

YEAR A
4th SUNDAY IN ORDINARY TIME

HOW TO BE HAPPY

VISUAL AIDS

- > Pictures of people happily engaged in various activities.
- > Several card sets of the individual words of the theme: 'HOW'; 'TO'; 'BE'; 'HAPPY'.

WELCOME AND PROCLAIM THE GOSPEL

Say/sing together:

Alleluia, alleluia!
Father, let your face shine on us.
Keep us in your love.
Alleluia!

A reading from the Good News
given to us by Matthew.
Glory to you, Lord.

Crowds of people were following
Jesus, trying to see him and hear
him speak.

When Jesus saw the crowds, he
climbed a little hill, where he sat
down.

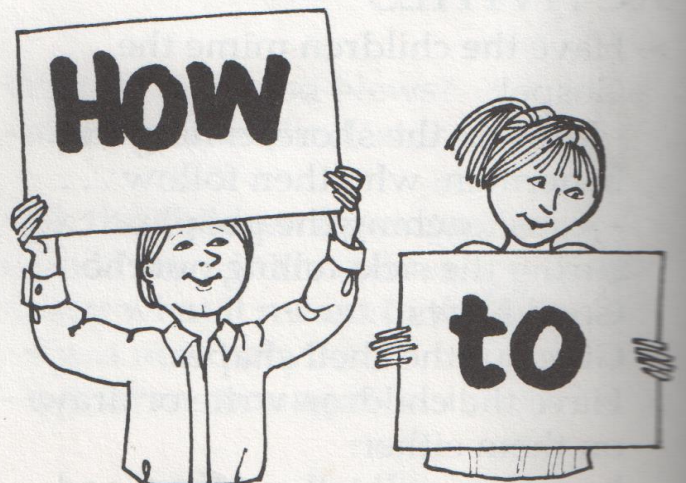
His friends joined him, and he began
to tell the people how to be happy:

DISCUSSION

What ways of being happy did Jesus
give?

Do the children know of any people
who are happy in these ways?

How can we be happy in any one of
the ways?



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SHARING

Give out the sets of cards which the children have to rearrange to find the message.

Ask the children to talk about the happiest time or event they can remember. Why did it make them happy?

Sing a joyful song to thank God for happy times.

Today Jesus tells how we can be happy always.

Happiness is being gentle.
Happiness is wanting God in your life.

Happiness is longing for what is right.

Happiness is being generous always.

Happiness is putting God first.

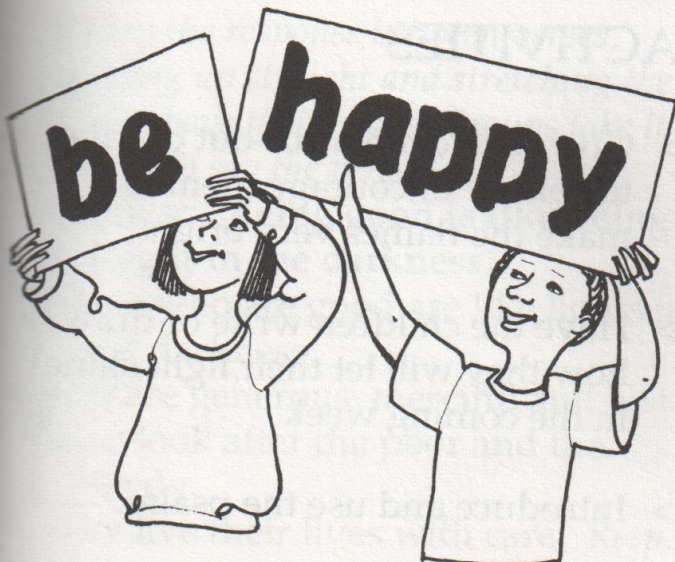
Happiness is being a peace-maker.

Happiness is standing up for God.

Happiness is suffering for God.

Rejoice and be glad,
your reward will be very great in heaven.'

This is the Gospel of the Lord.
Praise to you, Lord Jesus Christ.



ACTIVITIES

- > Divide the children into groups, and have them mime the ways of happiness.
- > Prepare happiness posters or badges:
 - 'Happiness is ...'
 - 'Happiness is being ...'

