

## THE SECRET OF A GOOD LIFE



"He that is of a Merry heart hath a continual feast!"  
Proverbs 14:15

"There goes Bill, happy as ever," said Jim. "He's always cheerful and nothing bothers him much."

"What makes you think that nothing bothers him?" Jim's father asked.

"Oh, when we let him play in a game, he's happy, and when we say that he can't, he says, "Okay, I'll watch, and when someone calls him a name, like Billy Goat, he just grins and doesn't mind at all."

"Maybe he knows the secret of how to be happy," said Jim's father.

"I wish I could be that way," said Jim, whose feelings are easily hurt.

You can be that way if you'll do what Bill does," said his father.

"What does Bill do?" asked Jim.

"Well," said his father, "Bill believes that God is always good to him, and he's thankful for what he gets from God and he never complains." "So, that's how he carries his fun around inside of him." said Jim.

"I'm going to ask Jesus to make me that way," said Jim."

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“That’s a good idea,” said Jim’s father. “The Holy Bible says that the person with a cheerful heart always has a good life. We can have a cheerful heart because Jesus gives us His love.”

So the secret of a good life is to keep Jesus in your heart and to remember the many blessings that Jesus gives you.

**LET’S TALK ABOUT THIS:**

Why was Bill always cheerful? What did Jim decide to ask Jesus? How did Jesus show that He loves us? How can every one of us have a cheerful heart? Why can we always be happy with Jesus? Who can say the Bible verse from memory?

**BIBLE READING FOR OLDER CHILDREN AND GROWNUPS:**  
**Psalm 103 in the Authorized King James Bible.**

**OUR PRAYER:**

Dear Jesus, it says in Your Word, “In everything give thanks: for this is the will of God in Christ Jesus concerning you.” 1 Thessalonians 5, verse 18.  
Please help us to be thankful every day.  
Amen.



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