

The Lakeside



Message in a bottle

Verse of the day for Monday August 3, 2026 - Galatians 5: 16-17

So I say, live by the Spirit, and you will not gratify the desires of the sinful nature. For the sinful nature desires what is contrary to the Spirit, and the Spirit what is contrary to the sinful nature. They are in conflict with each other, so that you do not do what you want.

Read Galatians 5 for meditation and inspiration.

Joy vs. Misery

Dear Lakesiders and Friends,

A wise old preacher compiled a list of “rules” that people who seem devoted to making things miserable for themselves and others follow— taking the joy out of life in the process.

Rule number one: Feel sorry for yourself. This is a perfect place to start. Nothing is more certain to make you miserable than self-pity. “Poor me. Nobody understands my troubles.” Be sure to insist that your own troubles are more troublesome than those of others and, by all means, focus only on your own misery.

Rule number two: Worry! Focus on things that could happen but probably won’t. All kinds of worrisome things might happen if you look for them. When you feel as if the universe is “out to get you,” of course, you’re going to see traps and hidden agendas everywhere—even though, for the most part, they don’t exist.

Rule number three: Complain! Find fault with everything. There is no person or thing in which an expert complainer cannot find flaws. No matter what happens, finding something awful about it is never too difficult. As I like to say, when life gives you lemonade, make lemons.

Rule number four: Insist on always having your own way. Don’t cooperate. Don’t compromise. Don’t ever give in. On a planet of seven billion people, your experiences are so unique and unfathomable that anyone who attempts not to completely connect with you or understand you is either patronizing or outright manipulative. You need to spend a lifetime convincing people how wrong they are about, well, everything.

Rule number five: Ridicule! Make someone else as miserable as yourself. Put effort into being critical and try to excel at being a contrarian which is sure to set you apart from others. Speak your mind without considering the impact your words or tone might have on other people. Focus on what’s missing in your life and how much you’re suffering and feel that others must join you in that suffering.

Rule number six: Overreact! Make a mountain out of a molehill. Accentuate the negative. Emphasize the worst in people. Be constantly on the lookout for people who slight and hurt you. Don't voluntarily participate in church and community life but do get very offended when you aren't included.

Rule number seven: Be self-centered! Don't be concerned about what others are going through. Don't do anything that doesn't give you something back. Watch out only for yourself.

HOWEVER, HOW ABOUT ONE RULE FOR HAPPINESS:

For thou, O Lord, hast made me glad by thy work; at the works of thy hands I sing for joy. Psalm 92:4

**FOCUS ON JESUS, PRAY TO YOUR FATHER, REJOICE IN
THE SPIRIT AND YOU WILL FIND PROFOUND GLADNESS,
JOY, AND HAPPINESS.**

For your Spiritual Happiness,

A handwritten signature in cursive script, appearing to read 'Roger'.

Roger