

The Source of Happiness (Paraphrase of Psalm I)

Happiness can't be captured.
Like a wild bird or a bouncing ball,
it is always just beyond your grasp.
It is not found in fads or fashions, nor in climbing to the top of the heap.

Happiness comes from immersing yourself in God.
Instead of struggling to stay on top,
yield yourself to the deep flow of God's universe.
You will not drown.
You will be swept along by forces beyond your imagining.

(from Everyday Psalms by James Taylor)

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