



BOOK SUMMARY

Wikipedia defines happiness as a complex and multifaceted emotion that encompasses a range of positive feelings, from contentment to intense joy. It is often associated with positive life experiences, such as achieving goals, spending time with loved ones, or engaging in enjoyable activities. We become happy when the things we expect go the way we planned. Being pregnant and giving birth after the ninth month is a source of happiness. What if after labour we lose the child? Are we still going to maintain our happiness: I guess not. Joy is not like that. Joy is the inner peace we experience even when we don't have any reason to be happy. There is a thin line between happiness and Joy: while happiness emanates from positive events, Joy comes from inner peace whether events are positive or negative. Joy comes from within but happiness emanates from outward positive occurrences: good marriage, good result, good health, great finances and good living. So how are we going to cope when these things are absent from our lives? Our posture during difficult moment will test the level of joy we have. God desires us to live a joyful life in the face of perils and tumultuous moment.

A lady is married for fifteen years without a child. How can that person still have the joy of enjoying the marriage? There are things that may ruin our happiness which we may not have control over. But God's grace is sufficient to build us up to see the bright side of life despite life's difficulties. While at tertiary I heard a story about one of our lecturers. All first years are told his story the moment class begins because his intelligence did not match his personality. Listen to the story as I heard "The lecturer was married and had two beautiful children. The lecturer went to meet them at the Airport after their trip to the UK. They checked out nicely and while they were crossing the road to meet him, they were knocked down by a car. Right in front of him, he saw his wife and two children gasping for air to survive. They all died at the hospital. After the burial, life wasn't the same for this man again. He found solace in alcohol. It affected his appearance and self-esteem. During lectures you can't but to admire his wealth of wisdom and knowledge yet grief has made him look "useless". Student who didn't know his story mock him until they are told. Life is hard. Life can confront us with challenges we haven't prepare for.

This book will not just list a to-do-list for you to stay joyful, it will rather give you insight as to where joy comes from, how to keep your joy and how to rejoice in the Lord when there is no reason to be happy. God desires us to have joy and have it in abundance. There are a lot of things in life we can't change. We should leave those things to God and focus on what we have the strength for. Any form of fear in our life that is stealing our joy should be dealt with immediately. Remember that life is very short and each day is a reminder to fulfil our days on earth. We are attracting a lot of sickness by living in fear and worry. Stop worrying and start rejoicing in the Lord. God loves you and is ready to comfort you in all situations. Trust Him. Rely on His promises because He is faithful. You might have lost something but God is the reason you didn't lose everything. Be joyful always.

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