

Character Trait January 28-February 3 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 126:3 “The LORD has done great things for us, and we are filled with joy.”

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. “Though the fig tree does not bud and there are no grapes on the vines, though the olive crop fails and the fields produce no food, though there are no sheep in the pen and no cattle in the stalls, yet I will rejoice in the Lord, I will be joyful in God my Savior. The Sovereign Lord is my strength; he makes my feet like the feet of a deer, he enables me to tread on the heights.”

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:

- 1) Does our culture value joyfulness? Why did you say “yes” or “no”?
- 2) What can you do when you feel yourself start to become discouraged?