

Praying Through This Week 1st August 2022

HAPPINESS – an attitude of heart and spirit



**“There is a time for everything,
And a season for every activity under the sun”** (Ecclesiastes 3:1)

“Loving Lord, in this troubled world, when sometimes we find it difficult to be happy, remind us that there **are** times to be happy...that You want us to be happy....that our happiness will bring You joy.

Remind us, Lord, that our true happiness comes when we -

“Trust in You and do good, when we “delight in You” (Psalm 37:3,4)

Reflecting and praying:

- ❖ Does it change our own happiness when we remember that our happiness brings joy to the Lord?
- ❖ Perhaps a prayer of thanksgiving that because of the Lord’s love for us – **we** can bring **Him** happiness?
- ❖ How do we feel when we “trust in the Lord – and **do good**” for others?
- ❖ Would it change our “not happy” times if we forget everything else and “delight in the Lord?”

Let us pray and delight and be happy in the Lord and His plans for us.

Amen

Pat

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