

## PAA KWASI ASARE ADU

*Helping you find purpose and direction*

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## FORCE OF HAPPINESS

Life in general is hard but a merry heart brings joy to the body despite life's difficulties. In my book I explained that happiness is different from joy. While happiness emanates from positive events of life, JOY comes from within whether events are bad or good. Happy moments can bring joy. Let me explain some of the things that bring happiness.

### ***Force of wealth***

Lack is a disease. Nobody wants to crave for something yet not having it. Wealth can get you all the material things you desire in life. So when a person gets wealthy, it makes them happy. Wealth can be acquired through many means: through business, through job, through talent and gift. Some wealth are passed on across generations. In fact the Bible encourages us to pursue wealth because money answers all things. Proverbs 22:7 says *"The rich rule over the poor, and the borrower is slave to the lender"*. With wealth you can command respect from others. There are many people who seemed "worthless" in the community until they had riches. Having the ability to pay for all your necessities is a great relief which can bring a lot of happiness.

### ***Force of Good relationship***

Right from the garden of Eden, God instituted the art of relationship. Love is very powerful. When two people are in love, the happiness they experience is indescribable. This emotion can create an amazing feeling of happiness.

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Sometimes you don't want to even leave their side. It is on this premises that someone can even kill themselves because of the emotions they have for someone. God saw Adam needed a companion so He created Eve. Waking up and knowing someone loves you dearly, is a precious gift.

### ***Force of Good health***

Health is wealth they say. When we are healthy and don't have to be on any medication, life sounds good. Good health gives you the energy to continue your assignment on earth. Good health gives you courage to enjoy each day. One bad report from the doctor can ruin the remaining years of your life. The sisters of Lazarus kept worrying Jesus to come and see him before he dies. The feeling of being well is so therapeutic. We must therefore take care of our bodies whiles we can. Bishop Oyedepo in his sermon on divine healing said "one sickness is enough to ruin your entire life and savings". In fact nobody wants to get sick. So the feeling of strength and vitality is the goal of everyone and this bring great joy and happiness.

### ***Force of Good job***

Having a good job that provides you with a stable income is great. Of course you don't have to struggle with finances. There are lot of graduates without jobs and this could be frustrating. God encourages us to work hard which is why we must do all we can to prepare ourselves to have a career. A good job helps us pay our bills and put food on our table. This can bring a lot of happiness and fulfilment.

### ***Force of stable country/economy***

In the vision to Jeremiah in Jeremiah 29:7, God told Jeremiah to tell the people that *"Also, seek the peace and prosperity of the city to which I have carried you into exile. Pray to the Lord for it, because if it prospers, you too will prosper."* You can't have happiness when there is riot and turmoil in your country. You can't achieve your plans in life in a country which is not stable. God was telling the people to

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remember the country in which they were at exile in. When your country is peaceful it brings some form of happiness because families can go out and come and share their love without any hindrance. There are many people fleeing their home countries just because of war. Their families have been disintegrated and the future of these people is bleak. Peaceful country brings serenity to the mind and joy in the heart.

*Source: excerpt from book THE POWER OF JOY (page 5)*

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