, that it may give seed to the sower, and bread to the eater: So shall my word be that goeth forth out of my mouth: it shall not return unto me void, but it shall accomplish that which I please, and it shall prosper in the thing whereto I sent it.

Isaiah 55:10-11 KJV

God's word guarantees that He will do what he promises. What a joy. Delight yourself in the word and your expectations shall be granted.

Commit your way unto the Lord

A forth important step to true and lasting happiness is to always commit your ways to the Lord.

Commit thy way unto the Lord; trust also in him; and he shall bring it to pass. **Psalms 37:5 KJV**

This step guarantees that God will guide your ways and bring your dreams to come to pass. Happiness comes to

anyone whose ways are being guided by God. Happiness comes to anyone whose dreams are being fulfilled by God. The key is to commit your ways unto him.

What would it mean to commit your ways unto the Lord? Would it be sufficient to ask him to direct what you have ordered? I do not think so.

Rather, to commit your ways unto the Lord is to ask him to order your steps while you willingly follow him in the way that he leads you. This step means that you should ask the Lord before you take steps in your life journey and be willing to stop when he says stop.

David gives us an excellent example of how to do this in 1 Samuel 30 when he asked the Lord for guidance on what to do about the things that had been taken away by the Amalekites who invaded Ziklag.

And David enquired at the Lord, saying, Shall I pursue after this troop? shall I overtake them? And he answered him, pursue: for thou shalt surely overtake them, and without fail recover all. **1 Samuel 30:8 KJV**

And when David did as God told him, he overtook the enemies and recovered all.

And David smote them from the twilight even unto the evening of the next day: and there escaped not a man of them, save four hundred young men, which rode upon camels, and fled. And David recovered all that the Amalekites had carried away: and David rescued his two wives.

1 Samuel 30:17-18 KJV

Whenever we commit our ways to the Lord, he always brings to pass his plans and purposes for our lives. When you do so, you find true and lasting happiness.

5. Rest in the Lord and wait patiently for him.

This is an awesome step to true and lasting happiness. This step simply means you need to relax and rest yourself and your case in the Lord and with Him.

Why worry when you trust him, why worry when you delight in him and you know his plans for your life, why worry when you have committed your ways to him; just rest in him and wait for his best for your life. Happiness comes to those who rest in the Lord, who relax and just wait patiently for God's word to be fulfilled in their lives.

Resting in the Lord and waiting patiently is a demonstration of your trust in him. You must learn to rest in the Lord and wait.

The scripture reference tells us what you should not do when you rest in the Lord and wait patiently for him.

- i. It says you should not worry yourself about anyone who is prospering in his way
- ii. It says you should not worry about anyone who is using illegitimate means to get results.
- iii. It says you should not get angry and worry yourself to start doing what is wrong and illegitimate.

Cease from anger, and forsake wrath: fret not thyself in any wise to do evil. Psalm 37:8 KJV

Rest in the Lord and wait patiently. Don't worry; your time and your turn will come.

Don't worry that yours has not come but rest in the Lord and wait patiently. This is where happiness lies. Don't look at other people's achievement and start worrying, rest in the Lord and wait patiently for him.

Don't look at those who are doing wickedly and using wicked methods to succeed; no don't worry about them; just rest in the Lord and wait patiently for him.

Refuse to do evil or join evil company in order to get results. Refuse to drop your faith and confidence in the word but wait patiently.

When you wait, the promise will be fulfilled.

Cast not away therefore your confidence, which hath great recompense of reward. For ye have need of patience, that, after ye have done the will of God, ye might receive the promise. For yet a little while, and he that shall come will come, and will not tarry. **Hebrews 10:35-37 KJV**

While you wait you will see evil doers suffer for their evil while you get what you are trusting the Lord for.

For evildoers shall be cut off: but those that wait upon the Lord, they shall inherit the earth. **Psalms 37:9 KJV**

An infallible key to true happiness is to rest in the Lord and wait patiently for him.

6. Serve the Lord joyfully

True happiness comes from serving the Lord

And ye shall serve the Lord your God, and he shall bless thy bread, and thy water; and I will

take sickness away from the midst of thee. There shall nothing cast their young, nor be barren, in thy land: the number of thy days I will fulfil.

Exodus 23:25-26 (KJV)

When you serve the Lord, he blesses everything you do and takes sickness away from you. When God blesses you, and gives you good health, you can experience true happiness. This blessing comes to those who serve him and do it with joy and gladness.

Because thou servedst not the Lord thy God with joyfulness, and with gladness of heart, for the abundance of all things; Therefore shalt thou serve thine enemies which the Lord shall send against thee, in hunger, and in thirst, and in nakedness, and in want of all things: and he shall put a yoke of iron upon thy neck, until he have destroyed thee.

Deuteronomy 28:47-48 (KJV)

Serving the Lord willingly and joyfully will give you true happiness and take away stress, complaint, bitterness and worry. Serving Him will guarantee his blessings and good health.

Welcome to a world of true and lasting happiness.

References

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An Important Step in Your Life

An Important Step in Your Life

Have you ever asked Jesus to come into your heart? Have you received God's forgiveness and turned from your life of sin to live a new life in Christ Jesus?

May I invite you to make Jesus Christ the shepherd of your soul?

The Bible says, "...that if you shall confess with your mouth the Lord Jesus and believe in your heart that God raised him from the dead, you shall be saved. For with the heart man believes unto righteousness and with the mouth confession is made unto salvation." (Romans 10:9-10).

To receive Jesus Christ as Lord and Savior of your life, please pray the following prayer from your heart:

"Dear Jesus, I believe that you died for me and rose again on the third day. I confess to you that I am a sinner and I need your love and forgiveness. Come into my life, forgive my sins and give me eternal life. I confess you as my Lord and my Savior. Thank you for my salvation. I walk in

*your peace and joy from this day forward, in Jesus name,
Amen.*

Signed:.....

Name:.....

Date:.....

If you prayed the prayer above, or you have a
testimony from reading this book, write to me and
share your testimony.

E-mail: pastorodunayo@gmail.com

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