



Multiplying Happiness

By Bryan Trotter on July 21, 2021

TODAY'S READING: Philippians 1

"I thank my God in all my remembrance of you, always in every prayer of mine for you all making my prayer with joy, because of your partnership in the gospel from the first day until now" Philippians 1:3-5.

Have you ever received an unexpected text, phone call or card with an encouraging note from a friend or family member? How did it make you feel? It probably made you feel valued and appreciated that someone would take the time to send you an encouraging message.

What is interesting about gratitude is that it multiplies happiness to more than the recipient. Studies show that you can be happier by showing gratitude. When we express gratitude, the recipient feels happy, valued and appreciated, but it also makes us happier. Gratitude multiplies happiness.

I love these words from Paul in Philippians 1. He opens up his letter to the church in Philippi by expressing his gratitude to God and the church in all of his remembrance, in every prayer for all of them making his prayer with JOY. This is an incredible example of how expressing gratitude to God and others increases our joy and happiness. We can follow Paul's example of showing gratitude to God and others. It is most important to be thankful to God, but do not let it end there. Show others you are grateful for them. Send a handwritten card or pick up the phone to speak with someone. If that seems daunting, start by sending a text. The delivery method can vary. The most important thing is that you express your gratitude to others.

Today, spend some time in prayer and ask God to give you names of friends, family, neighbors, co-workers, etc., that you can express gratitude towards. Spend some time in prayer thanking God for the people in your life.

TOMORROW'S READING: Philippians 2

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