

Happiness and Free Will

You are blessed! One of the greatest blessings God has given you is the ability to make choices. We call this free will.

Free will is the gift God gives us to allow us to make our own choices. Each time we make a choice, God hopes we will choose what is good and right and what helps us become the-best-version-of-ourselves.

God has given you free will and he wants you to become a great decision maker. You are young and it might seem like people are always telling you what to do. But you exercise your free will in a hundred ways every day. What are some of the ways you have exercised your free will this week?

God wants to teach you how to make great decisions and do the right thing because he wants you to be happy.

Doing the right thing is also one of the ways we show that we love God, others, and ourselves. God wants your love to be large and generous. He wants you to be kind, loving, thoughtful, compassionate, helpful, and accepting.

Learn to say yes with God. This means that before you say yes to anything, ask yourself: Would God want me to say yes to this? Will this help me become the-best-version-of-myself?

Learn to say no with God too. Before you say no to anything, ask yourself: Would God want me to say no to this?

Say yes with God and say no with God, and your love of God and neighbor will be large and generous. This is the path to happiness.

