



*"God, what is it You want to do through me?"*

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## **Happiness**

*"Happiness comes of the capacity to feel deeply, to enjoy simply, to think freely, to risk life, to be needed." ~Storm Jameson*

Happiness, fullness and abundance are closely connected. Reflect on the above quote by Storm Jameson. Do you agree that happiness comes from depth of feeling, simplicity, freedom of thought, risk taking and being needed? Notice that there is no mention of possessions or stuff.

Simplicity is a springboard to giving. Simplicity is trusting that the essential is enough. From simplicity, giving is the springboard to happiness. From this place of happiness, we courageously stay with our feelings, no longer feeling threat from them. Rather than running from our feelings, we give ourselves to the deep parts of ourselves, finding what wisdom is therein revealed. We feel beyond labels of bad feelings and good feelings.

We give ourselves to simplicity and its offering of unadorned joys. We humbly give ourselves the gift of learning and the expansion it holds, growing us beyond ourselves. We give ourselves the freedom to choose, opening ourselves to new ways of thinking. And we give ourselves to others, trusting that God has created us to be the face of Christ for each other.

Happiness is embracing paradox. Happiness is seeing abundance where some may see emptiness. Jesus said "I have come that you

might have life, and have it more abundantly.” And then he modeled that life, drawing seekers from the margins rather than the halls of power. Jesus offered miracles of nourishment, both physical and spiritual.

Jesus opened new possibilities for happiness and more.

By a member of MCCDC



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*Please join the inspiration of our Daily Devotionals for Lent, Holy Week, and Easter on the theme **Full to the Brim**. Please email your reflection, prayer, or other contribution to MCCDC Senior Pastor Rev. Elder Dwayne Johnson at [RevDwayne@mccdc.com](mailto:RevDwayne@mccdc.com).*

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