DELIGHTING IN GOD’S WILL...MAKES LIFE A THRILL!
RIDING THE ROLLER COASTER OF LIFE!
I got the call from the Sister on the Women’s Conference Committee, “You’re assignment theme is “Delighting in the Will of the Lord Continuously and with Grace.” Then she explained, “You are to come up with a catchy little phrase for your title.” I heard in my mind, “Delighting in His Will....makes Life a Thrill.” A thrill? Does that explain how I feel about doing the Lord’s will? I thought about the recent ups and downs and visualized a Roller Coaster!

Yes! That’s it! That would describe MY life! A Roller Coaster!!! But wait....do I even like Roller coasters?? YOU BET I DO! Ever since my first Roller Coaster ride....

What a memory!! When I was about 8 years old my family went to Disneyland for the first time. I stood in the waiting line of the Matterhorn Roller Coaster watching people go around and around and screaming their heads off! The anxiety built! I grabbed my sister Janet’s hand and began to whimper to my Dad. “I don’t really want to go Dad.” “I'm sick to my stomach and better not go.” “Dad, pleeeease don’t make me go.” We were at the front of the line and I was refusing to go. Shockingly, Dad surprised me by giving me a gentle kick in the backside. Yes, he literally pushed me onto that roller coaster. I had no choice! There I was sitting on that roller coaster squeezing Janet’s hand as if life depended on it. The fear filling my soul to the point that I thought I would die. A surge of release came when I screamed as we plummeted down and around and down and around. I don’t remember how long it lasted, but it seemed like forever. Suddenly, we crashed through the pool of water and then slowly came to a stop. I found myself laughing with delight!!! I looked at my sister, “It's over?” A surprising surge of disappointment filled me. I hopped out and turned around to my Dad and asked, “Can I go again?” He laughed and wisely said, “No, we’re moving on to the next ride.”

THIS IS LIFE!! Have you ever been on this roller coaster before? No, not the Matterhorn at Disneyland, but the Matterhorn of our Life!! Our days are filled with the ups and downs and around and around! It’s the way God designed it to be! It’s such a blessing to know that we can rely on God's safety straps of love to help us hold on if we choose to do His will.
Why do we go to the amusement park and pay the Big Bucks in order to ride rides that will send our stress levels soaring off the charts? And yet some outside stress comes into our lives...something we didn't pay for...and suddenly the world is coming to an end. Why can we be so brave and tough on the roller coaster and be so whiny when we burn dinner or the kids aren't perfect or someone hurts our feelings?

Recently I heard someone say, “Life is designed to be about 10,000 disasters a second.” Now where did a statistic like that come from? However, if you think about everything that is going on in the world and in our individual lives....that statistic might be a bit conservative!! YOU and I are going to get caught up in some of those “disasters.” That’s the way the Lord set it up! It serves a holy purpose! But we get to choose what the disasters mean! They are either going to mean that this is a horrible, rotten, terrible thing, OR that it is a miracle that we just haven’t found the evidence of it yet. We might wish that there would be less disasters. But where do you think you learn all the lessons? You learn the lessons in the valleys. These experiences can change your life, it’s your choice! That’s the way it was designed. There are terrible things that are going on, but they will either be disasters or they will be miracles!!

Nephi shares with us his feelings in 2 Ne 4: 16 when he tells us that his soul delights in the things of the Lord. Wait a minute....his Dad just died and he’s telling us that he delights in the things of the Lord? “Nephi often remembers his sources of delight in the midst of affliction, serving to lift and focus his spirit on eternal blessings” (Susan W. Tanner, Liahona May 2008, 81‐83). Then in 2 Nephi 10:23‐24 Jacob tells us to “cheer up your hearts, and remember that ye are free to act for yourselves...to choose the way of everlasting death or the way of eternal life”...then he tells us how to do that.... “Reconcile yourselves to the Will of God.”

Here are some questions to prayerfully ponder. Take some time, be honest with yourself, and allow the Holy Ghost to show you any areas that need change or strengthening:

**“Am I delighting in what the Lord’s will is for me?”**
**“Do I Delight in doing the Will of the God?”**
**“Do I serve him with Delight?”**
**“Has my focus been more on receiving the desires of MY heart, than delighting myself in Him?”**
**“Am I willing to lay down my works, my ways, my pleasures, and my words, to receive His?”**

When I was waiting to get on the roller coaster that morning at Disneyland, little did that 8-year old girl know what an amazing ride awaited me!! I’m so grateful that my Dad pushed me onto that ride. Even now my Heavenly Father gives me a gentle kick in the backside to encourage me on in this ride of life and to turn my life over to Him, to do His Will. I picture in my mind that at the end of this life’s journey I may look back at my life full of great delight and I will look up at my Heavenly Father and ask, “Can I go again?” and that he will lovingly and wisely look at me and say, “No, we’re moving on to the next ride.”
DELIght

D = Direct Your Thoughts to Christ
E = Entrust
L = LAUGH and SMILE
I = IT'S OK TO MAKE MISTAKES! REPENT AND KEEP ON RIDING!
G = GIVE THANKS
H = HAPPILY SERVE!
T = TURN TO THE SCRIPTURES
For years I thought I could work on my mental mess arduously through reading different books, the common avenue of positive thinking and even reprogramming. I made some progress but didn’t make real and lasting change.

One day I re-read the testimonial words of Nephi. 1 Nephi 9:6 “But the Lord knoweth all things from the beginning; wherefore, he prepareth a way to accomplish All his works among the children of men; for behold, he hath all power unto the fulfilling of all his words.” I started to realize that looking to myself is not the answer on how to fix myself or receive that inner change I have searched for as many do. But if we accept and believe as the prophet Nephi said, that God “prepareth a way” then, since the pre-mortal period, Heavenly Father “chose” Jesus Christ to be the way. Simply stated, looking to Christ IS the answer.

For a lot of us it’s fun when we ride on a roller coaster and we all know that we are expecting that top-of-the-hill rush, that hold-your-breath moment is right around the corner, and stress. In life no one can predict exactly when stressful events will come. A life that is “prayed up” and in touch with God is prepared when those stress related moments arrive. The closer we are to Him the easier it is to hold on to the “iron rod,” if you will [the Word.] We need, I believe, to learn to ENJOY THE MOMENT WHILE WAITING FOR THE ANSWERS. Elder Boyd K Packer reminds us, “When temptation comes, you can invent a delete key in your mind—perhaps the words from a favorite hymn. Your mind is in charge; your body is the instrument of your mind.”

Do we doubt or forget the security and safety of the Lord? When my kids would talk me into riding one of those wild roller coaster rides, I did so only because I believed that they were somewhat safe. You would never get anyone, with any sense, to ride one of those if they thought they might really die. When life sends us through “the loop,” it is reassuring to know God is with us thru all things and all the way.

Unfortunately, we “stress” out when we forget that we can depend on the security and protection of the Lord which Nephi phrases as read—“He hath all power unto the fulfilling of all his words.” Another reason the amusement ride is fun and that normal everyday stress events drain us is because we lose sight of the end. No matter how high the hill, no matter how fast the ride, no matter how many loops, the roller coaster ride has the glorious end when you can stop and get out. The knowledge that there is an end has helped me through many a tough ride in life. Focus on the truth that whatever the event is, it has an end! Isaiah 26:2-4 brings us the calmness we can depend on “thou wilt keep him in perfect peace, whose mind is stayed on thee, because he trusteth in thee.” We see so little of the possibilities that God sees. If the thought comes when you’re in a state of peace then follow it! When we are peaceful thoughts will come through the Holy Ghost.
We go to an amusement park with the full intention of riding the rides for the thrill of it. We make it FUN (Okay, some of us do). When we view life with the mindset that this is going to be fun, suddenly stressful events aren’t any more than a roller coaster ride. Laughter is an instant vacation! My daughter Kyrsten’s motto is SMILE….not only because she has one of the most beautiful dimple-faced smiles….but more because of 2 Ne. 9:39…

S.M.I.L.E.=spiritually minded is life eternal. What about our Heavenly Father gives you the greatest pleasure and joy?

I love Elder Wirthlin’s counsel, “The next time you’re tempted to groan, you might try to laugh instead. It will extend your life and make the lives of all those around you more enjoyable.” Also, “A merry heart doeth good like a medicine,” says Proverbs 17:22. Studies show that humor and laughter help people live longer, happier lives; be more creative and productive; and have more energy with less physical discomfort.

- Humor reduces stress, fear, intimidation, embarrassment, and anger.
- Laughter also has extraordinary healing power.
- When a person laughs, blood pressure decreases, heart rate and respiration increase, the body releases endorphins, and depression declines.
- After the laughter subsides and you relax again, that good feeling has a lasting effect, even until the next day. Not many medicines will do that.

On average, children laugh 400 times a day, while adults laugh about 15 times. Why the gap? Did we lose something? Have we forgotten the way we used to be? Why is it that children seem to cope with life’s oddities better than us adults? Perhaps it’s because they do not fully understand. But I think it’s simpler than that—they laugh. As we grow older, we get far too serious. Watch children play. They don’t need expensive toys to entertain themselves. Everything is fun. They are spontaneous. Only when we become adults do we start to get boring. Do we need to cultivate a different attitude?

Humor is in the way we see things, the way we think. It’s an attitude, not an event. Perhaps the key lies in becoming more childlike.

Years ago I saw through my kitchen window a grown man playing with his children in a sand pile at a small neighborhood park. He was right down there on his hands and knees in the sand, building an imaginary town with streets, cars, trucks, trees, houses, stores, and schools. I could see the father pushing a wooden block bulldozer through the sand, pretending to build a road. He even made the sound effects of the bulldozer engine. I remember thinking, “Now there is an example of a great dad who knows how to play with his children.” He was in plain view to every passing car. Was he embarrassed or ruffled? Not at all. He seemed oblivious to the people passing by. Does this mean we should play in the sand pile with our children [and sandbox of life?] Absolutely. Laugh more, play more, swing out of familiar places, be more the way you were when you were a child. (Gary K. Palmer, Ensign Sept 2007, 32-35)
I expect to have a fantastic and perfect day every day. I think I will always expect that, but there are forces that are out of my control that occur that intentionally or unintentionally seek to ruin my day. Sometimes I find I react poorly to those times which can be opportunities. Lately, I’ve been better about just observing my responses and asking myself, “Did I respond well to that situation? How could I have better handled it? The real measure of our spiritual growth is how you respond to those mistakes and how you respond when life throws you a curve ball. Realize that life happens up and down…up and down. When you make wrong choices….quickly repent….and keep on riding!

For most, repentance is more a journey than a one-time event. It is not easy. To change is difficult. It requires running into the wind, swimming upstream. Jesus said, “If any man will come after me, let him deny himself, and take up his cross and follow me.” Repentance is turning away from some things, such as dishonesty, pride, anger, and impure thoughts, and turning toward other things, such as kindness, unselfishness, patience, and spirituality. It is “re-turning” toward God.

How do we decide where our repentance should be focused?

friend suggests things we need to change, sometimes pops up his head and responds, should change? Well, let me tell you about problems.” A better approach is to humbly “Father, what wouldst Thou have me do?” We feel the changes we need to make. The mind and in our heart.
to choose: will we repent, or will we pull over our open window into heaven?
not endeavor to excuse yourself in the least “pull the shades down,” we stop believing that spiritual voice inviting us to change. We pray but we listen less. Our prayers lack that faith that leads to repentance.

At this very moment, someone is saying, “Brother Andersen, you don’t understand. You can’t feel what I have felt. It is too difficult to change.”

You are correct; I don’t fully understand. But there is One who does. He knows. He has felt your pain. He has declared, “I have graven thee upon the palms of my hands. The Savior is there, reaching out to each of us, bidding us: “Come unto me.”We can repent. We can!

Realizing where we need to change, we sorrow for the sadness we have caused. This leads to sincere and heartfelt confession to the Lord and, when needed, to others.When possible, we restore what we have wrongly harmed or taken.

Repentance becomes part of our daily lives. Our weekly taking of the sacrament is so important—to come meekly, humbly before the Lord, acknowledging our dependence upon Him, asking Him to forgive and to renew us, and promising to always remember Him.

Sometimes in our repentance, in our daily efforts to become more Christlike, we find ourselves repeatedly struggling with the same difficulties. As if we were climbing a tree-covered mountain, at times we don’t see our progress until we get closer to the top and look back from the high ridges. Don’t be discouraged. If you are striving and working to repent, you are in the process of repenting.

As we improve, we see life more clearly and feel the Holy Ghost working more strongly within us. Sometimes we wonder why we remember our sins long after we have forsaken them. Why does the sadness for our mistakes at times continue following our repentance?

You will remember a tender story told by President James E. Faust. “As a small boy on the farm … , I remember my grandmother … cooking our delicious meals on a hot woodstove. When the wood box next
to the stove became empty, Grandmother would silently pick up the box, go out to refill it from the pile of cedar wood outside, and bring the heavily laden box back into the house.”

President Faust’s voice then filled with emotion as he continued: “I was so insensitive … I sat there and let my beloved grandmother refill the kitchen wood box. I feel ashamed of myself and have regretted my [sin of] omission for all of my life. I hope someday to ask for her forgiveness.”

More than 65 years had passed. If President Faust still remembered and regretted not helping his grandmother after all those years, should we be surprised with some of the things we still remember and regret?

The scriptures do not say that we will forget our forsaken sins in mortality. Rather, they declare that the Lord will forget.

The forsaking of sins implies never returning. Forsaking requires time. To help us, the Lord at times allows the residue of our mistakes to rest in our memory. It is a vital part of our mortal learning.

As we honestly confess our sins, restore what we can to the offended, and forsake our sins by keeping the commandments, we are in the process of receiving forgiveness. With time, we will feel the anguish of our sorrow subside, taking “away the guilt from our hearts” and bringing “peace of conscience.”

For those who are truly repentant but seem unable to feel relief: continue keeping the commandments. I promise you, relief will come in the timetable of the Lord. Healing also requires time.

If you are concerned, counsel with your bishop. A bishop has the power of discernment. He will help you.

The scriptures warn us, “Do not procrastinate the day of your repentance.” But, in this life, it is never too late to repent.

Once I was asked to meet an older couple returning to the Church. They had been taught the gospel by their parents. After their marriage, they left the Church. Now, 50 years later, they were returning. I remember the husband coming into the office pulling an oxygen tank. They expressed regret at not having remained faithful. I told them of our happiness because of their return, assuring them of the Lord’s welcoming arms to those who repent. The elderly man responded, “We know this, Brother Andersen. But our sadness is that our children and grandchildren do not have the blessings of the gospel. We are back, but we are back alone.”

They were not back alone. Repentance not only changes us, but it also blesses our families and those we love. With our righteous repentance, in the timetable of the Lord, the lengthened-out arms of the Savior will not only encircle us but will also extend into the lives of our children and posterity. Repentance always means that there is greater happiness ahead. (NEIL A. ANDERSEN, ENSIGN, NOV 2009)

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When upon life’s billows you are tempest-tossed,
When you are discouraged, thinking all is lost,
Count your many blessings; name them one by one,
And it will surprise you what the Lord has done. …

So amid the conflict, whether great or small,
Do not be discouraged; God is over all.
Count your many blessings; angels will attend,
Help and comfort give you to your journey’s end.

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D&C 18:19 “And he who receiveth ALL things with thankfulness shall be made glorious.” Sis. Susan Tanner counsels, “To delight in Him is to acknowledge His hand in our lives. Thank the Lord for the hard times. …and the roller coaster rides, too! I picture my little daughter sitting on her Daddy’s lap and whispering in his ear, “Thank you Daddy”. That illustrates the kind of delight that our Heavenly Father has when we give thanks for ALL he has blessed us with. A father will do ANYTHING for that child! Some ideas to help us be grateful:
• Say a prayer of gratitude (don’t ask for anything)
• Write a Thank You note to someone who has touched your life.
• Keep a gratitude journal. Write at least 3 things that you are thankful for
• Acknowledge the hand of the Lord in ALL things…little incidentals like getting a park spot or not tripping!

While our hearts glow with gratitude for all that the Lord has done and is doing shall we not be able to say, “I delight to do thy will, O my God”? (Psalm 40:8)

Elder Gordon T. Watts in the Nov 1998 Ensign tells us, “Gratitude begins with attitude. While to some every apple shines, to others the remaining blemishes after the polishing process are all that’s visible. We must use caution not to be drawn into the growing populous of ungrateful people who have become calloused to blessings as they bicker in misery. Joy and happiness are born of gratitude.”

H = HAPPILY SERVE!

I love this quote I got in my Inbox this morning. It’s by Henry B. Eyring, “[The early pioneers] came from a great diversity of circumstances. All faced the universal trials and heartaches of life. Their determination born of faith to serve the Lord and others seemed to take them not around the storms of life but directly into them. Some were young and some old. They were from many lands and peoples, as you are today. But they were of one heart, one mind, and with one intention. They were determined to help the Lord build His Zion.” Boy did they have their share of roller coaster rides. Yet they faithfully did the Will of the Lord continuously!

My daughter, Kyrsten, has been volunteering for quite some time at a program for the Center for Service and Learning on BYU campus called Adaptive Aquatics. All the time put into this program is volunteer. She loves volunteering each week and gives this brief overview of the program and her experiences along with others and they happily serve:

“Within the program there are about 150 BYU student volunteers that come two days a week and play with kids, who have disabilities, from the nearby school district in the pool and gym. I have had many wonderful experiences as this serving experience has changed my life. Not only do the kids affect the type of person I am today, but the volunteers have changed my life. I asked different volunteers for their feelings about service and why they serve. Here is one response.

‘Adaptive Aquatics has been a neat experience. I think what has made the biggest difference in my eyes is getting to see the kids be kids. It seems so easy to label a child with a disability as different, but something about playing in the water with them makes that all go away. I feel like I’m the one with special needs that needs to learn how to play again. Anyway, that’s been a little miracle moment in my life to get to see these kids almost without their disabilities and to get to be their friends, it really brightens MY life and makes me happy.’

This is one of many stories that have come from BYU students who have served as a volunteer with Adaptive Aquatics. Their bright spirits and happy attitudes to serve not only affect their day, but also affect the life of the kids they play with and the other volunteers around them. As I continue to happily serve and have gained a different view on how to more happily serve, I love serving with a positive attitude as it affects so many around you. I’ve found that when you happily serve it’s contagious and others benefit from it greatly.”
"I delight to do your will, O God" (Ps 40:8). As we begin to delight doing the Lord’s will we can have a greater desire in studying the scriptures and we will delight even more in obeying it. We cannot delight in what we do not know.

The other night Kory and I sat down and ate a wonderful dinner of Tilapia, Asparagus, Brown Rice and Romaine Lettuce Salad. Prior to marrying Kory I would have never thought that such food could delight my palate so richly. I can recall vowing that I would never eat fish; it just seemed horrid to my young mind! It took me years to come to know the delights of such foods. If we would delight in God’s will we must first **come to know it.** Take time for coming to know God’s will for you. For now, I strongly encourage you to spend time each day setting your affections upon the Lord and delighting in Him. Do you have a planner in which you write your standing appointments for the time you get your hair done or when you exercise? Would you also make a standing appointment with the Lord?

Stop often to delight in the Lord through daily scripture study!

Delight takes time…sometimes only a moment or two and at other times it requires a greater investment.

Would you also make a standing appointment with the Lord?
A man’s delight in looking forward to and hoping for some particular satisfaction is a part of the pleasure flowing out of it, enjoyed in advance. But this is afterward deducted, for the more we look forward to anything the less we enjoy it when it comes.

**Arthur Schopenhauer**

And I pray thee, loving Jesus, that as Thou hast graciously given me to drink in with delight the words of Thy knowledge, so Thou wouldst mercifully grant me to attain one day to Thee, the fountain of all wisdom and to appear forever before Thy face.

**Venerable Bede**

Any one reflecting upon the thought he has of the delight, which any present or absent thing is apt to produce in him, has the idea we call love.

**John Locke**

As your faith is strengthened you will find that there is no longer the need to have a sense of control, that things will flow as they will, and that you will flow with them, to your great delight and benefit.

**Emmanuel Teney**

Beauty is the bait which with delight allures man to enlarge his kind.

**Socrates**

Birds sing after a storm; why shouldn't people feel as free to delight in whatever remains to them?

**Rose Kennedy**

Dedicate yourself to the good you deserve and desire for yourself. Give yourself peace of mind. You deserve to be happy. You deserve delight.

**Hannah Arendt**

Energy is an eternal delight, and he who desires, but acts not, breeds pestilence.

**William Blake**

For Pleasure, Delight, Peace and Felicity live in method and temperance.

**Margaret Cavendish**

From heav'nly thoughts all true delight doth spring.

**Thomas Campion**

From such a gentle thing, from such a fountain of all delight, my every pain is born.

**Michelangelo**

Intelligence is nothing without delight.

**Paul Claudel**

It's a delight to trust somebody so completely.

**Jeff Goldblum**

Look at Christ, my dear friend: His life was divine through and through, full of self-denial, and He did everything for mankind, finding His satisfaction and His delight in the dissolution of His material being.

**Mikhail Bakunin**
Look thy last on all things lovely, Every hour - let no night Seal thy sense in deathly slumber Till to delight Thou hast paid thy utmost blessing.

**Austin Dobson**

Loss is nothing else but change, and change is Nature's delight.

**Marcus Aurelius**

Love consists in desiring to give what is our own to another and feeling his delight as our own.

**Emanuel Swedenborg**

Love is but the discovery of ourselves in others, and the delight in the recognition.

**Alexander Smith**

Men long for an afterlife in which there apparently is nothing to do but delight in heaven's wonders.

**Louis D. Brandeis**

My delight and thy delight Walking, like two angels white, In the gardens of the night.

**Robert Bridges**
Ways to find joy; when you're happy, you feel better, look better, and live longer.

1 Create ambiance. For tonight's dinner, put out your best linens, create a centerpiece, or simply light a candle. A festive setting makes for a festive mood.

2 Get outside. Whenever you feel bored, antsy, or gloomy, go for a walk. The fresh air, changing scenery, and exercise will boost your mood.

3 Bow out gracefully. The next time you argue with someone, be the first person to relent and acknowledge the other person's point of view. You'll both be smiling sooner.

4 Pat a pet. Rub a good dog. Scratch a cat. Pets love us unconditionally and relieve our stress.

5 Hit the sack sooner. Go to bed an hour early tonight.

6 Build someone's future. Volunteer with a local charity. To find a nonprofit or tax-exempt organization near you, visit www.volunteermatch.org.

7 Buy something beautiful. Place a small but exquisite painting, handmade vase, or other piece of art prominently in your home. Admire it often.

8 Take lessons. When you were a kid, did you always want to try horseback riding or sailing? Do you wish you could take up a hobby, like knitting or piano playing? Now is the time to learn how. Hobbies are fun and relieve stress. Look for appropriate schools in the phone book.
9 Add greenery. Adorn your desk and kitchen counter with cut flowers, houseplants, or potted herbs. Plants are proven mood enhancers.

10 Know you're loved. There's no greater joy.

11 Look to the heavens. Whenever you have a chance to relax under the stars, do it. Gazing at the night sky makes you feel more connected to the world.

12 Relish a good read. When you start a book and know that it's going to be good, take a moment to enjoy the tingling in your toes.

13 Revel in simplicity. Buy a single rose, tulip, or gerber daisy. Admire the color and shape of the petals and remember how beautiful life can be.

14 Awaken your Inner Julia Child. Create a dish without a recipe from just the ingredients in your pantry. Discover your creative power.

15 Care for yourself. Gently brush your hair or massage your scalp every night before you go to bed. This simple ritual will relax you.

16 Keep in touch. Write a friend. Use your best pen and beautiful stationery. Realize that you are actually sending love.

17 Start a lunch party. Schedule a regular date with your friends and honor it like any other appointment. During stressful weeks you'll have something fun to look forward to.

18 Climb something. Find a tree, a monument, or the highest point in your town. Take in the view from the top and forget your worries.

19 Redo a room. Paint a bureau, a door, four walls, or even a
ceiling anything but white. A new color brings change and beauty into your life quickly and with little effort.

20 Crack yourself up. Conjure up the funniest movie scene you know or a silly true story starring yourself. Laugh out loud.

21 Play Jeopardy. Watch a game show with your spouse, your kids, or your best friend. Yell out whatever answers come to mind. Laugh when you're right, and laugh when you're wrong.

22 Day trip. Wake up at 5:30 one weekend morning to commune with nature, whether you climb a mountain or walk a shoreline. Enjoy the thrill of breathing fresh outdoor air all day long.

23 Sleep in. Allow yourself at least one lazy weekend morning a month.

24 Take a detour. Stray from your usual route. Be stimulated by new neighborhoods and people, and appreciate the challenge of finding your way home.

25 Bear gifts. Keep little presents like scented candles or homemade jams on hand. Offer them to friends for no reason in particular. When you give to others, the world seems more generous.

26 Jump for joy. Literally. Hopping up and down in place for 30 seconds infuses you with energy and youthful vigor. (It also strengthens your bones.)

27 Make a joyful book. Fill a small album with photos and stories that evoke your happiest memories.

28 Plan a picnic. Call some friends and then pack fresh fruit, sandwiches, and maybe a bottle of wine. While away the afternoon under the shade of a tree.

29 Play the game "New or Good." At the end of each day, ask
your partner to tell you about one new or good experience. Then offer your own response. Maybe you noticed blooming roses or a bluebird in your backyard, or your cranky neighbor smiled.

30 Learn how to use a tool. Grind whole spices in a mortar with a pestle, find Saturn's rings with a telescope, or cut wood shelves with a circular saw. Feel good about your competence.

31 Send birthday joy. For their birthdays, write your friends letters recounting favorite memories or telling them what they mean to you. Hint that you like receiving mail, too.

32 Meditate while you walk. Stroll through a familiar part of town and focus your mind on its sights, smells, and sounds. If other thoughts pop up, acknowledge them but return your concentration to what's around you.

33 Be an active constituent. Take steps to resolve a political issue that worries you by writing your congressperson. Log on to www.congress.org

34 Remember kindness. Recall a situation in which a friend treated you kindly. Mentally extend the feelings of joy she inspired back to her.

35 Practice relaxation. Regular use of progressive muscle relaxation can increase feelings of joy. To try it, lie in a quiet place. For 10 to 20 minutes, slowly contract and release every muscle in your body, starting with the muscles in your toes and ending with those on your face.

36 Paint a picture. You don't have to create a masterpiece. Buy some inexpensive watercolors and a pad of paper, and let the colors guide you.

37 Croon in your car. Stash a CD whose lyrics you know by heart in your glove compartment. When you're stuck in traffic, play it and sing along as loud as you can.
38 Tidy up your bathroom. You wince. But a spotless toilet, shining sink, and clean fluffy towels are a joy for the next visitor—even if it's you.

39 Marry beauty and practicality. Next time you need an everyday object, like a cereal bowl or a coffee mug, choose the most pleasing replacement you can afford. When you use it, notice its simple elegance.

40 Finish off a to-do list. Set reasonable goals so that by the end of your work week, you can complete all your tasks. When 'Friday comes, feel the weight of worry, lift off your shoulders.

41 Personalize gifts. Whenever you buy a book or frame a picture for someone else, write a kind note to the recipient on the flap or the back.

42 Honor your appetite. Eat no snacks today. When dinnertime comes, you'll truly appreciate the tastes, smells, and textures of your meal.

43 Learn elementary botany. Buy a book to show you how to differentiate between types of evergreens and deciduous trees. When you recognize all the trees in your neighborhood, you'll feel closer to nature.

44 Answer slowly. Take a deep breath before responding to a question from anyone, whether it's your boss, your mother, or your lover. Chances are you'll say something smarter (and kinder).

45 See the sun daily. The sun's rays may encourage your body to produce natural chemicals that induce joy. (For more information, see "Guilt-Free Sunbathing," page 54.)

46 Do the Twist. This dance style is fun, silly, and easy, and it will make you laugh.
47 Bake cookies. And bring them to a friend

48 Get active instead of watching TV. Exercise that increases your heartbeat improves your mood. Those benefits apply to the whole family. So instead of watching a video, jump rope with your kids or chase them around a playground.

49 Make time to prioritize. If you have three nonstop days in a row, take one hour on the fourth day to list all your obligations, and then eliminate the least important tasks. Even if your load is still heavy, you'll feel in much greater control.

50 Throw a theme party. Invite friends over to a "blue dinner" (blue corn chips and salsa, blue potato gratin, blueberry pie) or any fete of your own creation. Themes put guests at ease and are fun to plan.

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SCRIPTURES ABOUT DELIGHT

Psalm 4:8: I delight to do thy will
Psalm 37:4 Delight thyself also in the Lord; and he shall give thee the desires of thine heart.
Psalm 40:8 I delight to do thy will, O my God: yea, thy law is within my heart.
Psalm 119:35
Number 14:8 If the Lord delight in us
Proverbs 12:22 They that deal truly are his delight
Romans 7:22 Delight in the law of God after the inward man
2 Ne. 4:15 My soul delights in the scriptures
2 Ne 9:49 My heart delights in righteousness
SCRIPTURES ABOUT THOUGHTS!

*Proverbs 23:7: For as he **thinketh** in his heart, so is he...
*Isaiah 55:8-9: For my **thoughts** are not your **thoughts,** neither are your ways my ways, saith the Lord. For as the heavens are higher than the earth, so are my ways higher than your ways, and my thoughts than your thoughts.
*D&C 88:11 And the light which shineth, which giveth you light, is through him who enlighteneth your eyes, which is the same light that **quickeneth your understandings**
*Matt 12:25 And Jesus knew their **thoughts,**
*Mark 7:20-21 And he said, That which cometh of the man, that defileth the man. For from within, out of the heart of men, proceed evil **thoughts**...
*Luke 5:22 Jesus perceived their **thoughts,** he answering said unto them, what reason ye in your hearts?
*Luke 6:8 But he knew their **thoughts**...
*2 Cor. 10:5 Bring into captivity every **thought** to the obedience of Christ
*Philip 4:8 Whatever things are true, honest, pure, or lovely, **think** on these things,
*2 Ne. 9:39 Remember, to be **carnally-minded** is death, and to be **spiritually-minded** is life eternal (S.M.I.L.E.)
*Alma 12:14 ...and our **thoughts** will also condemn us
*Hel 10:2-3 Nephi went his way, **pondering** upon the things which the Lord had shown
*3 Ne 17:3 Go to your homes and ponder upon the things which I have said.
*Mosiah 4:30 If ye do not watch yourselves, and your **thoughts,** ye must perish.
*Alma 12:14 Our **thoughts** will condemn us
*D&C 6:15 thou knowest that thou hast inquired of me and I did enlighten thy mind
*D&C 6:16 Only God knows the **thoughts** and intents of thy heart,
*D&C 33:1 Behold, I say unto you open ye your ears and hearken to the voice of the Lord your God, and is a discerner of the **thoughts** and intents of the heart
*D&C 6:36 Look unto me in every **thought**
*D&C 30:3 **Ponder** upon the things which you have received
*D&C 84:85 Treasure up in your **minds** the words of life
*D&C 88:69 Cast away your idle **thoughts**
*D&C 88:109 The **thoughts** of men's hearts will be revealed,
*D&C 121:45 Let virtue garnish thy **thoughts** unceasingly
*D&C 138: 1 I sat in my room **pondering** over the scriptures
*Moses 8:22 Every man's **thoughts** were evil continually
*JS 1:74 Our **minds** being now enlightened, we began to have the scriptures laid open to our understandings, and the true meaning and intention of their more mysterious passages revealed unto us
Laws of Thoughts:
1. Thoughts are creative forces.
2. Thoughts are magnetic and attract similar and like energies.
3. The clearer your thoughts, the stronger the attraction
4. You can choose your thoughts.
5. Thoughts direct your attention and your attention directs your life.

OBSERVE YOUR THOUGHTS. CHOOSE THEM WISELY.

AFFIRMATIONS

This is truly the best life.
I know that God delights in blessing me.
I know that God delights in me as His child.
My Heavenly Father delights in me and will give me the desires of my heart!
People who Delight are a delight!
I trust myself.
I encourage myself with positive self-talk.
I use a personal success motto.
I act as if I'm the world's greatest....I am after all.
I embrace a challenge and delight in it.
I support others and allow others to support me.
I stand strong, I am strong.
I am so excited for all the good that flows my way.
It is coming to me easily.
I accept my life for what it is and I am committed to putting forth the effort to change it.
I am believing that the best is possible.
I am seeing the good in all things.
I am seeing more of the good in myself.
Everything happens for a reason, and that reason is there to serve me.
I trust myself. I trust God.
I accept the "timing" of God.
I expect and receive miracles.
Nothing is anything until I make it something.