

# Joy



The word JOY sums up all these pictures and experiences.

The letters J O Y can stand for Just Open Your eyes. Sometimes we go about as though our eyes were shut. We don't notice all the lovely things around us which could bring joy.

Take a few minutes to think about your day so far. Have you seen anything that made you feel happy? Add to a 'Joy-sharing board' / washing line this week.

'Just Open Your eyes' over the next day or two. Then add to the board, by drawing or writing, something you have seen around you which has brought joy.



Dear God,

Thank you for eyes to see and ears to hear.  
Thank you for so many beautiful things  
around us which bring us joy and make us  
'as mad as March hares' with excitement.

Amen.