

Pleasant Valley  
Church of Christ

3317 Amidon  
Wichita KS 67204  
(316) 838-4195  
www.letjesusleadus.org

## Schedule of Services

### Sunday

Classes . . . . . 9:30 am  
Worship . . . . . 10:30 am  
Evening . . . . . 6:00 pm

### Wednesday

Classes . . . . . 7:30 pm

The Pleasant Valley Church of Christ is a non-denominational group of believers who are committed to following Jesus in our attitudes, our relationships, and our worship. If you want the same thing in your life, please contact us. We'd like to help.

Unless otherwise noted, all scripture quotations are from the New King James Version Bible, Thomas Nelson Publishers.

# Wings



*"But those who wait on the Lord shall renew their strength;  
they shall mount up with wings like eagles" (Isaiah 40:31)*

August 30, 2009

## Happiness is a choice

by David King

"This is the day the Lord has made; we will rejoice and be glad in it" (Psa. 118:24).

God had gone to extraordinary lengths to rescue the Israelites from Egyptian bondage. They had witnessed the devastating plagues upon the Egyptians, and walked through the midst of the Red Sea to freedom. God gave them manna from heaven and water from rocks. God personally guided them day and night. They had a leader, Moses, who had dedicated his life to helping them. God gave them a detailed Law to provide order and direction to their daily lives. No enemy could harm them, and no obstacle could stand in their way of reaching the promised land. All they had to do was endure a brief march through a rugged wilderness. It would be a hard journey, but they could do it.

But that was too much to ask of these people. Instead of marching with firm resolve toward their destination, they grumbled about every hardship they encountered. Even when they reached the border of Canaan, the report of their spies triggered an open rebellion. Their rejection of God's gift cost them entrance into the land, and they spent the next forty years dying off in the wilderness. That generation never did reach their goal.

Many years later, inspired writers summarized the Israelites' failure as a faith issue. "They despised the pleasant land; they did not believe His word" (Psa. 106:24). "Beware, brethren, lest there be in any of you an evil heart of unbelief in departing from the living God" (Heb. 3:12).

Clearly, the Israelites had their own version of our opening psalm: "The is the day the Lord has made; we will complain and be miserable in it." No matter what God did for them, they were determined to be unhappy — and they succeeded in that goal. They were not miserable because of the hardships they encountered; they were miserable because of how they chose to deal with those hardships.

The story of the Israelites' march to the Promised Land serves as a metaphor for our own lives. Like the Israelites, we have our own rescue from bondage, our own promised land, and our own journey of faith. We also have our own hardships and struggles to deal with along the way.

And like the Israelites, we have a simple choice to make: Will we accept with courage the challenge before us and rejoice in each new day that God gives us? Or will we fixate on our problems and live in a perpetual state of despair?

The secret to a happy life is not hard to figure out, once we grasp this simple truth: Happiness is not a product of what we encounter in life; it is a product of **what we choose to think about life**. If we greet each new day with a determination to "rejoice and be glad in it," that is exactly what we will find. If instead we choose to feel sorry for ourselves and give in to discouragement and gloom, we will find that, too. It's **our** choice.

Does this deny the reality of our present troubles? Not at all. Rather, it embraces a greater reality: our future home in heaven.