

Finding Happiness

“By accomplishment the mind finds peace and satisfaction. This satisfaction and peace produce a state of mind receptive of a love of useful service from the Lord” (*Conjugal Love* 6:6).

Write about a time when you found great happiness in being useful. Perhaps this was a time when you were able to help a friend or family member who was having difficulty, initiated a new project, or reached someone you'd been trying to help for a long time.