

BE A JOY-GIVER!

by
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The foundation for real joy is a vital, growing relationship with Jesus Christ. But to fully experience joy, we must build on that foundation in practical ways.

I found the following list of "Ten Rules for Happier Living" in an issue of *Pulpit Helps*.

1. Give something away (no strings attached).
2. Do a kindness (and forget it).
3. Spend time with the aged (experience is priceless).
4. Look intently into the face of a baby (and marvel).
5. Laugh often (it is life's lubricant).
6. Give thanks (a thousand times a day is not enough).
7. Pray (or you will lose the way).
8. Work (with vim and vigor).
9. Plan as though you will live forever (you will).
10. Live as though you will die tomorrow (because you will die on some tomorrow).