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*Forgiven  
and Happy*





*Psalm 103:1,11,12*

*Praise the Lord,  
O my soul . . .  
For as high as the heavens  
are above the earth,  
so great is his love  
for those who fear him,  
as far as the east is  
from the west  
so far has he removed  
our transgressions  
from us.*

## *The Psalms*

I kinda' like to read the Psalms,  
they have good news to share,  
They tell us we should praise the Lord  
for all His love and care.  
They also give the future  
written out in black and white  
Of what will happen to the good  
and those who don't do right.

Of course we know of David  
with his trusty little sling  
And how he killed Goliath  
and great victory did win.  
Not only was he famous  
for the great things that he did  
But he loved God with all his heart  
when he was just a kid.

And David also played a harp  
and wrote a lot of songs,  
He also made some bad mistakes  
but repented of his wrongs.  
So God loved him an awful lot  
because he was sincere  
And David found forgiveness  
which filled his soul  
with cheer.



If you will read the Psalms again  
they might bring peace of mind  
And if we think on 'em a bit  
a lot of stuff we'll find  
That gives us strength for dreary days  
when we feel tired and weak,  
God knows we have some days like that  
and knows whereof we speak.

I guess some verses I like best  
is where it says to me  
That we should always praise the Lord  
until His Face we see.  
And if He lives within our heart  
He'll lead us safely o'er  
The banks of Jordan's River  
and reach Heaven's golden shore.



*Blessed (happy) is he whose transgressions  
are forgiven, whose sins are covered.*

*Psalm 32:1*



To think that I'm a child of God  
just almost blows my mind,  
But if you read the Scriptures, friend,  
this concept you will find.

The folks who choose to follow Christ  
are in God's family tree  
And that's as good as it can get  
for folks like you and me.

Some people try a lot of stuff  
to make their lives complete  
But if you have no peace of mind  
God's love is hard to beat.

Don't try to make your way alone  
when life is mean and tough,  
Techniques that you have tried for years  
just may not be enough.

So trust in God, hold to His Hand  
and give to Him your heart,  
You'll wonder why you took so long  
to make this kind of start.

The folks who really love the Lord  
have 'something up their sleeve'  
That's given them a happy heart  
and helped them to believe.

So think on this a little bit  
and don't too long delay--  
It's great to be a child of God  
and share His love each day.

*to those who believe  
in his name, he gave  
the right to become  
children of God  
John 1:12*





It must please God an awful lot  
when people smile and sing  
And have a heart that's full of love  
with thanks for everything.  
They don't request a lot of stuff  
they really do not need  
Nor do they write a big long list  
to hand to God to read.

It's really kinda' strange, you know,  
how some folks stew and fret  
And worry over lots of things  
they really should forget.  
How happy are the trusting folks  
who really give to God  
Their present and their future, too,  
till angels give their nod.

## *The Best Answer*

Some folks will worry day and night  
(and hardly take a break)  
About a lot of trifling things  
that keep them wide awake.  
They toss and turn from side to side  
and sometimes take a pill  
And hope they'll get a bit of sleep  
while it is dark and still.

When small stuff kinda' gets your goat  
and nags away at you  
Just give your problems to the Lord,  
He'll know just what to do.  
If you need to apologize  
for what you've done or said  
Those magic words may give you peace  
and clear things in your head.

I think it's kinda' foolish, too,  
if someone did you wrong  
To keep that thing deep in your heart  
and let it steal your song.  
It's better far to just forgive  
and get it off your chest,  
Then when you go to bed at night  
you'll get a good night's rest.



*... if you hold  
anything against  
anyone, forgive  
him Mark 11:25*



## *Laughter*



Have you a good sense  
of humor  
as you live from day to day  
Or do you find it's hard to laugh  
no matter what folks say?  
If you can't snicker now and then  
and even laugh out loud  
You may not be invited much  
to join a happy crowd.

Laughter is good medicine,  
it makes your mind relax--  
I wonder if it might prevent  
some future heart attacks.  
To laugh a lot relaxes you  
and helps your blood flow free,  
It's good for body, mind, and soul  
and doctors will agree.

But if you want to live uptight  
and hassle stress and strain  
The chances are you'll feel depressed  
and often will complain.  
Why not try laughing every day  
and smile at folks you meet?  
It might bring joy into your life  
and that is hard to beat.

## *Try Forgiveness*

I guess I'll always be amazed--  
    when Christ was crucified  
By people He had fed and healed,  
    then just before He died  
He asked God to forgive them  
    “for they know not what they do,”  
No one but Jesus would do that,  
    then He forgave them, too.

We know that Jesus died for all  
    who will His Word obey  
And though it made folks happy then  
    it's still the same today.  
There's nothing like forgiveness  
    that can set your spirit free  
And fill your cup with happiness  
    the way it oughta' be.

So next time you are angry  
    and folks rankle you a bit  
Forgive 'em for the whole nine yards  
    and then be through with it.





*What  
Would  
Happen  
If . . . ?*

If everyone was happy  
would it put folks out of work?  
What would they do with all the pills  
that one buys from a clerk?  
Would Ely Lilly, Merck, and Squibb  
who make those tons of meds  
Lay people off because they'd find  
the sick aren't in their beds?

If no one had a headache  
or no stress of any kind  
Psychologists and therapists  
some other work would find.  
The Doc's who treat folk's ulcers  
and the ever-beating heart  
Could also have much less to do--  
would their job fall apart?

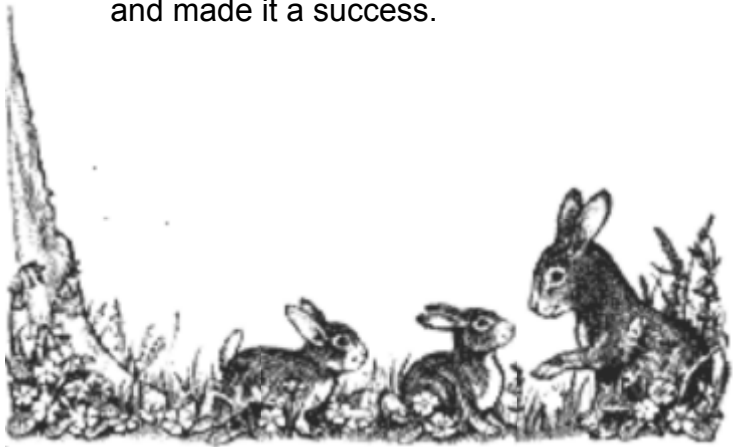
This might affect the lawyers, too,  
their work load would decrease  
For happy families don't divorce--  
they live in love and peace.  
They also wouldn't bring a suit  
against their fellowman,  
They'd reconcile their differences  
and do the best they can.

The folks who make the booze and drugs  
would also give pink slips  
For if you're happy you don't need  
that stuff to touch your lips.  
Police would find much less to do,  
the jailer could relax;  
If everyone was happy, folks,  
we'd live life to the max.



## *School*

I know you've heard of schools of fish,  
I wonder, does that mean  
No other creatures God has made  
has any classroom seen?  
Who teaches little birds to sing  
or kittens how to purr,  
Or koala bears to sit on limbs  
while holding mother's fur?  
The elephants and kangaroos  
all know what they should do  
And none of them have gone to school  
but they are right smart, too.  
I've thought about this for a while  
and this is what I guess  
God introduced home-schooling  
and made it a success.





I like the common people  
for they make good sense to me;  
They really know what life's about  
this you can plainly see.  
They promise things and keep their word;  
they look you in the eye,  
For most of them are first class folks--  
not those who cheat and lie.  
They have a view that's pretty smart  
on issues of the day,  
On politics and woman's lib  
they've quite a bit to say.  
They seem to know what works in life  
and what is bound to fail,  
They don't waste time on worrying  
and seldom are in jail.  
They much prefer to spend their time  
on things that count a lot;  
They teach their kids important stuff  
so they won't go to pot.  
They also teach them how to pray  
and how to trust in God,  
And when their kids are doing well  
they smile and give a nod.  
If you can pick your parents  
you are mighty smart to choose  
A common man and woman  
who are upright in their views.



## *Tough Days*

Sometimes our days are kinda' tough,  
we feel depressed and blue,  
We're really not on top th' heap  
so what's a guy to do?  
It's not too smart to sit and cry  
and wallow in our plight,  
There must be something we can do  
to make things turn out right.

Now when I wonder what to do  
and think on it a while  
It seems the best thing we can do  
is give the world a smile.  
And if we're smiling through and through  
our attitude will change  
And we'll start counting blessings  
which really isn't strange

For when one has a happy heart  
and counts his blessings, too,  
He's bound to rise above the storm  
and feel his strength renew.  
So don't succumb to lousy days,  
get up and do your part,  
God wants to fill your cup and then  
you'll have a joyful heart.

## *Sleep*



When I was just a little kid  
I heard of young Boy Blue  
Who wasn't too ambitious  
when there was work to do.  
The story goes that when he should  
have tended to the sheep  
He just hid beneath a haystack  
and lay there "fast asleep."

Does this mean that he dropped right off  
as soon as eyes were closed  
And had no dreams or nightmares  
as he lay there fast and dozed?  
I've never heard of "slow sleep"  
although that well may be  
The way a lot of folks drop off  
perhaps like you and me.

And if a guy is "sound asleep"  
does he not make a sound?  
Or does it mean he snores and talks  
to get himself unwound?  
Perhaps I'll never figure out  
the if's and and's of sleep,  
It just might be I'd have less stress  
if I'd just count some sheep.



## *The Seniors*

By the time folks get near eighty  
they have learned a lot of stuff  
And yet in our fast-moving world  
sometimes it's not enough  
To keep us up on top th' heap  
with things we oughta' know,  
But it could be we struggle some  
because our steps are slow.

And I would guess another thing  
that slows us down a bit  
Is that we've figured some things out  
as in our chair we sit.  
We see success for what it is,  
we watch folks at the top  
And find that those who always rush  
just may not want to stop.

It's hard to smell the flowers  
if you're always on the run  
And folks who are too busy  
well may miss the setting sun.  
The oldsters who have lived a while  
may have it figured out  
Why God put us on planet earth  
and why we're here no doubt.

So don't ignore the older folks  
and think they are not smart  
For they have learned a lot of things  
that they keep in their heart.  
It just might be when life is tough  
and you've a rainy day  
You'll find they have a list'ning ear  
and like the things they say.



*It's hard to smell the flowers  
if you're always on the run.*

*The  
Vet*



A doctor who treats animals  
must really be quite smart  
For animals can't tell the Doc  
if it's its head or heart  
That makes it feel down in the dumps  
with head a' hangin' low,  
And if their tail is dragging, too,  
they're pretty sick, you know.

The Vet can't understand meows,  
a whinny, or a bark,  
I've never heard a ferret talk  
when it hides in the dark.  
It must upset the Doc a bit  
when he just has to guess  
About the medicine he gives--  
should it be more or less?

When treatment is a guessing game  
for those that cannot speak  
And if the Vet says, "Open wide  
so I can take a peek"  
The animal may eye the Vet  
and wonder what he said  
And even give a wistful look  
with heart that's full of dread.

I know I could not be a Vet,  
I know I'd sorry be  
When cats, or dogs, or horses  
would look wistfully at me.  
No doubt I'd have to specialize  
on those that can be heard  
And only treat just parrots  
and the talking myna bird.



## *Granny-proof*

I find some stuff is Granny-proof  
I try to break into,  
When stuff is wrapped up very tight  
what should we oldsters do?  
If we take paring knife in hand  
or get our scissors out  
We still will hassle quite a while  
to open stuff, no doubt.

The plastic that we have now days  
is really pretty tough;  
When Granny's try to open things  
it makes 'em huff and puff.  
But if we had no plastic wrap,  
no plastic bags, and such  
It sure would foul our living up  
for we use them so much.  
So I will worry not a whit,  
I'll use that plastic stuff  
Because in my retirement  
I sure have time enough.





Some folks like home cooking and get in their car  
And travel the highway--no matter how far

To find a cafe that has good stuff to eat  
That tastes like home cooking and that's  
hard to beat.

When dinner is finished they're stuffed to the gills  
And out comes the wallet to pay all the bills.

Of course they're expected to tip ten percent  
Or maybe fifteen, it depends where they went.

But I've often wondered if we want good food  
Why not stay at home and feed all the brood

And make it a special whole family affair  
That's really home-cooked by everyone there?