

## #9 The Secrets of True Happiness

MARY BETHELL'S faith stands as a testimony of how the Word of God and prayer can have a positive effect on one's outlook. We can view life from either a positive or pessimistic standpoint. Someone said, "Two men looked through prison bars, the one saw mud, the other saw stars." Mary chose to look at life through the divine lens of Scripture. Therefore, her outlook even in undesirable circumstances remained positive. During the Civil War she remained content. As you read the following excerpt from her diary, notice how Mary looked on the bright side of life.

A New Year and a New Covenant January 1, 1862 New Year's day. And I live to see another year, I have had some trials last year, my two sons George and Willie left me for the war. They joined the army for twelve months, but the Lord has been with them, and gave them excellent health and every comfort, while many poor soldiers have sickened and died, my sons have been spared to enjoy good health...the Lord has been very good to me the past year, I have had good health, and all my children and servants have had good health, and I have enjoyed myself at times, had some refreshing seasons for the Lord. I will praise The Lord for his goodness to me and my family, I will now, on this new years day renew my covenant with God my Saviour. I give myself to him, and pray that I may spend this year to his honor and glory, and that I may live to be useful and happy!!

True Christian joy does not come from outward circumstances, but from the peace and contentment we have in Him. Paul did not allow adverse circumstances to rob him of the joy he had within. He drew his strength from the Lord and found his greatest joy in serving Him. Are you unhappy with your circumstances? Maybe you need to look within.

Philippians 4: 11, 12

**"Not that I speak in respect of want: for I have learned, in whatsoever state I am, therewith to be content. I both know how to be abased, and I know how to abound: everywhere in all things I am instructed both to be full and to be hungry, both to abound and to suffer need."**

PRAYER

O Lord, please help me to have Your joy in whatever circumstance I find myself in. Everything I have comes from you and I ask you for that peace that passes all understanding. Thank you being there to hear my prayers and for looking out after me, and in Your name I pray.