



FRUITS OF THE HOLY SPIRIT
APRIL

Joy ~ joie

“The fruit of joy thrives in Christ’s resurrection helps us to endure struggles that we encounter in daily life.

Joy is given to us divinely, through intercession of the Holy Spirit, so that the joy that we experience in Christ’s resurrection helps us to endure struggles that we encounter in daily life.”

*“Clap your hands all peoples!
Shout to God with loud songs of Joy.”*

PSALM 47



THEORY OF ACTION

*“If we support and encourage our students,
then they will experience the joy of Christ’s resurrection.”*



Peterborough Victoria
Northumberland and Clarington
Catholic District School Board

Table of Contents

 Daily Prayers	1-5
 Prayer Service / Non Eucharistic Liturgy	6-8
 Catechism of the Catholic Church Reference – Joy	9
 Scriptural References to Joy	10
 Quotes on Joy	11
 Prayer Table Ideas	12

Daily Prayers

1

Dear God,

Throughout the month of April, we pray for the fruit of joy in our lives. Teach us to be joyful and guide us in how to spread that joy to others. Let us become the hands and feet, the mouth and ears that show those around us what love looks like, sounds like, and how it feels. Amen.

2

Dear God,

Thank you for those people who entertain us by giving us the chance to forget our worries and to laugh. We appreciate having in our lives those who make us see fun in being together. Laughing makes our days joyful, and for this gift we are grateful. Remind us to always laugh with each other and not at them as it is important for us to respect the feelings of other always. Amen.

3

Dear God,

Thank you for the gift of friendship. Our friends give us the chance to forget our worries, to share our hopes and to be entertained. Let us always remember to use this gift of friendship to support one another. Let us remember to reach out to others who do not have friends, those who are excluded from fun and laughter because they could be friends we just haven't make yet. Amen.

4

Dear God,

We pray that your will may be done on earth as it is done on heaven. We imagine that in heaven all people are happy, respectful and considerate of one another. May our words and our works this day give the people around us glimpses of heaven here on earth.

5

Dear God,

You are always with me to bring joyfulness to my life. It is so much easier to be around happy people than people who complain. Being optimistic helps us to deal with misfortune as we can always find the bright side to things that happen. Thank you for your love. Help me to bring joy into others' lives by respecting their thoughts and opinions, by overlooking their weaknesses and by admiring their strengths. Amen.

6

Jesus,

Help me to be the best person I can be. Help me to listen to your guidance and teach me to follow your plan to find happiness and joy. Let me be a source of the fruit of joy for others, especially those who others forget, tease or treat badly. Amen.

7

God of Love,

Teach me your ways of love. Help me to bring love and joy to my family, school and peers. Remind me to feel as other feel - sadness when they are sad, happiness when they are happy. Amen.

8

Dear God,
We love to laugh. Help us to laugh every day and to bring happiness to people around us. Let us use the gift of laughter for good. It should never be used to cause another pain or ridicule. Remind us to include others so that they may share in our happiness. Amen.

9

Loving God,
When our world seems bleak, when we walk with sadness on our souls, when we have days in which everything goes wrong, when we struggle to believe in ourselves, when we are filled with anxiety and worries, when our anger flares, we come to You, God, for mercy for feeling lost and alone. May you continue to guide us with your love and help us to overcome these dark moments. Amen.

10

Dear God,
We thank you for the gifts and talents you have given each of us. We pray today that all of us will use our talents to bring joy and happiness to others. Bless our priests and teachers, that they may use their gifts for the good of all, in our parish and school. Bless those who have plenty, that they may use their gifts to help people in need. Amen.

11

Dear God,
May you comfort us when we are upset or sad. Sometimes, others hurt us by their words and actions. Help us to forgive. Amen.

12

Dear God,
We ask today that you continue to guide us to be fair, kind and unselfish with one another. Let us remember that we have a duty to get along with one another and to respect each person regardless of our differences. May we be a source joy to those we meet today. Amen.

13

Dear God,
Give us the courage to support each other and to appreciate all the wonderful gifts each of peers brings to our school. Help us to be kind to each other even when are tired and impatient. Give us the strength to meet all the challenges we face together in order to make our school a place of peace, joy, love and laughter. Amen.

14

Dear God,
Open our eyes and heart to the many graces and blessings that blanket our life with joy. Help our soul awaken with the gratitude that will make us attentive and expectant for the imprint of your hand in our world. We ask this for the sake of your love. Amen.

15

Loving God,

You see us growing up in an unsteady and confusing world. Show us that Your ways give more life than the ways of the world, and that following You is better than chasing after selfish goals. Help us to take failure, not as a measure of our worth, but as a chance for a new start. Give us strength to hold our faith in You and to keep alive our joy in your creation. Amen.

16

Loving God,

Today we pray that we can honestly admit to our shortcomings;
Brilliant enough to accept praise without it making me arrogant;
Tall enough to tower above deceit;
Strong enough to welcome criticism;
Compassionate enough to understand human frailties;
Wise enough to recognize my mistakes;
Humble enough to appreciate greatness;
Staunch enough to stand by my friends;
Human enough to be thoughtful of my neighbours;
And righteous enough to be devoted to the love of God. Amen.

17

Joyful God,

Today we pray that we may give:
To our enemyForgiveness
To our communityService
To a friendKindness and Joy
To all peopleCharity
To my family.....My heart
To my peersA good example
To myselfRespect
Amen.

18

Loving God,

You have made all people of the world to be a family, and Your Son taught us to love one another. Help us to love and understand one another better. Increase among us sympathy, tolerance and goodwill, that we may learn to appreciate the gifts that other people bring to us. Save us from jealousy, hatred and fear, and help us to live together as members of one family. Amen.

19

Dear God,

In troubled times make your presence known to all the peoples of the world so that they may see peace as the only solution. Replace anger and violence in our hearts with joy and tranquility and help us to seek the good in everyone. Cause us all to realize that without you can we do nothing that will bring us peace and joy. Amen.

20

Dear God,
Help us to be strong in spirit, courageous in action, gentle of heart. Let us act in wisdom, conquer our fear and doubt, discover our own hidden gifts. Help us to meet others with compassion, be a source of healing energies, and face each day with hope and joy. Amen.

21

Loving God,
Lead us from sadness to joy, from falsehood to truth. Lead us from despair to hope, from fear to trust. Lead us from hate to love, from war to peace. Let peace will our hearts, our world, our universe. Amen.

22

Dear God,
On this day, may we always remember to act justly, to love kindness, and to walk humbly with God. For this we ask in Your name's sake, Amen.

23

Loving God,
As we strive to live our lives well, and journey into the unknown, may we enjoy the treasures we have found in the field of faith. As we learn to accept our strengths and our weaknesses, and keep searching for the truth, may we open our hearts to the messengers You send us and continue to accept Your constant love for us. Amen.

24

Heavenly Father,
Grant us strength to carry our cross on those days:
When life seems too demanding with all its cares, burdens, and concerns. When we experience great loneliness deep inside and the pain of separation fills our spirits. When we feel the pain of our world and unite in compassion with the world's suffering people. When we feel discouraged, desolate, and depressed and want to withdraw from others. When we harbor old wounds and are called to offer or to receive forgiveness. Help us to take up our cross day by day. Through these crosses we can grow closer to you. Help us to lean on you and learn from you. Amen.

25

Lord,
Make us an instrument of Your peace. Where there is hatred, let me sow love; where there is injury, pardon; where there is doubt, faith; where there is despair, hope; where there is darkness, light; and where there is sadness, hope. Amen.

26

Dear Lord,
Today we pray for our families at home. Help us to grow in love each day. Help us to share our joy with each other and to show our love for each other. Help us to see the good in those around us and to bring joy to others through our actions and words. Amen.

27

Dear God,

Help us to try our best when the path seems difficult or unfair. Help to believe that You are always there to help us. Teach us to share our gifts of laughter, love, patience, kindness and fairness with the friends in our lives. Amen

28

Dear God,

Today we are reminded that you are in every person we meet; so we have a responsibility to show our love for you by caring for those who enter our life. May we be sensitive to those who are unloved and unaccepted. Help us to see Your face in the eyes of the lonely and forgotten. Help us to bring joy to others. For this we ask in Your name, Amen

29

Did You Know? Today the church remembers Saint Catherine of Siena, the second woman to be named as a Doctor of the Catholic Church. Before she died, she spent her life helping the poor and sick in her town. She was a brilliant woman whose advice was welcomed by both ordinary and wealthy people. She arranged for peace by using her God-given talents.

Heavenly Father,

Help us to be kind to those we meet in our classes and on the yard. Help us to spread the joy of Your teachings. Remind us that we reflect Your love to the world. What we do for other people speaks to the world. Help us to act with peace, love and justice with everyone in our lives today. Amen.

30

Dear Jesus,

We pray that You will fill us with Your Holy Spirit, that our lives may be marked with love, goodness and joy. Strengthen us so that we will not become weary in doing good. Let us recognize opportunities to show kindness and compassion, doing good to all people, especially to those in most need. Amen.

Prayer Service / Non Eucharistic Liturgy



Opening Prayer

God, our Father, you have given us our minds with which to think, our hearts with which to love and our bodies with which to do good deeds. Help us in this celebration to appreciate these talents we can use to study, play and pray and to be joyful in the many gifts that you have given us. We pray this in the Holy Spirit with Jesus, our Lord.
Amen.



Old Testament Reading Baruch 5.5-9

A reading from the book of Baruch.

Arise, O Jerusalem, stand upon the height;
Look toward the east,
And see your children gathered from the west and east
at the word of the Holy One,
rejoicing that God has remembered them.
For they went out from you on foot,
led away by their enemies;
But God will bring them back to you,
carried in glory, as on a royal throne.
For God has ordered that every high mountain
and the everlasting hills be made low
and the valleys filled up, to make level ground,
so that Israel may walk safely in the glory of God.
The woods and every fragrant tree
have shaded Israel at God's command.
For God will lead Israel with joy,
in the light of his glory, with the mercy and righteousness that come from him.
The Word of the Lord. *Thanks be to God.*



Responsorial Psalm Psalm 105

The response to the psalm is *"Let us sing praise to the Lord, our God."*

O give thanks to the Lord, call on his name, make known his deeds among the peoples. *R*

Sing to him, sing praises to him; tell of all his wonderful works. *R*

Glory in his holy name; let the hearts of those who seek the Lord rejoice. *R*



Second Reading (Optional) **Galatians 5.22-26**

A reading from the letter of Paul to the Galatians.

By contrast, the fruit of the Spirit is love, joy, peace, patience, kindness, generosity, faithfulness, gentleness, and self-control. There is no law against such things. And those who belong to Jesus Christ have crucified the flesh with its passions and desires. If we live by the Spirit, let us also be guided by the Spirit. Let us not become conceited, competing against one another, envying one another.

The Word of the Lord. *Thanks be to God.*



Gospel Reading **Luke 6.20-31**

A reading from the Holy Gospel according to Luke.

Then he looked up from his disciples and said:

“Blessed are you who are poor, for yours is the kingdom of God. Blessed are you who are hungry now, for you will be filled. Blessed are you who weep now for you will laugh. Blessed are you when people hate you, and when they exclude you, revile you, and defame you on account of the Son of Man. Rejoice in that day and leap for joy, for surely your reward is great in heaven; for that is what their ancestors did to the prophets. But woe to you who are rich, for you have received your consolation. Woe to you who are full now, for you will be hungry. Woe to you who are laughing now, for you will mourn and weep. Woe to you when all speak well of you, for that is what their ancestors did to the false prophets.

“But I say to you that listen, Love your enemies, do good to those who hate you, bless those who curse you, pray for those who abuse you. If anyone strikes you on the cheek, offer the other also; and from anyone who takes away your coat do not withhold even your shirt. Give to everyone who begs from you; and if anyone talks away your goods, do not ask for them again. Do unto others as you would have them do unto you.

The Gospel of the Lord. *Praise to you Lord, Jesus Christ.*



Universal Prayer

Response: *Lord, hear our prayer.*

Heavenly Father, we pray for the Pope, our Bishop, and all the clergy, that they may continue to model peace and happiness throughout this world. We pray to the Lord. *R*

Heavenly Father, we pray that You guide all nations along the path of peace and prosperity so that all may come to know the peace and joy You offer.

We pray to the Lord. *R*

Heavenly Father, we ask you to fill us with joy by Your continuous gift of life as You flooded the world with joy at Your birth. We pray to the Lord. *R*

Heavenly Father, we pray that You will bless everyone we meet today. May they be free from sorrow and filled with peace and joy. We pray to the Lord. *R*



Optional Activities

Easter Lilies – How can you bring joy to others?

- o Place a beautiful flower pot on the prayer table.
- o Give students five white flower petals.
- o On each petal students write one way to make another person joyful.
- o Give a green pipe cleaner and leaves to complete the project.
The lilies can go into the flower pot in the prayer table and can be brought up during a liturgy.

Tree of Joy – What makes you feel joyful?

- o Have students write what makes them feel joyful and write on a heart.
- o Hang the hearts on a tree placed on the prayer table.
- o One branch/several branches may be brought up during a liturgy.



Closing Prayer

Dear Lord,

As we go from this table of your word and the communion of your love, may we bring with us, Lord God, an appreciation of the gifts that you have given us: our friendships, our family, the beauty of nature that surrounds us, and especially a strong faith in the unique beauty of each person who is made in your image and likeness. May we find joy in the gifts that you have given us; we ask this through Christ our Lord.

Amen.

Catechism of the Catholic Church Reference – Joy



CCC #1718

The Beatitudes respond to the natural desire for happiness. This desire is of divine origin: God has placed it in the human heart in order to draw man to the One who alone can fulfill it:

We all want to live happily; in the whole human race there is no one who does not assent to this proposition, even before it is fully articulated. How is it, then, that I seek you, Lord? Since in seeking you, my God, I seek a happy life, let me seek you so that my soul may live, for my body draws life from my soul and my soul draws life from you. God alone satisfies.



CCC #1719

The Beatitudes reveal the goal of human existence, the ultimate end of human acts: God calls us to his own beatitude. This vocation is addressed to each individual personally, but also to the Church as a whole, the new people made up of those who have accepted the promise and live from it in faith.



CCC #736

By this power of the Spirit, God's children can bear much fruit. He who has grafted us onto the true vine will make us bear "the fruit of the Spirit: . . . love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, self-control. We live by the Spirit"; the more we renounce ourselves, the more we "walk by the Spirit."



CCC #1029

In the glory of heaven the blessed continue joyfully to fulfill God's will in relation to other men and to all creation. Already they reign with Christ; with him "they shall reign for ever and ever."

Scriptural References to Joy



Luke 2.10

“But the angel said to them, ‘Do not be afraid; For see – I am bringing you good news of great joy that will be for all the people’.”



2 John 1.4

“I have no greater joy than this, to hear that my children are walking in the truth.”



Matthew 28.8

“So they left the tomb quickly with fear and great joy and ran to tell his disciples”.



Luke 1.14 -15 a

“You will have joy and gladness and many will rejoice at his birth for he will be great in the sight of the Lord.”



Romans 15.13

“May the God of hope fill you with all joy and peace in believing so that you may abound in hope by the power of the Holy Spirit.”



John 14

“I have no greater joy than to hear that my children are walking in the truth.”

Quotes on Joy



“Your success and happiness lies in you. Resolve to keep happy, and your joy and you shall form an invincible host against difficulties.”

~ Helen Keller



“Joy is a net of love by which you can catch souls.”

~ Mother Teresa



“True happiness comes from the joy of deeds well done, the zest of creating things new.”

~ Antoine de Saint-Exupery



“Be good, keep your feet dry, your eyes open, your heart at peace and your soul in the joy of Christ.”

~ Thomas Merton



“For me prayer is a surge of the heart, it is a simple look towards Heaven, it is a cry of recognition and of love, embracing both trial and joy.”

~ St. Therese of Lisieux



“Joy is the most infallible sign of the presence of God.”

~ Pierre Teilhard de Chardin



“Joy is the serious business of Heaven.”

~ C.S. Lewis



“Sometimes your joy is the source of your smile, but sometimes your smile can be the source of your joy.”

~ Thich Nhat Hanh



“Joy does not simply happen to us. We have to choose joy and keep choosing it every day.”

~ Henri Nouwen

Prayer Table Ideas



Catholic Symbols:

- o Green, purple or white cloth depending on the liturgical season
- o Bible
- o Light
- o Crucifix



Symbols:

- o **Lamb** – To symbolize that Jesus is the sacrificial Lamb of God who died for us.
- o **Butterfly** – The butterfly, with the power of flight, emerges from a lifeless cocoon in the spring. The butterfly is a symbol of the resurrection, and therefore joy.
- o **Egg** – The egg is a symbol of birth and rebirth. It is therefore a symbol of Christ's resurrection and is seen at Easter.
- o **Three crosses** – To symbolize the three crosses on Calvary.
- o **Empty Tomb** – To symbolize the tomb where Jesus was laid.
- o **Rock** – To symbolize the rock that was rolled in front of Jesus tomb.
- o **Easter Prayer**
- o **Books** – Any book that discusses or presents the topic of 'joy'.