

Are You Happy With Yourself?

"Take my yoke upon you, and learn of me; for I am meek and lowly in heart; and ye shall find rest unto your souls."

Matthew 11:29

Eugene Peterson, in THE MESSAGE, translates the third beatitude – "You're blessed when you're content with just who you are—no more, no less. That's the moment you find yourselves proud owners of everything that can't be bought."

Let's turn the page and think about that for a few minutes. Sometimes we try to make everyone be like us. Then we realize this would be a terrible world if that were so!!! Are you content with the way you have been made? Or with what you have made of the gifts you were given? We have been given many gifts, some we have never used! Christ gave everybody talents. We have to use them if we are going to be happy.

Who are the meek? We are told they accept God and the gifts He has given them thankfully. They can accept insults, are patient, and they don't return criticism with a harsh anger. If we aren't content with ourselves, why?

Only after we realize how much we have been given can we be truly thankful and content. Then we realize that we can't buy anything to make us truly happy. We have already been given more than we can comprehend. Many times we think: If I could only be like . . . If I could only have . . . Then I would be happy. But would we?

"When life gives you lemons, make lemonade" has become a very common cliché. Some sources credit it to Dale Carnegie, an American writer who was best known for his book "How to

"I love the melodies in the Old Testament, how preachers highlight them when they read from the Scripture. But I was influenced forever by the New Testament. I love the Beatitudes, informing us that the meek shall inherit the earth."

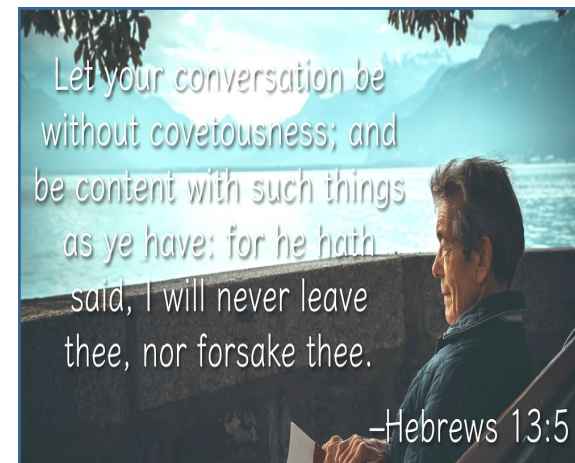
Maya Angelou

Win Friends and Influence People." A positive attitude is one of the best things we have. I have often heard that "You don't want to ask her how she is; you'll get an organ recital." The poor lady must be miserable. If she would be positive, people would be happy to talk with her. No one wants to be around a negative person all the time.

I am sure all of us have at times wanted more – whether in money, possessions, job security, friends, etc. Sometimes the more we have, the more we want. And, sometimes when we get things, we realize that we really don't want what goes with those "things"!

Are the people who have "those things" any happier than we are? Will more make us

happier? We are told in Phil 4:11 "Not that I speak in respect of want: for I have learned, in whatsoever state I am, therewith to be content." And again in Hebrews



Regardless of what we have or what we lose, we will never be forsaken by God. That cannot be bought. So do we have everything?

The other day I happened to talk with a woman who was on her second bout with cancer. She was really down, and her husband noticed how upbeat my husband was. I told them he had been fighting cancer for ten years. Her husband continued to ask "How can you people be so upbeat. My wife really gets down." As we continued to talk my husband asked them if they had a church family to support them. They told us they never went to church and didn't really see the need for it. Their friends who went to church said they

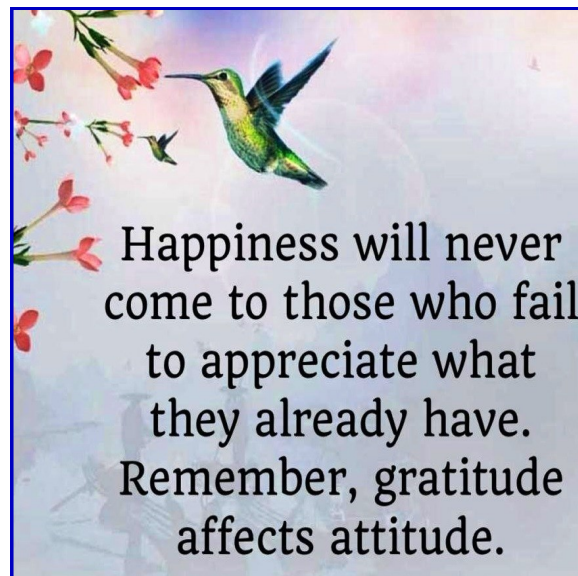
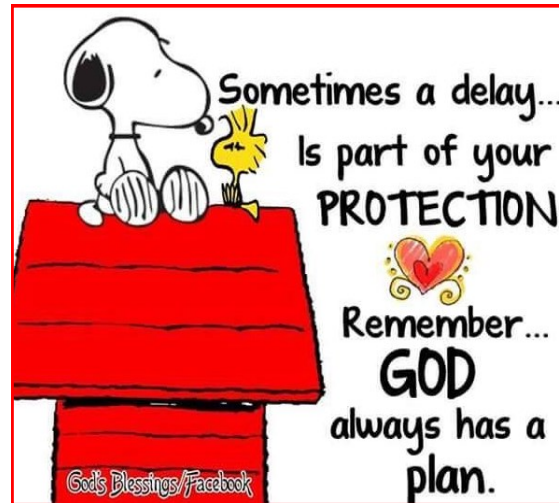
"God has two dwellings; one in heaven, and the other in a meek and thankful heart."
Izaak Walton

were praying for them, but it didn't seem to be helping. As we left her after my husband was finished with his blood work, my husband suggested that they consider going to church. He told them "You have a God who loves you and who cares for you, but you need to talk with Him, and He will help you. It may not always be in the way you want, but He is there and He loves you." My husband had a faith that was unstoppable. He knew that someday he would leave this earth, but he also knew he was going to a much better place where he would have no pain, and he could commune with God.



Christ faced this attitude of wanting more with Peter. When Peter saw Christ walking on the water, he wanted to do it too. Peter said "Lord, if it be thou, bid me come unto thee on the water." Christ told Him to come. Peter got out of the boat and was walking on the water towards Christ and then the old doubt crept in and he began to sink. Peter had problems similar to this many times, but Christ was always there for him. We can rely on God because He is always there for us too, but we also have to do our part.

"Don't rely on someone else for your happiness and self-worth. Only you can be responsible for it. You have to invest in yourself, or no one else will."
Stacey Charter



Prayer: Dear Lord, many times we want and we pray for things we don't understand. In Your wisdom You have given us everything we need, and more. Help us to realize that we need to pray for Your will and know that You know best for us today, tomorrow, and always. Amen.

1. Are we supposed to be content with who we are today?
2. How can we go about becoming content with where we are today?
3. How can we understand the unimportance of not having all the earthly things?
4. How can we help others to be content with where they are?
5. How can we be a "child of God?"
6. What is the "yoke" we are to take on?

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