

The way to be happy is to make others happy.



ALL OF US HAVE BEEN GUILTY OF GETTING DOWN IN THE DUMPS. It's a terrible state to be in, especially because we can never be down in the dumps alone. We always drag somebody down with us. We can't keep our problems and our draggy spirits to ourselves. Others can just take one look at us and know that we're in the dumps. We can't hide a bad spirit that radiates gloom and doom any more than we can hide a good spirit that radiates happiness and light.

When we're down in the dumps, we want everybody to be miserable with us; we want everybody to sympathize and be sad with us. That's human nature. But it's *godly* nature to try to encourage and cheer up others, even when we need cheering up ourselves.

Happiness is what you make it. It's a spiritual law of God, just as sure as the law of gravity, that we don't get happy by trying to make ourselves happy or by trying to get somebody else to make us happy. We don't find happiness by chasing it. We get happiness by trying to give it to *other* people. If we go around trying to make others happy, then happiness will find us. Sooner or later it will catch up with us, and we'll find we're happy too.