

## Rejoice and Give Thanks



Philippians 4:4-7 (For the full story, read Philippians 4:4-9.)

4 May you always be joyful in your **union** with the Lord. I say it again: **rejoice!**

5 Show a gentle **attitude** toward everyone. The Lord is coming soon. 6 Don't worry about anything, but in all your prayers ask God for what you need, always asking him with a thankful heart. 7 And God's peace, which is far beyond human understanding, will keep your hearts and minds safe in union with Christ Jesus.

**union** togetherness

**rejoice** celebrate, be happy

**attitude** opinions and feelings about someone or something



## Understand it!

A song called "Don't Worry, Be Happy" was once popular. This Bible passage has the same message as that song. We can be the happiest people in the world because of Jesus. He saved us and made it possible for us to live forever. Rejoice! Jesus is with us now, living in our hearts and in the Eucharist. Rejoice!

Paul wrote to the Philippians [fih-LIP-ee-uhnz] about joy while he was in prison. Paul shows us that no matter what happens, we still can have a deep down joy and peace. We know that we are God's children. He loves us and cares for us. Rejoice! He hears our prayers. Rejoice! And because joy is catching, when we let joy show on our faces and by our actions, we make others happy too. So smile and be joyful today.

## Live It!

People who are thankful for what they have are happy. Think of three good things that happened to you today or yesterday. Thank God for these blessings. Some people even write down the good things that happen to them every day. You might want to do the same, writing down at least one happy thing each day.

## Tell It!



1



2



3



4

Using the pictures above, retell this reading in your own words.