

Day 5 Adding Joy to Life

When life seems boring it's not always about creativity and exciting activities. It's also about adding real joy into your life. Joy comes from God and is there even when you are struggling or not feeling happy emotionally.

Let's look at three little words that are all related and come from a Greek root char that is related to health and well-being.

Gratitude in Greek is euCHARista meaning to thanksgiving.

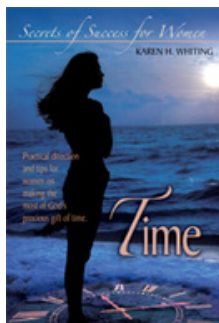
Joy is the Greek word CHARa. It is a noun that means a feeling of inner gladness, delight, or rejoicing. In the New Testament it refers to happiness based on spiritual realities, not what happens.

Grace is the Greek word charis. It is defined as graciousness, benefit, favor, good-will, or thanks.

We rejoice in receiving a blessing or gift and that brings us joy. We express our gratitude or thanks to the giver.

Gratitude and joy are also tied to our attitudes. When we think of reasons to be grateful it turns our mind to joy. If we dwell on what we do not have, we become sad. In Nehemiah 12:43 it stated that "God had made them rejoice with great joy." In God's presence at a time of dedicating the rebuilt wall, they rejoiced. Scriptures command us to be thankful. Joy tends to be within us that often flows when we give thanks.

When we are grateful it's also easier to share our gratitude and let the joy within us show. Here are some ideas to increase your joy and sprinkle others with the joy in you. It's from my book *Secrets of Success for Women: Time*.



Time for joy

An attitude of gratitude fills the heart with joy as does laughter.

You have made known to me the path of life, you will fill me with joy in your presence. Psalm 16:11

ADD SPLASHES OF JOY IN LITTLE MOMENTS

- ❖ Each morning thank God for the day and his presence.
- ❖ Spend daily time reading God's Word.
- ❖ Create a gratitude list of blessings in your life. Read and add to it once a week.
- ❖ Listen to uplifting music.
- ❖ Add humor to life with reading, TV, or joke books.
- ❖ Make bath time special with candlelight, fragrant new soaps, or music.
- ❖ Pray outside.
- ❖ Watch a sunrise or sunset.
- ❖ Walk outdoors and stop to smell the flowers.
- ❖ Snuggle up with a Christian book.



Secrets of Success for Women ~ Time

SPRINKLE OTHERS WITH JOY
AND YOU WILL BE SHOWERED
WITH JOY

- ❖ Compliment others.
- ❖ Lavish loved ones with hugs.
- ❖ Serve others in little ways: make favorite meals, do chores, or write encouraging notes.
- ❖ Spend distraction-free time with loved ones.
- ❖ Plan and hold a girl fun time with friends.
- ❖ Volunteer one hour for needy people.
- ❖ Cuddle with a loved one.
- ❖ With friends, sit by a fire or glowing candles.
- ❖ Send cards to friends.
- ❖ Call a friend to say hello.
- ❖ Call and share your joy with a friend.



Your love has given me great joy and encouragement, because you, brother, have refreshed the hearts of the saints. Philemon 1:7

