

For Reflection
The Happiness of Heaven

All of the angels in heaven are extremely happy. In the Heavenly Doctrine for the New Church we are told “The angels in heaven have all happiness from uses, and according to uses, so that to them uses are heaven” (*Arcana Coelestia* 7038). We are also told that use is defined as “doing good from love by means of wisdom” (*Conjugal Love* 183:3).

The angels have all their happiness from doing good for others because they love the Lord and serving others. When we do uses selflessly (without thinking about our own honor, reputation, or gain), we can also receive a measure of heavenly happiness, even now while on earth.

Here are some steps you can take to seek to experience the happiness of heaven:

- ❖ Acknowledge that all of your inspirations to be useful and kind are from the Lord.
- ❖ Reflect on the happiness inherent in being useful. Think about specific uses that bring you joy (both those inside and outside your occupation).
- ❖ Be open to doing small acts of kindness such as giving a kind word, doing someone a favor, communicating with a loved one, or visiting someone who is sick.