

# Joy in Your Life

We all experience frustrations and disappointments. Anne Lindbergh, for instance, was frequently dejected because she couldn't find time to write.

In her book, *War Within and Without*, she tells of overcoming this problem which robbed her of her joy. She resolved to think back about some of the moments of inner satisfaction she experienced during the day; moments of joy provided by her family and friends. "Every day has moments of pure joy,"



she reminded herself, "even on the dullest and saddest day."

Her advice is worth pondering. When we allow ourselves to appreciate the joy that does come our way each day, we begin to relax. When we learn to treasure these joys and take pleasure in them, we are counting our blessings. Some blessings are so subtle we miss them unless we deliberately think about them — little things like the memory of a special smile, or a beautiful flower in full bloom, or a welcome letter from a friend. Many things that lift the spirit can be savored for days and weeks; the list is limitless.

Counting your blessings is an art which requires a deliberate decision — a

decision to ...

Think of the love you've received, not the hate.

Think of the smiles you've seen, not the frowns.

Think of the praise you've been given, not the hurts.

Think of the healing that's taking place, not the wounds.

Think of the good you've done, not the bad.

Think of the prayers you've offered, not the distractions.

Think of God's forgiveness, not your guilt.

Think of the laughter, not the tears.

It's amazing how you can clear away the cobwebs of doubt, suspicion and disappointment if you take the time to think positively when your spirit begins to droop. If it doesn't work for you, if you are caught up at the moment by some dark force that weighs heavily on your heart, don't despair and don't give up trying. Turn to the prayer of thanksgiving. Thank the Lord for the very feelings which weigh you down. Every cross has a purpose, and brings a hidden blessing.

The secret of joy is found in a grateful heart.