



How to Live a Blessed and Happy Life By Mel Bond

In my studies of the Bible and my personal experience, I have found there to be specific things we can do to have a happy and blessed life. I believe the following actions will benefit you, too.

1. Commit to God

The same degree that we are committed to our local Church is the same degree we are committed to God (Ephesians 1:22-23). The Church is His body, the fullness of Him.

2. We must read God's Word daily

Mankind cannot live without God's Word (Matthew 4:4). We must have daily bread. (Matthew 6:11). The greatest strength comes from the Epistles.

3. We must pray God's Word daily to Him (Matthew 6:10-16)

Jesus (Who is the Word of God according to John 1:1,14) is the way, the truth, and the life: no man cometh unto the Father but by Jesus. Praying is talking to God, and we can only talk to the Lord in agreement with His Word. I strongly suggest praying the Ephesians prayer in the first person. It can be found in Ephesians 1:17-19 and Ephesians 3:14-20.

4. We must guard every thought

The devil's thoughts are seeds of destruction. Any small thought that is from satan will eventually cause destruction in one's life. The devil comes to steal, kill, and destroy (John 10:10). We must make every thought obey God's Word (II Corinthians 10:3-5). If we are not totally positive that EVERY thought that comes to us is from God, we must not let it stay in our minds. We must replace that thought with one that is of God. Jesus said, He came to give us life and to give it to us more abundantly (John 10:10). To learn more about the importance of guarding every thought, read my book, "Defeating Satan's Strongholds."

5. We must have actions

If we say we have faith but do not have natural actions of what the Word says, then all we have is devil faith (James 2:19-20). Even the devils in hell say there is a God. They all say the Word of God is true, but they will not act on it. If we are sick, we MUST act well!

Illustration: For a human to stay alive, they must do four things every day:

- 1) Breathe
- 2) Drink water
- 3) Eat
- 4) Exercise

In like manner, we have an eternal spirit, and it must have four things every day to stay alive spiritually. Every day, we MUST:

- 1) Read God's Word
- 2) Talk to the Lord (prayer)
- 3) Guard our thoughts
- 4) Act like God's Word is true.

These things are not bondage or bad. They are enjoyable, and they cause us to stay alive.

If you have a more serious problem, you need more of God's Word, more of God's medicine, in your life. In this case, find scripture to support your needs and confess it audibly hundreds of times every day. God's Word is referred to as medicine for our flesh. The Hebrew word for health in Proverbs 4:22 is co-equally rendered as *medicine*.

On my website, you will find a free, downloadable document titled "Scripture Verses to Claim Your Healing." I encourage you to incorporate these verses into your daily routine to fight the attacks of satan.

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