

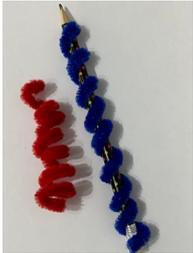
BeJoyful

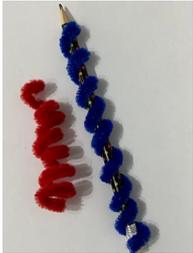
BeSpace activities to bring a sense of peace and joyfulness to your life...

Christians believe that we are called to be joyful despite what we face. This is not the feeling of being happy but a greater depth of emotion. It is possible to be joyful even when we are finding life difficult.

- Joyful paper chains:** What makes you joyful? There is a well-known story in the Bible about a son who left his father's home and went looking for 'joy' in all the wrong places. When he had run out of food, money and friends, he returned home. Amazingly, his father welcomed him back with open arms! Christians believe that God is this loving Father, who can give them true joy, by loving God and loving people around them. Cut out some coloured paper into strips. As you cut them, think of the things, places and people that give you joy. On your strips of paper, draw or write each thing that brings you joy on a different strip of paper. Then as you glue them to make a joyful paperchain, you could pray a "thank you" prayer for all the things that bring joy into your life. See how long you can make your joyful chain!
 

- Joyful Flags:** Flags are often used in celebration, e.g. supporting a football club, sporting events like the Olympics etc... If you have a piece of paper, try to design a flag that looks joyful, can you make it? This can be used as a reminder for when you don't feel joyful. At these times, if you want to you, you can ask God to help you feel joy-full again in the times when it is hard to feel joy. Reflect on the times when you have felt joy – and be glad.
 

- Springs:** Take a pipe cleaner, if you have one, and twist it around your finger to make a spring. Springs are bouncy and fun and can remind us of joy. As you wrap the pipe cleaner around your finger or pencil you can ask God to fill you with joy. You could also reflect on what brings you joy and why. Keep your 'pipe cleaner spring' where you will see it each day, as a reminder that you can always ask God for a deep joy in your life and for your family.
 

- Joy:** On separate pieces of paper or card draw big outline letters: **J**, **O** and **Y** and then cut them out. On each letter write or draw the things that make you feel full of joy. Decorate them and put them on a wall to remind you each day. Why not think of others words you could choose!
 



BeJoyful

“Be joyful in hope, patient in affliction, faithful in prayer.”
Romans 12:12 (NIV)

“Rejoice always, pray continually, give thanks in all circumstances; for this is God's will for you in Christ Jesus.”
1 Thessalonians 5 16-18 (NIV)



Print and cut out your BeJoyful Card to take away...