

If You're Happy and You Know It...

Is there anything in your life that just makes you happy? I'm talking happy beyond explanation. Something so deeply satisfying that you can't put it into words. I am not talking about the big things in life: faith, family, friends. Most people can understand exactly why those things inspire feelings of happiness and joy.

This is not about that.

My question is about something much simpler. Something that, when viewed from the outside, seems rather trivial.

There are people that find pure happiness in their pets. There are people that find that sort of happiness with food. Coffee. Riding their bike. You get the point. These are things that in the grand scheme of things seem to matter little, yet they can mean so much to us.

I think of them as little points of contact with the Creator. Yes, I fully believe that we do well to enjoy life to the fullest, and by doing so, we come closer to the heart of God. I am fully aware that this sounds sort of ridiculous: What does God care about how much happiness I get out of a cup of coffee? More than you or I will ever know, I would wager. There is a whole book in the Bible that covers this very topic. Ecclesiastes is full of wrong turns, dead ends, and vain searches for fulfillment, but in the end, the author figured it out:

I've decided that there's nothing better to do than go ahead and have a good time and get the most we can out of life. That's it—eat, drink, and make the most of your job. It's God's gift. (Ecclesiastes 3:12-13)

We were created to enjoy life and in turn enjoy the little things that make up our lives.

What seemingly insignificant thing brings you unexplainable happiness? Are you taking advantage of these little things, using them to dig deeper and find something even more valuable and life changing? Feel free to share.

“When a man has lost all happiness, he’s not alive. Call him a breathing corpse.” ~Sophocles