

Finding Your Happy Place

To me and to many a truly great story ends with, "...and they all lived happily ever after." Every person inherently desires happiness. Few seem to be able to achieve high levels of happiness for substantially sustainable lengths of time. Perhaps what one pursues or the methods of pursuit are flawed in such individuals. How can you Find Your Happy Place in your family?

Family life should provide our greatest joy and peace. You must get the happy back! You must Find Your Happy Place! Our homes must be places of refuge for our own families, but also places of healing for others.

Video: Can We Auto-Correct Humanity?

Ezekiel 34:22-31

Take ownership of the happiness of your home

- Popular culture and technology have contributed to a growing divide between the traditional relationship between parents and children.
- Children's absorption in technology limits their availability to communicate with their parents.
- One study found that when the working parent arrived home after work, his or her children were so immersed in technology that the parent was greeted only 30 percent of the time and was totally ignored 50 percent of the time.
- The fact that children often possess superior technological knowledge and skill above their parents causes a sense of superiority and lack of respect for parent's authority in these matters. Children may be unwilling to listen to their parents' attempts to guide or limit their use of technology.
- Technology offers children independence from their parents' involvement in their social lives. At the same time, parents don't have to bother with entertaining their children, leaving more time to themselves.
- **FATHERS AND MOTHERS, WE MUST FIND WAYS FOR OUR FAMILIES TO DISENGAGE FROM PERSONAL, ISOLATED SPACES AND FIND MORE SHARED, INTERACTIVE SPACES.**
- Our homes are 50% bigger today than the last generation, very few children share bedrooms, not many families gather for meals or television viewing, or game nights. With all of our modern conveniences and "improvements", I believe the quality of family life has diminished!
- Our children are busier than ever, but more bored, less happy and less confident.

Create Happy Memories

- Take time for fun.
- Get outside more often. The sun can do miraculous things for your outlook.
- Be present. Put the phone down. Step away from the computer. Turn off the television.
- Be active. Do what is right for you. Activity boost endorphins, which have a direct link to happiness.
- Keep in touch with friends and relatives.
- Recall happy times. Thinking about happy times boost serotonin, which governs the regulation of emotions.

Gush love all over your spouse and children!

1 Corinthians 13