



# Daily Reflections

**November 2, 2016**

---

## Scripture

### **Wisdom 3:1-9**

The souls of the just are in the hand of God,  
and no torment shall touch them.

They seemed, in the view of the foolish, to be dead;  
and their passing away was thought an affliction  
and their going forth from us, utter destruction.  
But they are in peace.

For if before men, indeed, they be punished,  
yet is their hope full of immortality;  
chastised a little, they shall be greatly blessed,  
because God tried them  
and found them worthy of himself.

As gold in the furnace, he proved them,  
and as sacrificial offerings he took them to himself.  
In the time of their visitation they shall shine,  
and shall dart about as sparks through stubble;

they shall judge nations and rule over peoples,  
and the LORD shall be their King forever.  
Those who trust in him shall understand truth,  
and the faithful shall abide with him in love:  
because grace and mercy are with his holy ones,  
and his care is with his elect.

---

## **Our Scripture Reflection**

Today, we celebrate the Feast of All Souls whereby we remember our loved ones who have died. In a society that has in large part lost a sense of eternal life, we are reminded at today's feast that we were created by God and we belong to Him. It is His desire that all people might be saved (I Tim. 2: 3-4). May we, by the way we live our lives here on earth, show our desire to be with God forever.

---

## **Food for your Journey**

After years of extensive research, psychologists have discovered at least nine practices -- all of which are under our control -- that lead to happiness. What I find especially compelling is that all nine of these happiness traits are taught in the Bible .... They are also confirmed by experience. So when it comes to overall life contentment, science, experience and Scripture are in complete agreement. The following nine attitudes and behaviors make people content:

- Contented people use trials as growth opportunities.
- Contented people cultivate optimism.
- Contented people focus on the present.
- Contented people practice forgiveness.
- Contented people practice generosity.
- Contented people nurture relationships.
- Contented people express gratitude.
- Contented people care for their bodies.
- Contented people care for their souls.

--Martin Thielen, *Searching for Happiness: How Generosity, Faith, and Other Spiritual Habits Can Lead to a Full Life* (Westminster John Knox, 2016), 17.

---

## **Prayer from the Heart**

Dear Jesus, You sent Your only Son to give His life for us so that we may one day experience new and eternal life. Please give me the Grace to spend each day of my life living Your way so that I may enjoy Heaven with You forever. Amen.