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If You Seek The Greatest Treasure In Life.

Treasure. What an intriguing word. We all know of movies, stories about people finding out there is a hidden treasure that includes many riches that hasn't yet been discovered. How people are so dedicated to find it and even put their life on the line just to discover that treasure. What if I told you that in your life, you could find a great treasure. A treasure that has been sought and wanted since the beginning of time. So, what is this treasure? The answer is true everlasting joy. Many people have a mindset that to achieve joy you need to or have: tons of money, a person who is "the one" by your side, follow your heart, or even have tons of substances that give you feelings beyond imagination. However, from experience, looking at people who even have those factors in their life, those factors are not the ones to bring them true joy. You might confuse joy with happiness, it's not the same thing. Happiness is simply a temporary state of being happy. Joy on the other hand, is a limitless, life-defining, and transformative feeling of great pleasure and happiness. So how do we find this great treasure in our lives?

Many people, especially young people in our society think that they will find joy and happiness in drugs, alcohol, partying, etc. Though you might feel good for some time when doing drugs, alcohol, and other substances, that happiness is deceiving. The effects are catastrophically for your health. So basically, you are receiving the temporary happiness at the cost of your own health. From all my personal experiences, I see that people who do those kinds of things, don't

succeed in life. They just get addicted and spend their time and money for something that only damages them in the long run. In my life, instead of using those substances and hanging out with people that do, I find joy by living with God in my heart, and by serving Him and other people. I often play guitar in church in a singing group. Doing so, I know that I am spending my time doing something for someone else, and this brings me happiness. The fact that I know that I am saved from my sins, and I can have eternal life with God after my death makes me want to worship Him and advance His will. I think that finding opportunities where you would serve someone else, and not expecting anything in return, will bring you true joy. This brings more joy and happiness than drugs, alcohol, partying, and everything else ever could.

There are many popular sayings that people can tell you that go in the lines of “you will find joy if you follow your heart”. Basically, to find your purpose and joy in life you need to follow what your heart is telling you. From my life I remember situations where someone cut me off while driving, so I did something unpleasant to that person, whether it was cutting them off in return or tailgating them. At the end of the day, neither me, nor the other person received anything good from that interaction, more like I was replying with revenge to something barely affected me, which seems very childish. This is an example that from our heart as we know can come good, but often come evil desires, which if pursued lead to nothing good. But looking at the people who only follow their heart’s desires, I think that it is a very bad idea to do so, because it will only lead a person to misery. If you are looking for answers to find joy inside your heart, it is like digging a hole under yourself. Instead, having certain principles will help you better at achieving that joy and your life goals in general. An example of this that we can see is in children. When I was a child grow up, I didn’t have any kinds of manners, tended to be quite selfish, and not having a sense of respect, etc. But as I was growing up, my parents taught me what principles I need to

follow, such as respect, manners, etc. This is when the child is growing into an individual who now knows basic principles of life.

Something else that some people may believe will bring them joy is power, riches, and popularity. They think that by having power over others, being able to buy everything they want, and being popular among other people will bring them joy. While all that can bring you temporary happiness, it does not bring you true joy. You could buy many things for yourself, have people cheer for you, or have people under you, but that will only bring you happiness that won't last forever. Trying to satisfy yourself and seeking joy is like going two different ways and trying to get to the same destination. There has been research done among young people and students to see the negative effects of the pursuit of the "The American Dream" which for people was usually the availability in my money and other riches. They conducted three research. The results for the first two showed that the pursuit of success and riches showed negative effects on the mental health of students. They developed depression more often, they became less confident in themselves, and became more worried. The third research showed that the students had harder time accepting themselves and didn't feel like they belonged to their community or their friends. Looking for riches and other goals that will only satisfy you will not bring you true joy, but there is a high possibility that you will experience such negative effects as stated above.

Another source where people try to find joy is in someone else, in "the one". Those people try to find the person that was "meant" for them and that will bring true joy in their lives. Of course, we as humans are made to be in relationships, and there is truly joy found in them. But trying to find that one person that will bring you that joy is simply a useless adventure. The true joy is not found when you look for someone that will bring you it. I am quite young right now and haven't been in many relationships, but I have talked to older, more experienced people on this topic and

all of them say something that goes in the lines of “If you are looking for a perfect human that you think will bring you happiness, you are not going to find one.” In my life there was a period where I really liked one girl, and while we were just talking, I often had thoughts that I am doing something wrong because not everything was going the way that I wanted. It got to a point when I was thinking if she even liked me or not, and I was trying to look for answers. But at end I only got into depression. Eventually we stopped talking, but to get out of that depression that I was in, I started to switch the focus from looking at myself and how sad and pathetic I was, to other people, and toward other people’s needs. After some time passed, I have noticed improvements, I wasn’t as sad as I was before. So, it’s true, true joy will be found when we stop looking and focusing on that one person that will suit you and satisfy your needs, but rather start using our relationships to help someone else and meet others’ needs. If you serve others, you will think less of what you want and what you need, but about the needs of others, and when you start acting toward helping those people, that will bring you joy. I am a Christian who believes in God, and there are many unbelievers who don’t. But I want to use a principle that is universal and that is also in the Bible as an example. In the Bible, it says that we need to treat others like we want to be treated. If you want people to be nice to you, be nice to others. If you want people to respect you, respect them. If you want others to forgive you, you start forgiving others.

In brief, true joy cannot be gained through drugs, alcohol, money, power, popularity. It can’t be found if you are looking for “the one”. Most definitely it cannot be found if you are following your heart, because your evil desires come from your heart. So then where can a person find the greatest treasure in life? The answer is quite short and simple. When you stop trying to satisfy only yourself, and start putting other people in front of yourself, when instead of trying to find something that will satisfy you and bring you happiness, YOU try to bring others happiness

in their life, only then you will be on the path to true lasting joy. The answer is quite short and simple. You will find the greatest treasure in your life, the true joy, only when YOU become the source of that joy and happiness to others. In my life, by looking at people who believe in God with all their heart, for some reason they seem to be different from other people, and when I have given my life to God one day, I now understand that true joy is only found in the presence of God. By no means am I trying to push my faith onto anyone, all I am doing is sharing something that works for me, and everyone like me. You can find true joy in God. In the Bible, Jesus said that the main two commandments are to love God with all your heart and all your mind and love your neighbor (other people) as you would yourself.