

My Father's House

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SECRETS OF HAPPY PEOPLE

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1. **Trust God** to provide daily everything you need, including financial help. *"Happy are the poor in spirit, because the Kingdom of God is theirs."*
2. **Be sensitive to the needs of others.** Weep when they weep. Rejoice when they rejoice. *"Happy are they who mourn for they shall be comforted."*
3. **Be humble and grateful.** Thank God and others for all that you have. You cannot out give God in generosity. *"Happy are the meek for they will inherit the land."*
4. **Strive to be holy.** Go to Mass and Communion daily. Meditate, pray, say the Rosary and wear your scapular. *"Happy are they who hunger and thirst for righteousness, for they shall be satisfied."*
5. **Make an examen of conscious and go to Confession frequently.** Experience the three miracles: 1. Know that every sin and all guilt is completely wiped away by the blood of Jesus. 2. Know that all bitterness and hatred toward any human being has been removed. 3. Realize that you can completely forgive yourself because you have cleansed your conscience. *"Blessed are the merciful for they shall receive mercy."* Forgive and you will be forgiven.
6. **Practice moral purity and custody of the eyes and heart.** Replace impure thoughts with God thoughts. *"Blessed are the pure of heart for they shall see God."* Psalm 24:4: *"Only one whose heart is clean can take part in temple worship."*
7. **Where there is hatred sow love.** Where there is injury, pardon. Where there is discourse, sow peace. Where there is misunderstanding, show understanding. As you learned in Kindergarten, don't throw sand at any one else. *"Blessed are the peacemakers for they will be called children of God."*
8. **Take up your cross daily and thank God for your enemies.** Not only do they point out your faults, but they help you grow. When someone offends you, show love in return. The next time someone comes along to knock you down, get up and hit them in the head with love. *"Blessed are they who are persecuted for the sake of righteousness for theirs is the Kingdom of Heaven."* And blessed are you when they insult you and persecute you and utter every kind of evil against you falsely because of Me.

9. **Rejoice in the Lord always.** *"I say it again, rejoice."* Rejoice and be glad for your reward will be great in Heaven.

10. **Realize that you are in a great line of saints** who practiced all these things before you. Thus, they persecuted the prophets who were before you. With such a crowd of witnesses, let us keep our eyes focused on Jesus, the author and finisher of our faith.

11. **Evangelize.** Bring the Good News to everyone you meet, for *you are the light of the world.* Let your light shine forth.

12. **Be faithful to the teachings of the Church.** *"Do not think that I have come to abolish the law of the prophets: I have not come to abolish but fulfill."* *"Amen, I say to you, until heaven and earth pass away, not the letter nor the smallest part of the letter will pass from the law until all these things have taken place. Whoever breaks one of the least of these commandments and teaches others to do so will be called least in the Kingdom of Heaven."*

13. **Don't let the sun go down on your anger.** *"Therefore, if you bring your gift to the altar and there recall that your brother has anything against you, leave your gift at the altar. Go first and then come and offer your gift."*