



# Joyfulness



# Prayer

I have wakened in Thy shelter, O my God, and it becometh him that seeketh that shelter to abide within the Sanctuary of Thy protection and the Stronghold of Thy defense. Illumine my inner being, O my Lord, with the splendors of the Dayspring of Thy Revelation, even as Thou didst illumine my outer being with the morning light of Thy favor.

(Bahá'u'lláh, Baha'i Prayers, p. 116)

# Quotation

Sorrow not if, in these days and on this earthly plane, things contrary to your wishes have been ordained and manifested by God, for days of blissful joy, of heavenly delight, are assuredly in store for you.

(Baha'u'llah, Gleanings from the Writings of Baha'u'llah, p. 328)

# Discuss the Spiritual Quality

Joyfulness is a sense of happiness deep inside us.

We feel joy when we trust that God is always guiding us and that He loves us no matter what.

True joy comes from things that are permanent, not transitory. Joy helps us through hard times and reminds us to appreciate the gift of life. When we look for happiness inside, we can be joyful.

# Discuss the Spiritual Quality (cont.)

- Can you think of a time when something was hard but you were having fun anyway?
- How can you show joyfulness when doing chores with your family?
- Have you seen someone who was sick but they were still happy? This is joy.

# Story



*Booklet Page 1*

Joy is a feeling deep inside us.



*Booklet Page 2*

We feel joy when we trust that God is guiding us.





*Booklet Page 3*

and remember He loves us no matter what.



*Booklet Page 4*

True joy comes from things like helping others,



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spending time with those we love,



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and doing our very best.



*Booklet Page 7*

Joy helps us through hard times. We can always find it when we remember how much God has blessed us and how much He loves each one of us.



## **Joyfulness (*Virtues In Us #29*)**

The time to be happy is now.

The place to be happy is here.

And the way to be happy is to make others  
happy

and to build a little heaven down here.

## If You're Happy and You Know It

If you're happy and you know it, clap your hands (x2)

*Chorus:* If you're happy and you know it, then your face  
will surely show it

If you're happy and you know it, clap your hands!

If you're happy and you know it, stomp your feet (x2)

*Chorus*

If you're happy and you know it, nod your head (x2)

*Chorus*

# **Activity**

*Let's all practice joyfulness!*