



WEEK 3 -2021

JOY

JOY – what an itty-bitty word, yet it has a parachute of possibilities!

Webster defines joy as an emotion evoked by well-being, success, or the prospect of possessing what one desires. Joy is delight.

Marie Kondo, author of *The Kon-Mari Method*, has made a career of helping you empty your home of “stuff”. Her basic principle is helping us decide if our belongings (treasures) spark joy for us. Whoever thought of an object being you joy!! We have always looked at “need” as an evaluative point, but “joy”? What a change in mind set.

Cleaning out a drawer, closet, garage...not a fun project. Can we change our mind set?

There is a bigger picture we could judge with this same principle...our life. Working in my garden brings me joy...and sore muscles...and broken bones...yet I keep at it. Thinking about clothes, furniture, and many smaller objects as bringing me joy...not so much. It is an interesting way to whittle our lives and possessions down.

Could we use this criterion for bigger chapters in our lives? Examples: meetings we attend, volunteer hours we donate, functions we feel we must attend.

Is there a line between joy and duty? Maybe, maybe not. We have all served when our heart was not in it. Without joy, were we really adding joy to that organization? A different slant on the original concept, I realize, but worth giving it more thought.

We think of sharing our knowledge, our talents, our time...what about sharing our joy!?!

Lynne Goodall

Scripture:

Proverbs 11:24

Psalms 5:11-12

John 16:19-24

Psalms 16:9

Philemon 1:7

Isaiah 58:11

Psalms 33:21-22

Isaiah 51:10