

Joy does not simply
happen to us. We
have to choose joy
and keep choosing it
every day.

Henri J.M. Nouwen

KatrinaMayer.com

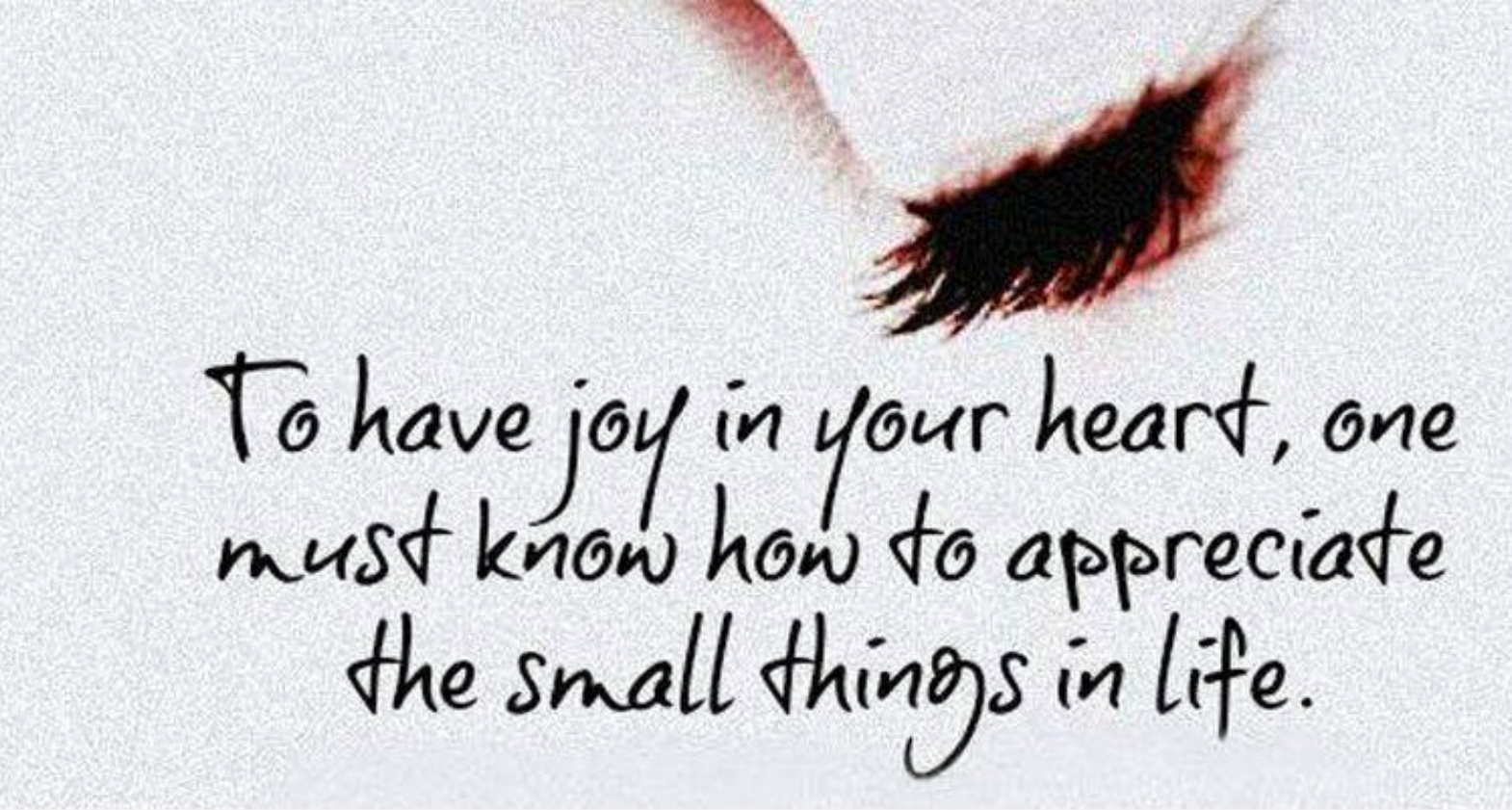
This week in chapel we're thinking about the apostle Paul's list of 'fruits of the spirit' – characteristics that Christians are to grow in... and characteristics that we can all learn from and think about.

The second one is 'joy'. Think about this quote, joy is something distinct and deeper than mere happiness. It is a settled way of being and thinking.

Prayer

Lord, help us to be joyful people as we remember all you have done in Jesus to give us reason to be joyful.

Amen



To have joy in your heart, one must know how to appreciate the small things in life.

GeniusQuotes.net

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The second one is 'joy'. As this quote helps us to think about, we can never be truly joyful if we can't appreciate the small things in life; things like food, water, a roof over our heads, a school to go to...


Prayer

Lord, we thank you for the relative comfort that we live in. Help us to appreciate the smallest things in our lives, that we might be joyful people. Amen



**Happiness lies in the joy of
achievement and the thrill of
creative effort.**

Franklin D. Roosevelt

 BrainyQuote

This week in chapel we're thinking about the apostle Paul's list of 'fruits of the spirit' – characteristics that Christians are to grow in... and characteristics that we can all learn from and think about.

The second one is 'joy'. Although Joy is deeper than happiness, this quote reminds us that we can find happiness and joy in doing things well, and being creative. Do you have this experience in your school work?

Prayer

Lord, help us to work hard, to find joy in achievement and doing a job well.

Amen