



FROM: THE DESK OF PASTOR CARUANA
TO: The People of Zion
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Ways to Have a Happy Day

So ... how have all of you been feeling lately. Are you tired of hearing about the coronavirus? Are you craving to go out for a nice dinner without worrying about social distancing and wearing masks? Do you want to be able to try on clothes before you buy them so you don't have to waste time returning them when they don't fit? Have you stopped watching the news because it feels like the same ol' ... same ol'? If that's the case, you're not alone.

The good news is I'm going to share with you some ways to have happy days by getting wrapped up things other than coronavirus stuff. In other words, let me share with you some ways to have a happy day.

No.	Ways to have a Happy Day	Reason Why
01	Bake a batch of cookies or muffins. Then make someone's day with a surprise sweet treat.	"It is more blessed to give than to receive." Acts 20:35 (NLT)
02	Ban all social media for a day and take a break from technology.	"Come with me by yourselves to a quiet place and get some rest." Mark 6:31 (NIV)
03	Stop complaining about the troubles you have and offer thanks to God for all the troubles you don't have.	Because you are my help, I sing in the shadow of your wings. Psalm 63:7 (NIV)
04	Sing your favorite hymn as you go about doing your daily chores.	Sing praise to God and to his name! Sing loud praises to him who rides the clouds. His name is the Lord – rejoice in his presence! Psalm 68:4 (NLT)
05	Have a picnic outside. Food tastes so much better when mixed with fresh air!	Taste and see that the Lord is good. Oh, the joys of those who take refuge in him! Psalm 34:8 (NLT)

06	Buy a journal and write down your thoughts, motivational quotes, and favorite Scripture verses.	Fix your thoughts on what is true, honorable, right, pure, lovely, and admirable. Think about things that are excellent and worthy of praise. Philippians 4:8 (NTL)
07	Take 30 minutes out of your day to be still and appreciate the beauty of the setting sun.	The heavens declare the glory of God; the skies proclaim the work of his hands. Psalm 19:1 (NIV)
08	Enjoy life's tiny pleasures. Watch a bee buzz or a butterfly flutter on a flower in the sun.	Rejoice in the Lord always. Philippians 4:4 NKJV)
09	Change your screensaver on your phone or computer to something that makes you laugh or smile.	A joyful heart is good medicine. Proverbs 17:22 (ESV)
10	Choose to count your blessings.	The Lord bless you and keep you; the Lord make his face shine on you, and be gracious to you; the Lord look upon you with favor and give you peace. Numbers 6:24-26. (NRSV)
11	Go for a walk or a run. Take it slow and enjoy the scenery. Be conscious of each stride and appreciate your body for what it is: a remarkable gift.	Do you not know that your bodies are temples of the Holy Spirit, who is in you, whom you have received from God? 1 Corinthians 6:19 (NIV)
12	Make sure you get enough sleep. Waking up refreshed will give you a spring in your step and a smile on your dial.	In peace I will both lie down and sleep; for you alone, O Lord, make me dwell in safety. Psalm 4:8 (ESV)

†Don't worry; be happy.
It's good for the soul!

Pastor Caruana