

## Character Trait January 7-13 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

From the Latin word *gaudium* (which means “joy”), we get such words as joy, jest, joke, juggle, and yodel.

Because experiences of great joy are often celebrated with ornamentation, the ornaments themselves came to be known in Latin as *gaud*. In English, we adapted this term in order to describe heavy ornamentation as *gaudy*.

**Weekly Verse:** Psalm 68:3 “But may the righteous be glad and rejoice before God; may they be happy and joyful.”

**Bible Story:** Paul and Silas sing in prison in Acts 16:24-34.

**Quote:** “Joyfulness is not the absence of problems, it is the attitude you have as you deal with the problems.”

**Application:** Centuries of human experience have shown that material things alone cannot produce joy. Joy is not a result of external circumstances. Joy is the quality of one whose purpose in life eclipses the trials of the moment.

It is easy to have a good attitude when everything is going well. The real attitude test comes when things are falling apart or when you must do the same thing day after day.

When your attitude is slow to change, try starting with outward actions that communicate joy. Smile a little, encourage someone else, be grateful for the new day, write a thank-you note, or put extra effort into your work. Before long, your outward actions might influence how you feel—and you can brighten the day for others in the process.

### Discussion Questions:

What is the difference between being happy and being joyful?

Are some people naturally more joyful than others?