



GOD'S DESIGNED  
PLAN FOR  
HAPPINESS

COMPILED BY DR. HAROLD BOLLINGER

## **Table of Contents**

<b>Forward</b>		<b>3</b>
<b>Chapter 1</b>	<b>The Power of Peace</b>	<b>4</b>
<b>Chapter 2</b>	<b>The Oil of Gladness</b>	<b>10</b>
<b>Chapter 3</b>	<b>Confession Brings Blessings</b>	<b>14</b>
<b>Chapter 4</b>	<b>Righteous Brings Happiness</b>	<b>18</b>
<b>Chapter 5</b>	<b>The Joy of the Lord</b>	<b>20</b>
<b>Chapter 6</b>	<b>Delight Yourself in the Lord</b>	<b>24</b>
<b>Chapter 7</b>	<b>The Secret of Contentment</b>	<b>27</b>

## **Forward**

In this book, the author uses the Scriptures in the Bible to demonstrate how happiness can be found in following the Divine roll set down by God for believers. He is using designed promises to acclaim that believers in Christ can find true happiness.

There is an epidemic of suicide taking place in the world many people have lost their joy for living.

Jesus did not come to condemn the world, but the world, through him, might be saved. If Jesus did not come to condemn us, what right do we have to speak words of condemnation to others? Speak blessings and encouragement. Speak peace. The power of peace is available.

Going to school has turned has been disastrous for some children. When other students make fun of them and steal their joy.

In this study, we will discuss some aspects of happiness. They are: joy, happiness, delight, gladness, blessings, peace and contentment. Allow these Scriptures give you an increased feeling of value.

# Chapter 1

## The Power of Peace

### The Peace of God Described

**God offers perfect peace.**

Isaiah 26:3

Thou will keep him in perfect peace, whose mind is stayed on thee: because he trusteth in thee.

We can never avoid strife in the world around us, but with God we can know perfect peace even in turmoil. When we are devoted to him, our whole attitude is steady and stable. Supported by God's unchanging love and mighty power, we are not shaken by the surrounding chaos (see Phil. 4:7). Do you want peace? Keep your thoughts pure as you trust in God.

**He offers peace like a river.**

Isaiah 48:18

O that thou had hearkened to my commandments! Then, thy peace would have been as a river, and thy righteousness as the waves of the sea:

He is willing to fill us with peace. Like a loving parent, God teaches and directs us. We should listen to him because peace and righteousness come to us as we obey his Word. Refusing to pay attention to God's commands invites punishment and threatens that peace and righteousness.

Romans 15:13

Now the God of hope fill you with all joy and peace in believing, that ye may abound in hope, through the power of the Holy Ghost.

**He is willing to give us peace always, and in every way.**

2 Thes. 3:16

Now the Lord of peace himself gives you peace always by all means. May the Lord be with you.

Beneath the surface of the routine of daily life, a fierce struggle among invisible spiritual powers is being waged. Our main defense is prayer that God will protect us from the evil one and that he will strengthen us. (See also comments on Ephes. 6:10-19 concerning our armor for spiritual warfare.) The following guidelines can help you prepare for and survive satanic attacks: (1) take the threat of spiritual attack seriously; (2) pray for strength and help from God; (3) study the Bible to recognize Satan's style and tactics; (4) memorize Scripture so it will be a source of help no matter where you are; (5) associate with those who speak the truth; and (6) practice what you are taught by spiritual leaders.

**Wonderful is the peace that only God can provide.**

**The Peace of God Enjoyed**

**1 Cor. 1:3**

**Grace be unto you, and peace, from God our Father, and from the Lord Jesus Christ.**

Grace is God's free gift of salvation given to us in Christ. Receiving it brings us peace (see Romans 5:1). In a world of noise, confusion, and relentless pressures, people long for peace. Many give up the search, thinking it impossible to find, but true peace of heart and mind is available to us through faith in Jesus Christ.

**Peace for those who believe**

Romans 15:3

For even Christ pleased not himself; but as it is written, The reproaches of them that reproached thee fell on me.

## **The Need for Peace With God**

**He is the God of Peace.**

Romans 15:33

Now the God of peace be with you all. Amen.

**It is his peace that will guard our hearts**

Philip. 4:7

And the peace of God, which passeth all understanding, shall keep your hearts and minds through Christ Jesus.

God's peace is different from the world's peace (see John 14:27). True peace is not found in positive thinking, in absence of conflict, or in good feelings. It comes from knowing that God is in control. Our citizenship in Christ's kingdom is sure, our destiny is set, and we can have victory over sin. Let God's peace guard your heart against anxiety.

**The Lord Blesses His People with Peace.**

Psalm 29:11

The Lord will give strength unto his people; the Lord will bless his people with peace.

Throughout history, God has revealed his power through mighty miracles over nature, such as the great flood (Genesis 6-9). He promises to continue to reveal his power. Paul urged us to understand how great God's power is (Ephes. 1:18-23). The same power that raised Christ from the dead is available to help us with our daily problems. When you feel weak and limited, don't despair. Remember that God can give you strength. The power that controls creation and raises the dead is available to you.

**The power of peace is available through Jesus Christ our Lord.**

## Philip. 4:6-9

Be careful for nothing; but in every thing by prayer and supplication with thanksgiving let your requests be made known unto God. [7] And the peace of God, which passeth all understanding, shall keep your hearts and minds through Christ Jesus. [8] Finally, brethren, whatsoever things are true, whatsoever things are honest, whatsoever things are just, whatsoever things are pure, whatsoever things are lovely, whatsoever things are of good report; if there be any virtue, and if there be any praise, think on these things. [9] Those things, which ye have both learned, and received, and heard, and seen in me, do: and the God of peace shall be with you.

Imagine never being “anxious about anything”! It seems like impossibility. We all have worries on the job, in our homes, at school. But Paul’s advice is to turn our worries into prayers. Do you want to worry less? Then pray more! Whenever you start to worry, stop and pray. A prayer of praise and thanksgiving is best.

God’s peace is different from the world’s peace (see John 14:27). True peace is not found in positive thinking, in absence of conflict, or in good feelings. It comes from knowing that God is in control. Our citizenship in Christ’s kingdom is sure, our destiny is set, and we can have victory over sin. Let God’s peace guard your heart against anxiety.

What we put into our minds determines what comes out in our words and actions. Paul tells us to program our minds with thoughts that are true, noble, right, pure, lovely, admirable, excellent, and praiseworthy. Do you have problems with impure thoughts and daydreams? Examine what you are putting into your mind through television, books, conversations, movies, and magazines. Replace harmful input with wholesome material. Above all, read God’s Word and pray. Ask God to help you focus your mind on what is good and pure. It takes practice, but it can be done.

It’s not enough to hear or read the Word of God, or even to know it well. We must also put it into practice. How easy it is to listen to a sermon and forget what the preacher said. How easy it is to read the Bible and not think about how to live differently.

**God’s plan is worry free.**

Matthew 6:25

Therefore I say unto you, Take no thought for your life, what ye shall eat, or what ye shall drink; nor yet for your body, what ye shall put on. Is not the life more than meat, and the body than raiment?

Because of the ill effects of worry, Jesus tells us not to worry about those needs that God promises to supply. Worry may (1) damage your health, (2) cause the object of your worry to consume your thoughts, (3) disrupt your productivity, (4) negatively affect the way you treat others, and (5) reduce your ability to trust in God. How many ill effects of worry are you experiencing? Here is the difference between worry and genuine concern—worry immobilizes, but concern moves you to action.

**God, the peace- keeper will take your cares.**

1 Peter 5:7

Casting all your care upon him; for he careth for you.

Carrying your worries, stresses, and daily struggles by yourself shows that you have not trusted God fully with your life. It takes humility, however, to recognize that God cares, to admit your need, and to let others in God's family help you. Sometimes we think that struggles caused by our own sin and foolishness is not God's concern. But when we turn to God in repentance, he will bear the weight even of those struggles. Letting God have your anxieties calls for action, not passivity. Don't submit to circumstances, but to the Lord who controls circumstances.

**You may have an untroubled heart.**

John 14:1

Let not your heart be troubled: ye believe in God, believe also in me.

Jesus' words show that the way to eternal life, though the unseen, is secure—as secure as your trust in Jesus. He has already prepared the way to eternal life. The only issue that may still be unsettled is your willingness to believe.

**Consider other great Scriptures on peace in relation to God, Jesus Christ and the Christian faith.**

Psalm 85:8

I will hear what God the Lord will speak: for he will speak peace unto his people, and to his saints: but let them not turn again to folly.

Psalm 119:165

Great peace have they that love thy law: and nothing shall offend them.

Modern society longs for peace of mind. Here is clear-cut instruction on how to attain this: if we love God and obey his laws, we will have “great peace.” Trust in God, who alone stands above the pressures of daily life and gives us full assurance.

Isaiah 55:11-12

It is the same with my word. I send it out, and it always produces fruit. It will accomplish all I want it to, and it will prosper everywhere I send it. [12] You will live in joy and peace. The mountains and hills will burst into song, and the trees of the field will clap their hands! (NLT)

Romans 5:2

By whom also we have access by faith into this grace wherein we stand, and rejoice in hope of the glory of God.

Paul states that, as believers, we now stand in a place of highest privilege (“this grace in which we now stand”). Not only has God declared us not guilty; he has drawn us close to himself. Instead of being enemies, we have become his friends—in fact, his own children (John 15:15; Galatians 4:5).

**I speak peace to you:. May you have peace where you live, where you work, where you walk and what you think become filled with peace.  
I speak in Jesus name.**

## Chapter 2

### Be Anointed with the Oil of Gladness

## **The anointing would rest upon Jesus**

Psalm 45:7

Thou lovest righteousness, and hatest wickedness: therefore God, thy God, hath anointed thee with the oil of gladness above thy fellows.

This prophecy concerning the anointing that would rest upon Jesus Christ.

This is verified in Isaiah 61:1

The Spirit of the Lord God is upon me; because the Lord hath anointed me to preach good tidings unto the meek; he hath sent me to bind up the brokenhearted, to proclaim liberty to the captives, and the opening of the prison to them that are bound;

Jesus quoted these words in Luke 4:18-19. As he read to the people in the synagogue, he stopped in the middle of Isaiah 61:2 after the words, “to proclaim the year of the LORD’s favor.” Rolling up the scroll, he said, “Today this scripture is fulfilled in your hearing” (Luke 4:21). The next phrase in Isaiah 61:2, “and the day of vengeance of our God,” will come true when Jesus returns to earth again. We are now under God’s favor; his wrath is yet to come.

### **In Acts 10:38 Peter tells how God anointed Jesus with the Holy Ghost:**

How God anointed Jesus of Nazareth with the Holy Ghost and with power: who went about doing good, and healing all that were oppressed of the devil; for God was with him.

Peter’s brief and powerful sermon contains a concise statement of the gospel: Jesus’ perfect life of servanthood; his death on the cross; his resurrection, personally witnessed and experienced by Peter; Jesus’ fulfillment of the Scriptures; and the necessity of personal faith in him.

It is helpful to understand that the followers of Jesus are also anointed with the oil of gladness. David said, “Thou anointest my head with oil.” This no doubt is the oil of gladness.

**Even the earth will rejoice when believers live with a spirit of gladness.**

Psalm 65:12

They drop upon the pastures of the wilderness: and the little hills rejoice on every side.

This harvest psalm glorifies God the Creator as reflected in the beauty of nature. Nature helps us understand something of God's character. The Jews believed that God's care of nature was a sign of his love and provision for them. Nature shows God's generously giving us more than we need or deserve. God's abundant generosity should make us grateful to him and generous to others.

**When Israel refused to worship the Lord with gladness,  
Judgments came to them.**

Deut. 28:47-50

Because thou served not the Lord thy God with joyfulness, and with gladness of heart, for the abundance of all things; [48] 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.

**Strength and gladness are in the presence of the Lord.**

1 Chron. 16:27

Glory and honour are in his presence; strength and gladness are in his place.

Four elements of true thanksgiving are found: (1) remembering what God has done, (2) telling others about it, (3) showing God's glory to others, and (4) offering gifts of self, time, and resources. If you are truly thankful, your life will show it. Serve the Lord with gladness.

**God puts gladness in our hearts.**

Psalm 4:7

Thou hast put gladness in my heart, more than in the time that their corn and their wine increased.

Two kinds of joy are contrasted here—inward joy that comes from knowing and trusting God and happiness that comes as a result of pleasant circumstances.

Inward joy is steady as long as we trust God; happiness is unpredictable. Inward joy defeats discouragement; happiness covers it up. Inward joy is lasting; happiness is temporary.

**A holy solemnity kept brings gladness of heart.**

Isaiah 30:29

Ye shall have a song, as in the night when a holy solemnity is kept; and gladness of heart, as when one goeth with a pipe to come into the mountain of the Lord, to the mighty One of Israel.

Worship to God can be made with both instrument and with song. When approaching God with worship, an attitude of joy brings acceptance.

**The way of holiness brings gladness of heart.**

Isaiah 35:8-10

A highway shall be there, and a way, and it shall be called The way of holiness; the unclean shall not pass over it; but it shall be for those: the wayfaring men, though fools, shall not err therein. [9] No lion shall be there, nor any ravenous beast shall go up thereon, it shall not be found there; but the redeemed shall walk there: [10] And the ransomed of the Lord shall return, and come to Zion with songs and everlasting joy upon their heads: they shall obtain joy and gladness, and sorrow and sighing shall flee away.

This highway, the “Way of Holiness,” is the way that righteous pilgrims will take from the desert of suffering to Zion (Jerusalem). It is found only by following God. Only the redeemed will travel God’s highway; they will be protected from wicked travelers and harmful animals. God is preparing a way for his people to travel to his home, and he will walk with us. God never stops at simply pointing the way; he is always beside us as we go.

To serve the Lord with gladness may seem will identify the mark between the genuine and the false. Those who fear God do not offer empty tribute of praise to God.

## **Chapter 3**

### **Confession of the Word Brings Blessings**

**I am blessed because God made me a unique person.**

Psalm 139:14

I will praise thee; for I am fearfully and wonderfully made: marvelous are thy works; and that my soul knoweth right well.

God's character goes into the creation of every person. When you feel worthless or even begin to hate yourself, remember that God's Spirit is ready and willing to work within you. We should have as much respect for ourselves as our Maker has for us.

**I am blessed because God sent his son that I might be saved.**

1 John 4:9

In this was manifested the love of God toward us, because that God sent his only begotten Son into the world, that we might live through him.

Jesus is God's only Son. While all believers are sons and daughters of God, only Jesus lives in this special unique relationship (see John 1:18; John 3:16).

Love explains (1) why God creates—because he loves, he creates people to love; (2) why God cares—because he loves them, he cares for sinful people; (3) why we are free to choose—God wants a loving response from us; (4) why Christ died—his love for us caused him to seek a solution to the problem of sin; and (5) why we receive eternal life—God's love expresses itself to us forever.

**I am blessed because I have been given a new identity.**

2 Cor. 5:17

Therefore if any man be in Christ, he is a new creature: old things are passed away; behold, all things are become new.

Christians are brand-new people on the inside. The Holy Spirit gives them new life, and they are not the same anymore. We are not reformed, rehabilitated, or reeducated—we are re-created (new creations), living in vital union with Christ (Col. 2:6-7). At conversion we are not merely turning over a new leaf; we are beginning a new life under a new Master.

**I am blessed because I am free from condemnation.**

Romans 8:1

There is therefore now no condemnation to them that are in Christ Jesus, who walk not after the flesh, but after the Spirit.

“Not guilty; let him go free”—what would those words mean to you if you were on death row? The fact is that the whole human race is on death row, justly condemned

for repeatedly breaking God's holy law. Without Jesus we would have no hope at all. But thank God! He has declared us not guilty and has offered us freedom from sin and power to do his will.

**I am blessed because God does not remember my forgiven sins.**

Isaiah 42:25

Therefore he hath poured upon him the fury of his anger, and the strength of battle: and it hath set him on fire round about, yet he knew not; and it burned him, yet he laid it not to heart.

How tempting it is to remind someone of a past offense! But when God forgives our sins he totally forgets them. We never have to fear that he will remind us of them later. Because God forgives our sin, we need to forgive others.

**I am blessed because God loves me just as I am.**

Romans 5:8

But God commendeth his love toward us, in that, while we were yet sinners, Christ died for us.

While we were still sinners—these are amazing words. God sent Jesus Christ to die for us, not because we were good enough, but because he loved us. Whenever you feel uncertain about God's love for you, remember that he loved you even before you turned to him. If God loved you when you were a rebel, he can surely strengthen you, now that you love him in return.

**I am blessed because nothing can separate me from God.**

Romans 8:38-39

For I am persuaded, that neither death, nor life, nor angels, nor principalities, nor powers, nor things present, nor things to come, [39] Nor height, nor depth, nor any other creature, shall be able to separate us from the love of God, which is in Christ Jesus our Lord.

These verses contain one of the most comforting promises in all Scripture. Believers have always had to face hardships in many forms: persecution, illness, and imprisonment, even death. These could cause them to fear that Christ has abandoned

them. But Paul exclaims that it is impossible to be separated from Christ. His death for us is proof of his unconquerable love. Nothing can stop Christ's constant presence with us. God tells us how great his love is so that we will feel totally secure in him. If we believe these overwhelming assurances, we will not be afraid.

**I am blessed because I have been given authority over devils.**

Luke 9:1

Then he called his twelve disciples together, and gave them power and authority over all devils, and to cure diseases.

Mark 16:17-18

And these signs shall follow them that believe; In my name shall they cast out devils; they shall speak with new tongues; [18] They shall take up serpents; and if they drink any deadly thing, it shall not hurt them; they shall lay hands on the sick, and they shall recover.

Jesus told his disciples to go into the entire world, telling everyone that he had paid the penalty for sin and that those who believe in him can be forgiven and live eternally with God. Christian disciples today in all parts of the world are preaching this gospel to people who haven't heard about Christ.

The driving power that carries missionaries around the world and sets Christ's church in motion is the faith that comes from the resurrection. Do you ever feel as though you don't have the skill or determination to be a witness for Christ? You must personally realize that Jesus rose from the dead and lives for you today. As you grow in your relationship with Christ, he will give you both the opportunities and the inner strength to tell his message.

God intervenes miraculously to protect his followers. He gives them special power to do his work.

**I am blessed because I have been given a spirit of love and a sound mind.**

Paul mentions three characteristics of the effective Christian leader: power, love, and self-discipline. These are available to us because the Holy Spirit lives in us. Follow his leading each day so that your life will more fully exhibit these characteristics. See Galatians 5:22-23 for a list of the by-products of the Holy Spirit living in us.

**I am blessed because God brings me joy by answering my prayers.**

John 16:24

Hitherto have ye asked nothing in my name: ask, and ye shall receive, that your joy may be full.

Jesus is talking about a new relationship between the believer and God. Previously, people approached God through priests. After Jesus' resurrection, any believer could approach God directly. A new day has dawned and now all believers are priests, talking with God personally and directly (see Hebrews 10:19-23). We approach God, not because of our own merit, but because Jesus, our great high priest, has made us acceptable to God.

## Chapter 4

### Happiness of the Righteousness

**Faith in God's grace brings rejoicing.**

Romans 5:2

By whom also we have access by faith into this grace wherein we stand, and rejoice in hope of the glory of God.

Faith, hope, and love are at the heart of the Christian life. Our relationship with God begins with faith, which helps us realize that we are delivered from our past by Christ's death. *Hope* grows as we learn all that God has in mind for us; it gives us the promise of the future. And God's *love* fills our lives and gives us the ability to reach out to others.

**Happiness comes when your mind is filled with peace.**

Philip. 4:7

And the peace of God, which passeth all understanding, shall keep your hearts and minds through Christ Jesus.

Imagine never being “anxious about anything”! It seems like impossibility, we all have worries on the job, in our homes, at school. But Paul’s advice is to turn our worries into prayers. Do you want to worry less? Then pray more! Whenever you start to worry, stop and pray.

God’s peace is different from the world’s peace (see John 14:27). True peace is not found in positive thinking, in absence of conflict, or in good feelings. It comes from knowing that God is in control. Our citizenship in Christ’s kingdom is sure, our destiny is set, and we can have victory over sin. Let God’s peace guard your heart against anxiety.

### **You can have happiness, even in suffering**

1 Peter 3:4

But let it be the hidden man of the heart, in that which is not corruptible, even the ornament of a meek and quiet spirit, which is in the sight of God of great price.

## **Chapter 5**

### **The Joy of the Lord**

**Jesus came to bring joy**

Luke 1:47

And my spirit hath rejoiced in God my Saviour. (KJV)

When Mary said, "And now generations after generation will call me blessed, she was recognizing and accepting the gift God has given her.

Luke 2:10

And the angel said unto them, Fear not: for, behold, I bring you good tidings of great joy, which shall be to all people. (KJV)

The greatest event in history had just happened. The Messiah, Jesus Christ, had been born. Whoever you are, or what ever you do, Jesus will accept you. Don't think that you need extra ordinary qualifications. He accepts you as you are.

**You can still have joy during times of persecution.**

Luke 6:22-23

22 Blessed are ye, when men shall hate you, and when they shall separate you from their company, and shall reproach you, and cast out your name as evil, for the Son of man's sake.

23 Rejoice ye in that day, and leap for joy: for, behold, your reward is great in heaven: for in the like manner did their fathers unto the prophets. (KJV)

If we are trying to seek fulfillment through wealth, this may be the only reward we receive. Never exchange riches for eternal life.

**Rejoice because your name is written in heaven**

Luke 10:20

20 Notwithstanding in this rejoice not, that the spirits are subject unto you; but rather rejoice, because your names are written in heaven. (KJV)

God has given us authority over everything. The mission of Jesus was to reveal to the people God's plan by observing the life and plan of Jesus.

**There is joy in heaven when even one person repents.**

Luke 15:10

Likewise, I say unto you, there is joy in the presence of the angels of God over one sinner that repenteth. (KJV)

Palestinian women received 10 silver coins as a wedding gift. Besides their monetary value, these coins held sentimental value like that of a wedding. To lose one would be extremely stressing. In like manner, God grieves over every loss and rejoices when one is found.

**Great joy comes because God answers prayer**

John 16:24

24 Hitherto have ye asked nothing in my name: ask, and ye shall receive, that your joy may be full. (KJV)

we approach God, not by our own merit, but by our understanding to the power of the resurrection to receive joy and peace through Jesus Christ.

**Being filled with the Holy Ghost brings joy.**

Acts 13:52

52 And the disciples were filled with joy, and with the Holy Ghost. (KJV)

The disciples were not to be blamed if people did not receive the gospel. They rejoiced for the privilege to tell others about the power to save through Jesus Christ. After the Holy Ghost had been poured out, they were given power to witness.

**Joy is a fruit of the spirit**

Gal 5:22

22 But the fruit of the Spirit is love, joy, peace, longsuffering, gentleness, goodness, faith, (KJV)

The fruit of the Spirit is the spontaneous work of the Holy Spirit in us. The Spirit produces the characteristic and traits found in the nature of Christ. We must know him, love him, and be like him.

As a result we will fulfill the purpose of God, and spread his never changing word.

**Rejoicing in the Lord is continuously.**

Phil 4:4

Rejoice in the Lord always: and again I say, rejoice. (KJV)

1Thes 5:16

Rejoice evermore. (KJV)

Paul's attitude, even though in prison, teaches us that our attitude should not be reflected by our outward circumstances.

**The joy of the Lord is your strength.**

Neh 8:10

10 Then he said unto them, Go your way, eat the fat, and drink the sweet, and send portions unto them for whom nothing is prepared: for this day is holy unto our Lord: neither be ye sorry; for the joy of the LORD is your strength. (KJV)

The people wept openly when they heard God's laws and realized how far they were from obeying them, but Ezra told them that they should be filled with joy because the day was sacred. Ezra connected the celebration with giving so that those who were lacking could also celebrate.

**With joy, you will draw waters out of the well of salvation.**

Isiah 12:"3-5

Therefore with joy shall you draw water out of the wells of salvation.

And in that day shall ye say, Praise the LORD, call upon his name, declare his doings among the people, make mention that his name is exalted.

Sing unto the LORD; for he hath done excellent things: this is known in all the earth.

God will judge with fairness and truth. Only Christ can be the perfect fair judge. As he governs our hearts, we can learn to be as fair. When Christ comes to reign upon the earth, even now we need to express our gratitude to God, thanking and praising him and telling others about him.

## Chapter 6

### Delight Yourself in the Lord

**The Lord will give you your heart's delight.**

Psalms 37:4 - Delight thyself also in the LORD; and he shall give thee the desires of thine heart.

We are to take delight in the Lord and commit everything we have to him. Delight in someone means to experience great pleasure and joy in his or her presence. This happens only when we know that person well. Thus to delight in the Lord, we must know him better. Knowledge of God's great love for us gives us delight.

To commit ourselves to the Lord means entrusting everything, including our lives, families, jobs and possessions to his control and guidance. To commit ourselves to the Lord means to trust in him and wait patiently for him to work out what is best for us.

**The abundance of peace is given to the meek.**

Psalms 37:11 - But the meek shall inherit the earth; and shall delight themselves in the abundance of peace.

Meekness hardly seems the proper weapon to deal with enemies. God's warfare must be carried out with faith and humility before God and hope in his deliverance. Jesus also promises a sure reward for those with humble attitudes. (Matthew 5:5)

**Great joy comes with the repentance of one sinner.**

Luke 15:7 - I say unto you, that likewise joy shall be in heaven over one sinner that repenteth, more than over ninety and nine just persons, which need no repentance.

Many people try to be good honest people who do what is right. But Jesus says that the only way to live a truly good life is to stay close to him, like a branch attached to the vine. Apart from Christ our efforts are unfruitful.

**The meek are to preach good tidings to the brokenhearted.**

Isaiah 61:1 - The Spirit of the Lord GOD [is] upon me; because the LORD hath anointed me to preach good tidings unto the meek; he hath sent me to bind up the brokenhearted, to proclaim liberty to the captives, and the opening of the prison to [them that are] bound;

Jesus quoted these words in Luke 4:18-19. As Jesus read to the people in the synagogue, he stopped in the middle of Isaiah 61:2 after the words "to proclaim the year of the Lord's favor", Rolling up the scroll, he said, "Today this scripture is fulfilled in your hearing".

**We delight in the forgiveness of sins.**

1 John 1:9 - If we confess our sins, he is faithful and just to forgive us [our] sins, and to cleanse us from all unrighteousness.

Through prayer and confession all our sins are forgiven - past, present, and future. Yet, even after we become Christian, we still sin and need to confess. This kind of confession is not offered to gain God's acceptance, but to remove the barrier to fellowship that our sin has put between the Lord and us. It is difficult, however, for many people to admit their faults and shortcomings, even to God.

It takes humility and honesty to recognize our weaknesses. Most of us would rather pretend that we are strong. We need not fear of revealing our sins to God. He knows

them already. He will not push us away, no matter what we have done. Instead he will draw us to himself.

**Faith is the joy of providing for your own house.**

1 Timothy 5:8 - But if any provide not for his own, and especially for those of his own house, he hath denied the faith, and is worse than an infidel.

Paul says that a person who neglects his or her family responsibilities has denied the faith. We must do our part in meeting the needs of those included in your family. This included spiritual needs as well as physical needs.

**Purity of body and mind brings peace of mind.**

1 Thessalonians 4:3 - For this is the will of God, [even] your sanctification, that ye should abstain from fornication:

Being sanctified or made holy is the process of living the Christian life. The Holy Spirit works in us conforming us into the image of Christ.

**Jesus appears in times of danger.**

John 20:19 - Then the same day at evening, being the first [day] of the week, when the doors were shut where the disciples were assembled for fear of the Jews, came Jesus and stood in the midst, and saith unto them, Peace [be] unto you.

Whatever God has asked you to do, remember that your authority comes from God, and Jesus has demonstrated by words and actions how to accomplish the job he has given us. As the Father sent Jesus, Jesus sends his followers.

## Chapter 7

### The Secret to Contentment

**God gives contentment, even in times of need.**

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. (Read More...)

We may ask ourselves if we are content in any circumstances. The secret is learning to draw upon God's power for strength. Learn to rely on God's promises and Christ's power to help us to be content.

**Be content with what you have.**

Hebrews 13:5 - [Let your] conversation [be] without covetousness; [and be] content with such things as ye have: for he hath said, I will never leave thee, nor forsake thee.

Real love for others produces tangible actions: (1) kindness to strangers Heb. 13:2) (2) empathy for those who are in prison and those who have mistreated.(Hebrews 13:2) (3) respect for your marriage vows (Hebrews 13:4) and (4) contentment with what you have (Hebrews 13:5) When our love runs deep enough, we will operate in this manner of life.

**Godliness with contentment is great gain.**

1 Timothy 6:6-8 - But godliness with contentment is great gain.

This statement is the key to spiritual growth and personal fulfilment. We should honor God and center our desires on him. We should be content with what God is doing in our lives.

**Put God first and contentment will follow.**

Matthew 6:33 - But seek ye first the kingdom of God, and his righteousness; and all these things shall be added unto you.

To "seek first the kingdom of God and his righteousness" means to turn to God first for help. Fill your thoughts with his desires to take his character for your pattern, and to serve and obey him in everything. What is really important with you? People, objects, goals, and other desires compete for priority,. Any of these can bump God out of first place. If we don't choose to give God first place in every area of our lives, contentment will not come easily.

**Contentment does not come from having many things.**

Luke 12:15 - And he said unto them, Take heed, and beware of covetousness: for a man's life consisteth not in the abundance of the things which he possesseth.

Jesus says that the good life does not come by wealth, so be on guard against greed. This is the exact opposite of what society usually says. Learn to tune out expensive enticements and concentrate instead on the truly a good relationship with God and on doing his work.

**Peace comes as you put your mind on Christ.**

Isaiah 26:3 - Thou wilt keep [him] in perfect peace, [whose] mind [is] stayed [on thee]; because he trusteth in thee.

When all needs are supplied, there is contentment.

Philippians 4:19 - But my God shall supply all your need according to his riches in glory by Christ Jesus.

We can trust that God will always meet our needs spiritually as well as physically. Whatever we need on earth, he will supply. We must remember, however, the

difference between our wants and our needs. By trusting in Christ, our attitudes and appetites can change from wanting everything to accepting his provision and power to live for him.

#### References

Holy Bible: King James Translation

Additional comments taken from:

*Life Application Study Bible*. Illinois: Tyndale House 2007. Print