

Character Trait Jan 9th – 13th is Joyfulness

Proverbs 11:3, “The integrity of the upright guides them”

Character: the qualities built into an individual's life that determine their responses, regardless of circumstances.

Joyfulness: Maintaining a good attitude, even when faced with difficulty.

Derivation: joy•ful•ness n 1: the state of being joyful; gladness 2: a very glad feeling; great pleasure; delight 3: an expression of joy, such as looks, actions, speech

Weekly Verse: Romans 12:12 “Be joyful in hope, patient in affliction, faithful in prayer.”

Bible Story: David celebrates the return of the Ark to Jerusalem in I Chronicles 15 and 16.

Quote: “The joy of the Lord is your strength.”

Application: 1. Be thankful. Think about 3 things you are thankful for. These are things that you value highly like your family, friends, faith, and health. Acknowledge how your life is better because of them.

2. Write it down. Journal about something good that happens. Writing gives you a chance to think, process, and clarify experiences and ideas. Focus on being thankful about experiences you had during the day.

3. Think deeply. Daily prayer and focused thinking is your opportunity to bring together the first two habits. Highly optimistic people take time each day to relax, reflect, and rejuvenate.

4. Exercise. The better you take care of your body the more healthy your brain will be. Brain function is important to feeling good and thinking positively.

5. Be kind. One of the best ways to feel good about yourself is to do something to help another person in need. Do at least one good deed for someone else every day.

If doing all five of these each day seems overwhelming, try to implement one or two at a time. As the behaviors become habits, add another. If you can integrate even three or four of these into your daily routine you will start living more positively each day.

Discussion Questions:

Is there something in your life that brings you joy every time you do it?

Which of the 5 things listed above are easiest for you? Which are the hardest?