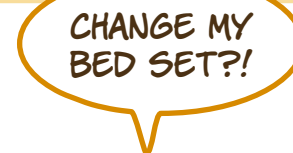
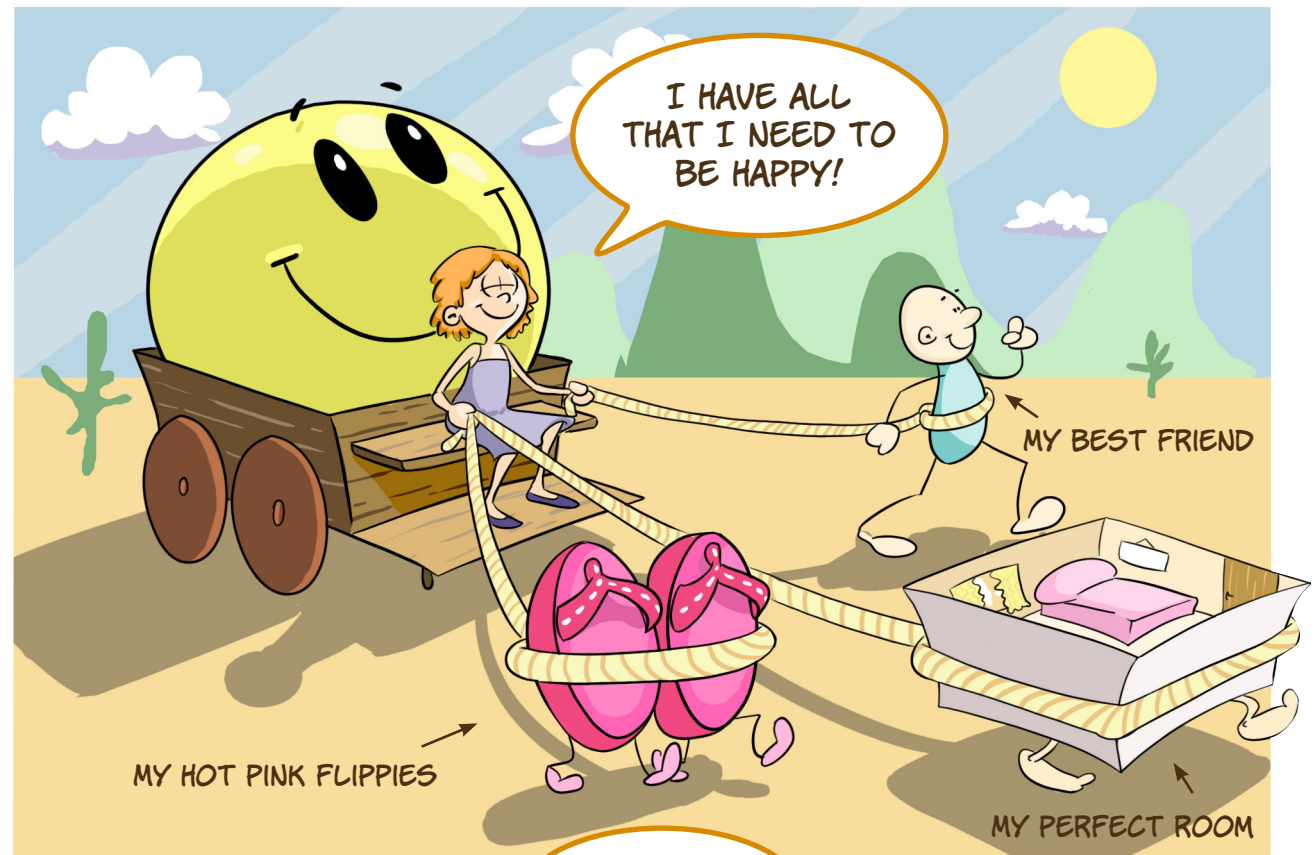


ATTACHING HAPPINESS RIGHT!

WHEN YOUR HAPPINESS IS ATTACHED TO A PERSON, PLACE, OR THING, THEN YOU MAY OFTEN FIND YOUR HAPPINESS LEVEL SEESAWING—GOING FROM UP TO DOWN, THEN BACK AGAIN.

FOR EXAMPLE, IF YOU TELL YOURSELF THAT WHAT REALLY MAKES YOU HAPPY IS HAVING YOUR BEST FRIEND WITH YOU OFTEN, OR IF YOU ONLY REALLY LIKE YOUR ROOM SET UP A CERTAIN WAY, OR IF YOU LIKE ONLY WEARING YOUR FAVORITE SHOES, THEN WHEN SOMETHING HAPPENS THAT CHANGES THE THING YOU ARE ATTACHED TO, YOU WILL FIND YOURSELF EASILY UPSET.

BASING YOUR HAPPINESS ON SPECIFIC PEOPLE OR THINGS CAN DESTABILIZE YOU WHEN THOSE PEOPLE MOVE AND THINGS CHANGE. BUT IF YOU BASE YOUR HAPPINESS ON THINGS THAT YOU CAN ALWAYS KEEP WITH YOU, THEN YOU WILL FIND YOUR HAPPINESS WILL REMAIN CONSISTENT.



THE BIBLE SAYS, "SET YOUR AFFECTION ON THINGS ABOVE, NOT ON THINGS ON EARTH" (COLOSSIANS 3:2 KJV). THIS MEANS THAT YOU SET YOUR HEART TO TRUST GOD, SO THAT WHEN THINGS CHANGE, YOU KNOW GOD KNOWS WHAT'S BEST FOR YOU. AND IF SOMETHING CHANGES YOUR ABILITY TO BE WITH A PERSON OR THING YOU REALLY ENJOY, YOU CAN TRUST HIM TO HELP YOU FIND JOY.

PERHAPS YOUR BEST FRIEND MOVES TO ANOTHER SCHOOL OR CITY, BUT BECAUSE YOUR AFFECTION IS SET ON LOOKING TO GOD FOR PROVIDING YOU WITH WHAT WILL BRING YOU HAPPINESS, YOU DISCOVER A NEW FRIENDSHIP, EVEN IF YOU STILL MISS YOUR FRIEND. OR IF YOU GROW OUT OF YOUR FAVORITE SHOES, BECAUSE YOU WEREN'T COMPLETELY ATTACHED TO THAT PAIR, YOU FIND ANOTHER PAIR THAT IS JUST AS COMFORTABLE BUT MATCHES MORE OUTFITS THAN YOUR PREVIOUS ONE.

NEXT TIME YOU FIND YOURSELF THINKING THAT SOMETHING WILL COMPLETELY RUIN YOUR HAPPINESS, ASK YOURSELF IF YOUR AFFECTION IS SET ON GOD AND HIS CARE, OR ON THINGS OF THIS EARTH.

