

Forever Blowing Bubbles?

Everyone, except the person "bitten" by it, understands that infatuation and love are totally different. They may feel alike for a while. But, with time, true love increases while infatuation wears thin.

Happiness also has a counterfeit – "bubbles." Bubbles is the psychological phenomenon of the shallow, physical, and fleeting emotion that feels like happiness.

Infatuation [phoney love] and bubbles [fake happiness] are really simply the increase of adrenalin caused by the excitement of something attractive and new. Love, or our lack thereof, is what is left after the adrenalin returns to normal just as our true level of happiness is measured when the bubble-producing adrenalin normalizes. We are left with either the nuggets or dregs of happiness. Happiness and love are enhanced by our analysis of them while bubbles and infatuation say, "Don't look closely at me or you will see my superficiality and be disappointed." Not to look at a diamond is a waste, while scrutinizing a fake, in the same way, destroys the apparent beauty.

Life for many people is going from bubble to bubble only to be disappointed and run out of new bubble options. This is the message of *Ecclesiastes* --

"Come now, I will test you with pleasure to find out what is good." . . . I tried cheering myself with wine, and embracing folly . . . I built houses for myself and planted vineyards. I made gardens and parks . . . I amassed silver and gold for myself . . .

Ecclesiastes 2:1-8

The interesting thing is that as we seek happiness, through the fulfillment of the Spirit, bubbles automatically appear for our enjoyment. But, chasing bubbles simply results in anxiety as they reveal themselves for what they are – or more rightly are not.

Bubbles are sought at the expense of the Spirit, but, the material can only be increased short-term in this way. Then you find the material no longer satisfied and the only hope for happiness has been lost for a short-term adrenalin high.

I have learned to be content whatever the circumstances. I have learned the secret of being content . . . I can do everything through him who gives me strength.

Philippians 4:11-13

Seeking bubbles rather than real happiness leads inevitably to:

Sexual immorality, impurity and debauchery; idolatry and witchcraft; hatred, discord, jealousy, fits of rage, selfish ambition, dissensions, factions and envy; drunkenness, orgies, and the like.

Galatians 5:19-21

Oh, their "fruits" may not be so obvious, but, they are inescapable.

People will argue, "Don't be so fanatical! You have got to be kidding that such little diversions can lead to problems of this type."

But, Spiritual principles are either real or not real! A key Biblical verse states:

Do not worry about . . . what you will eat or drink; or about your body, what you will wear. . . [the bubbles of life] . . . But, seek first his kingdom and his righteousness [the basis of real happiness], and all these things will be given to you as well. ^{Matthew 6:25-33}

Seeking God first, trusting Him for the bubbles He sends us, leads to our having:

The fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness, gentleness and self-control. ^{Galatians 5:22-23}

If bubbles have not satisfied you why not try the alternative? Bubbles are a necessary part of life, yet, we choose whether we seek and serve them or they serve us, as gifts from God. Choose for yourselves this day whom you will serve . . . ^{Joshua 24:15} [Bubbles or God] and expect the promised results to follow.