

The Gift of Joy

Finding Pleasure in Everyday Living

DEBBIE SUTTMAN



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Finding Blessings in Everyday Things

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God has a plan for us and He wants us to trust his goodness and follow him with thoughts of love and a heart full of joy. Life is not defined simply by the big moments, but by the truth within each step, each word, and each action. Immersing ourselves within our own unique lives and living fully allows us to discover God's great love and joy, and all that God created us to become. Also by Debbie Suttman - THE GIFT OF LOVE: Create a Life of Joy and Abundance

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First Edition

Part I

Bring yourself to the world

Bring yourself into the world, do not bring the world inside of you. Anything in the world that you are afraid of losing or unwilling to give up controls you. You serve those things with your life in order to keep them.

If you wish to live a joyful life you cannot serve the things of the world.

When any part of your life is so complicated that you cannot imagine the process of breaking free from it, you are bound by it. If your home is so cluttered with the past that it would take years to move, or you are so necessary to your work that you could never move on without the company being able to move on without you, or you are the only one in your family who knows how to manage your family life, you are a prisoner to that life.

If you wish to live a joyful life, you cannot be a prisoner to anything in the world.

We are here to bring ourselves to the world, not to bring the world into ourselves. We cannot be free to become who God has created us to become if we are

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unable to flow through life as we are called. God tells us there is a time and a place for all things. If we cannot accept that there is loss, newness, endings and beginnings, winter and summer, spring and fall, birth and death, joining and letting go, we will be unable to live life freely.

Several times in the bible, God asks the people to be prepared for his coming and his calling for them. In the same way he asks us to always be prepared for his coming and his calling. Be prepared for whatever it is that God calls us to do. Have your life in order, have your affairs in order, have your possessions in order, and have your heart and mind clear, so that at anytime you can follow the path God has blessed and prepared for you.

When God calls us forward, he does not call us into something detrimental to our health and well-being, he calls us forward into his abundance, his goodness, and to a fuller version of ourselves.

So often people will run and hide when God calls them forward. They will run to something less than where there were, and less than who they are, because they are afraid

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that God is calling them in order to punish them or serve justice, like a policeman coming to serve a warrant.

God does not serve warrants

God is not a police officer. He does not serve warrants for punishment or trial. He serves forgiveness and love and kindness and goodness. If God comes calling to your door, it is always in your best interest to answer the door. Too many people live their lives on the run from a God they believe to be unmerciful and unkind. That is not the God who created us and created so much beauty in this world. If you have never looked thoroughly at the nature of the God created earth, it would do anyone good, to observe the wonders of nature available at all times on the earth.

That is our God. That is our creator, and that is what he is capable of presenting to and for you.

The Present or the Past

If you want to live a joyful life, you must realize that you cannot live in the present and the past at the same time. If you are clinging to previous relationships, previous jobs,

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previous homes, or previous experiences, you cannot live joyfully in the present.

If you do cling to the past, the mind will pull you back to the past every time you are challenged in any way in the present. If you cling to a great deal of the past, you will find yourself in the past most of the time. You will be unable to see the real people you are with, the current career you are building, the home you now have and the opportunities that come to you in every moment asking you to grow and change and create a better and better world for yourself.

There is no joy in the past. There is nothing in the past really. The life of a moment ends when the moment ends, just like the life of a plant ends when it withers into nothingness. It is easy to see when a plant is dead and worthless to us, but not so clear when an experience is over and lifeless.

If nothing is happening in your life at the moment, other than what your mind tells you about the past, there is no joy in your living. Joy is only present in the current moment. There is no other moment and no other time. If you are not present in the now, you are simply missing your life. Missing out on the love of your partner, missing out on your

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kids growing up, missing out on the excitement of your career, missing out on the beauty of the earth, and the connection with your friends, missing out on the thrill and rush of being fully alive.

Anything that ties you to the past is simply a string holding you down, like those that bind a hot air balloon to the earth until it is ready to soar. Where is the excitement in sitting in a hot air balloon for endless hours and days and years waiting for something to happen?

Cut the Strings

Cut the strings of your hot air balloon, of your past, and let yourself float away and see what your world is really all about. Imagine the beauty and majesty, the wonder and awe, the inspiration, the freedom that is awaiting you, in the moment you cut those strings and move upward.

Remember too, that a hot air balloon rises gently. It does not take off like a rocket, blow out all of its air and fizzle quickly to the earth like a party balloon. That is not what living is about. Life is a gentle flow, a gentle ride, a gentle walk that allows you to be present and fully experience the moments that come to you. It allows you to

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