

The Apostle John's Secret to Unwavering Happiness

Do you remember what it was like to swing on a swing set as a child?

That incredible point in time where you were suspended in air and seemed to defy gravity itself?

Would it be great if there was a happiness secret so that you could go through life with that feeling of joy?

As adults, we've got bills to pay, responsibilities to fulfill and relationships to maintain. Our responsibilities can sometimes weigh us down, draining us of joy.

But a statement that Jesus made has always intrigued me because it contains an important key to daily happiness and fulfillment:

"I have spoken these things to you, that My joy may remain in you, and that your joy may be full" (John 15:11).

Even in the midst of the troubles of this world, Jesus desires that His joy remain in us.

But what are "these things" Jesus spoke of that would lead to His joy? Let's take a closer look the main key of which Jesus spoke:

In John 15:4, Jesus says: "Remain in Me, as I also remain in you. As the branch cannot bear fruit by itself, unless it remains in the vine, neither can you, unless you remain in Me.:

Have you ever grow a plant and a branch broke off? What happened to the branch?

Perhaps the branch seemed fine unconnected to its source at first. But soon, it began to shrink. Eventually the branch withered and died.

I experienced something similar in my own Christian walk after saying the prayer of salvation. For those first nine years, I thought my relationship with the Lord as important only on Sunday morning—at church.

But after church and the rest of the week, I tried to go it alone—leaning unto my own understanding! My life started to feel dry, full of meaningless activity and destructive habits.

Emotionally, I felt as though I were withering away. I tried to revive myself through emotional eating. However, that only made things worse.

It was only when the Lord stepped in and showed me His love in such a personal, powerful way that I was willing to receive His help. I got reconnected and experienced His life-giving nourishment flowing through me immediately.

I've felt alive and vibrant in Him ever since. I am growing in Spiritual fruit of love, joy, peace, patience, kindness, goodness, faithfulness, gentleness and self-control daily, as I abide in Him (see Gal. 5:22-23).

This joy not only benefits you, but others around you.

In John 15:8, Jesus went on to say: "My Father is glorified by this, that you bear much fruit; so you will be My disciples."

When you remain connected to the Lord, you begin to display His character to others—no matter what is going on around you. You are happier because you are grateful for all that He does for you.

Let's face it—life is unpredictable. Our emotions are often turned this way and that in response to circumstances. But how would you feel if you had confidence that you could handle

whatever challenge life threw at you?

It can happen. In fact, that is the reason why Step 1 of the five-step Take Back Your Temple program exists. That step is “Anchor Yourself in God.”

Jesus said that we cannot bear fruit unless we abide in Him. The fruit that we need to overcome emotional eating and other destructive habits on our weight loss journey is the fruit of self-control.

We all know that willpower doesn’t last for long. I only found permanent success on my own weight loss journey when I gained supernatural strength through my daily relationship with the Lord.

Is this making sense to you?

If you are unhappy in your life, then the status of your daily relationship with the Lord is the first place to look. Do you remain connected, or have you disconnected?

Are you abiding in His love through keeping His Word?

The good news is, the Lord never leaves nor forsakes you. Humble yourself, return to Him and you will find your joy once again. {eoa}

*Once 240 pounds and a size 22, **Kimberly Taylor** can testify of God’s healing power to end binge eating. She is an author and the creator of the Christian weight-loss website . Visit today for inspirational health and weight-loss tips.*

This article originally appeared at .