

# 20 WAYS TO FIND JOY IN ANY MOMENT

Joy doesn't depend on perfect circumstances. It springs from Christ's presence in our hearts and flows out to others.

Here are 20 simple ways to invite joy - whether for yourself or someone else.

## *A Simple Prayer*

LORD JESUS,  
IN MY BUSY DAYS AND QUIET  
NIGHTS,  
IN MY STRUGGLES AND IN MY  
JOYS,  
HELP ME TO REMEMBER THAT  
YOU ARE MY SOURCE OF  
HAPPINESS.  
KEEP MY HEART ANCHORED IN  
YOUR LOVE,  
SO THAT I MAY REJOICE IN  
YOU ALWAYS.

AMEN.

# Finding Joy Personally

"Happiness is found in Christ despite the moment you're in."



## Pray a Psalm of Praise

Read Psalm 100 or 118 out loud.



## Light a Candle

Remember that Christ is the light in your darkness.



## Step Outside

Take 5 minutes to breathe deeply and thank God for creation.



## Joy Journal

Jot down a moment when you saw God's hand at work.



## Gratitude List

Write down 3 blessings from today.



## Rosary Walk

Pray a decade of the Rosary (or more) as you walk around the yard or block.



## Sing a Hymn

Even quietly, sing "Amazing Grace" or your favorite church song.



## Small Treat

Enjoy a cup of coffee, tea, or gumbo with a prayer of thanksgiving in your heart.



## Scripture Pause

Open the Bible and read a few verses slowly.



## Smile on Purpose

Science shows smiling lifts your spirit, even if you don't feel like it.

**"... rejoicing in the Lord is your strength."**

~ Nehemiah 8:10



*From the Office of Stewardship & Development*

# Sharing Joy with Others

"Happiness is found in Christ despite the moment you're in."



## Send a Note

Text or mail a simple "thinking of you" message.



## Pray for Someone by Name

Let them know you did.



## Call Someone who is Lonely

Bring joy through your voice or presence.



## Visit the Blessed Sacrament

Pray not only for yourself but for the world.



## Bake or Cook

Share a dish with a neighbor, co-worker, or friend.



## Compliment Freely

Notice something good in others and tell them.



## Offer a Blessing

Say "God Bless You" with meaning when you greet someone.



## Give Unexpectedly

Slip a few dollars in the box for the poor, donate to a food pantry, or surprise someone with a coffee.



## Hold the Door

A small act of kindness can brighten a stranger's day.



## Share Laughter

Send a funny memory, laugh with a child over something silly, share a story that shows you can laugh at yourself.

Joy is not about waiting for life to be perfect. It's about finding Christ in this very moment and letting His love overflow.



From the Office of Stewardship & Development