

Habits of Joy for Your Spiritual Journey

By Elizabeth Paeth Lasker

1. Read the Bible daily for guidance and joy.

It's not the amount of the Bible you read each day, it's the way you meditate on it during the day.

See the Bible as the chief instructor of your life. Be a student of the Bible. Give yourselves to studying and memorizing the Bible. You will find God's guidance and joy.

2. Treat prayer as the greatest opportunity in your life.

Pray the Bible and put nothing ahead of it, so that it will be your foundation.

Pray "Thy will be done on earth."

Pray Proverbs 3:5-6 all the time.

Trust in God all the time.

One day Fred and I were driving to a medical test, and we realized that we had not asked for God's guidance and blessing. So Fred immediately pulled to the side of the road. We held hands and prayed for God's blessing.

Then when the doctor said he could not do the test, we trusted God and felt His peace.

3. Be in the house of the Lord weekly.

Worship God with others.

Listen to God's word being preached.

Take communion.

4. Remember that God requires that He be #1 in your life.

"I press toward the mark for the prize of the high calling..."

One afternoon 10-year old Taylor found me in my favorite chair, "GranMa, Sometimes I think I love GranPa more than Jesus." So I told her, "Precious Taylor, then you need to go to a quiet room and pray to have Jesus be #1 in your life."

We each need to pray and remember that God designed us, and following His plan means our joy. Part of God being #1 is remembering that God requires you to present your body as a living sacrifice. So we each need not to be foot loose or fancy free as if you owned your body.

Philippians 3:13-14 KJV

Brethren, I count not myself to have apprehended; but this one thing I do, forgetting those things which are behind, and reaching forth unto those things which are before, I press toward the mark for the prize of the high calling of God in Christ Jesus.

5. Have mentors. Be a mentor. Be a friend.

Give yourselves to the kind of relationships that will feed you.

Have several mentors. Have a mentor who is much older than you. Read books that will mentor you.

Mentor others in studying the Bible and praying.

Make friends. Love them. Serve them. Enjoy them. The right friends are vital.

6. Devote your life to helping others know Jesus and share Jesus.

Your greatest joy is loving people to the cross. Pray daily for the people you love. Serve them. Pray for questions. Answer their questions. Encourage them to read the Bible daily to find answers and to seek to know the character of God. Help them believe in Jesus and share Jesus. You'll make friends for life.

7. Live in the light of "Perhaps today."

Make the most important factor in your life today the knowledge that Christ will return. Years ago, I started praying a simple 2-word prayer. To help me remember it when I was in school, the top of my desk had something in plain view. A small Baby Ben clock. Just inside the border of its face two words were written in finger nail polish. "Perhaps today." Right now we need to live knowing there is nothing left to stop Christ from returning. So we need to live today as if Jesus might return today.

As told to Dru Scott Decker

For more information about Beth Lasker, go to www.HeavenTogether.Org.
