Character Trait Jan 17th – 20th 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**: Psalm 33:1 “Sing joyfully to the LORD, you righteous; it is fitting for the upright to praise him.”

**Bible Story**: Habakkuk 3:17-19 speaks about being joyful in the midst of the worst circumstances. This passage was particularly helpful for my family and gave us hope when my dad died.

**Quote**: “Joy is the infallible sign of the presence of God.”

**Application**: To practice Joyfulness I will:

• Look for the good in all things
• Not give in to discouragement
• Not allow my emotions to rule my mind
• Take time out of every day to reflect on the good things in my life

Being happy is not the same as being joyful. Happiness is a natural response to a pleasant situation. Joyfulness is maintaining that good attitude even when the situation becomes difficult. Joyfulness does not depend on the conditions we face but on the decisions we make.

**Discussion Questions**:

Does our culture value joyfulness? Why did you say “yes” or “no”?

What can you do when you feel yourself start to become discouraged?