

gratitude in your heart. You cannot be bitter, resentful, or mean-spirited when you are grateful.

Be thankful for the wonderful blessings that are yours. Be grateful for the tremendous opportunities you have. Be thankful to your parents. Let them know of your gratitude. Thank your friends and your teachers. Express appreciation to everyone who does you a favor or assists you in any way.

Thank your Heavenly Father for His goodness to you. You can express your gratitude to God by acknowledging His hand in all things, thanking Him for all that He gives you, keeping His commandments, and serving others. Thank Him for His Beloved Son, Jesus Christ. Express thanks for the Savior's great example, for His teachings, for His out-reaching hand to lift and help, for His infinite Atonement.

Thank the Lord for His restored Church. Thank Him for all that it offers you. Thank Him for friends and family. Let a spirit of thanksgiving guide and bless your days and nights. Work at being grateful. You will find that it yields wonderful results.

Additional references: Psalm 100:3–4; Luke 17:11–19; Mosiah 2:19–22; Alma 34:38; D&C 59:7

Happiness

Testifying of God's "eternal purposes," the prophet Lehi taught, "Men are, that they might have joy" (2 Nephi 2:15, 25).

Heavenly Father desires that we find true, lasting happiness. Our happiness is the design of all the blessings He gives us—gospel teachings, commandments, priesthood ordinances, family relationships, prophets, temples, the beauties of creation, and even the opportunity to experience adversity. His plan for our salvation is often called "the great plan of happiness" (Alma 42:8). He sent His Beloved Son to carry out the Atonement so we can be happy in this life and receive a fulness of joy in the eternities.

Many people try to find happiness and fulfillment in activities that are contrary to the Lord's commandments.

Heaven

Ignoring God's plan for them, they reject the only source of real happiness. They give in to the devil, who "seeketh that all men might be miserable like unto himself" (2 Nephi 2:27). Eventually they learn the truth of Alma's warning to his son Corianton: "Wickedness never was happiness" (Alma 41:10).

Others seek only to have fun in life. With this as their main goal, they allow temporary pleasure to distract them from lasting happiness. They rob themselves of the enduring joys of spiritual growth, service, and hard work.

As you seek to be happy, remember that the only way to real happiness is to live the gospel. You will find peaceful, eternal happiness as you strive to keep the commandments, pray for strength, repent of your sins, participate in wholesome activities, and give meaningful service. You will learn to have fun within the limits set by a loving Father in Heaven.

Your happiness can be contagious. As others observe you, they may desire to know the source of your joy. Then they can also experience the happiness that comes through living the gospel of Jesus Christ.

Additional references: Psalm 35:9; 2 Nephi 5:27; Mosiah 2:41; 3 Nephi 17:18–20; 4 Nephi 1:15–16; D&C 18:10–16

See also Missionary Work; Plan of Salvation; Service

Heaven

In the scriptures, the word *heaven* is used in two basic ways. First, it refers to the place where God lives, which is the ultimate home of the faithful (see Mosiah 2:41). Second, it refers to the expanse around the earth (see Genesis 1:1).

Additional references: Psalm 11:4; Matthew 6:9; 1 Nephi 1:8; Mosiah 3:8; D&C 20:17

See also Kingdoms of Glory