

# Brainerd's Five Keys to Happiness

## *Psalm 128*

David Brainerd (1718–1747), a missionary who had a particularly fruitful ministry among the Delaware Indians of New Jersey, wrote: “My Dear Brother, There is but one thing that deserves our highest care and most ardent desires; and that is that we may answer the great end for which we were made: to glorify God and do all the good we possibly can to our fellow men. If you desire to make your soul happy in this and the coming world, observe these few directions:



**1. Take Life Seriously.** Daily endeavor to practice a life of seriousness and strict sobriety. Solomon will tell you the great advantage of such a life (*Eccl. 7:3-4*).

**2. Use Your Limited Time Wisely.** Be careful to make a good improvement of precious time. When you cease from labor, fill up your time in reading, meditation, and prayer: And while your hands are laboring, let your heart be employed as much as possible in divine thoughts.

**3. Whatever You Do, Do It Well for God.** Take heed that you faithfully perform the business you have to do in the world from a regard to the commands of God; and not from an ambitious desire of being esteemed better than others. We should always look upon ourselves as God's servants, placed in God's world to do His work; and accordingly labor faithfully for Him.

**4. Beware of the Deceptive Happiness Offered by this World.** Never expect any satisfaction or happiness from the world. Desire to live in this world only to do and suffer what God allots to you. Find contentment in what God has provided and not be continually seeking for what God has given to others.

**5. Rely on God's Strength.** Never think that you can live for God by your own power or strength; but always look to, and rely on, Him for assistance. There is no greater truth than this, “that we can do nothing of ourselves” (*John 15:5*).”

~George Zeller: [www.middletonbiblechurch.org](http://www.middletonbiblechurch.org)

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