

Five Keys to Happiness in Spite of Unpleasant Circumstances in Life

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What if someone told us that we could live our lives each day filled with happiness and gratitude? Well, according to God's word, we can. "Rejoice in the Lord always; and again I say, rejoice" (Philippians 4:4). The key to experiencing continuous happiness is to rejoice in the Lord always. The Apostle Paul penned these words while imprisoned for his faith in God and for preaching the gospel of Jesus Christ. In spite of the constant persecution and trouble he experienced during his ministry, Paul maintained great faith in God and an endearing positive attitude. He refused to let negative circumstances steal his joy or cause him to become angry or bitter toward God and others. What was Paul's secret? It was these five keys to continual happiness: prayer, praise, patience, prize, and purpose.

Do not worry about anything; but pray and intercede to God about everything, with a grateful heart (see Philippians 4:6). Worrying and complaining does not help us, instead, they only make our lives miserable. We realize continual joy as we cast all our cares and concerns unto God in prayer. We need not bear our burdens alone; because, God wants to carry them for us and lead us to victory (see 1 Peter 5:7).

In praise to God, we demonstrate a heart of gratitude to Him for all his blessings and for being our strength and help through life's circumstances. Praise is powerful! Paul and Silas sang praises to God even though they were imprisoned. As a result, God's power shook the jailhouse and not only freed Paul and Silas, but every prisoner was also set free that night. When we choose to stay positive and be happy, we bring deliverance to others who may not know how to find it. "I will praise the Lord at all times; His praise shall continually be in my mouth" (Psalm 34:1).

In order to stay happy, we must wait patiently for God's appointed time to fulfill His promise in our lives. "They that wait upon the Lord shall renew their strength" (Isaiah 40:31). We are to humble ourselves to God, trusting in His mighty power, and he will lift us up and even rescue us at the perfect time (see 1 Peter 5:6)

We experience happiness as we stay focused on the wonderful prize that God has in store for us. Impossible for us to imagine is the wonderful reward that awaits us in heaven. The bad things that happen in this life are miniscule in comparison to the level of joy and delight we will experience when we finally get home! Jesus endured suffering on the cross at Calvary by focusing on the "joy that was set before him" (Hebrews 12:2). May we too wait patiently upon the Lord and live in continual happiness by maintaining our focus on our ultimate goal (see Philippians 3:14).

Finally, we experience continual happiness in life by realizing God's divine purpose for our lives. "We know that all things work together for good to them that love God, to them who are called according to His purpose" (Romans 8:28). We have the magnificent promise that everything that happens in our life will eventually be to our benefit and lead us closer to fulfilling our divine purpose; because, we are dedicated to God.

These five keys—prayer, praise, patience, prize, and purpose—enable us to experience continual happiness in our lives each day. May we refuse to allow unpleasant circumstances rob our joy or cause us to become angry or bitter toward God and others. May we hold to our trust in God and keep a positive attitude. We can do this by choosing to "Rejoice in the Lord always; and again I say, rejoice" (Philippians 4:4).