

**HAPPINESS
BRINGS
PEACE**

VISUAL AIDS

- > Several pictures of happy people, pasted on individual cards with the words HAPPINESS IS . . .
- > Blank pieces of card, divided into eight sections

WELCOME AND
PROCLAIM THE GOSPEL

Say/sing together:

Alleluia, alleluia!
Happy are those who hear
the word of God
and keep it.
Alleluia!

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

Jesus climbed up a little hill where he sat down. His friends went with him and a crowd of people followed them. Jesus sat down and began to speak to them:
'Happiness is putting God first.
Happiness is being kind and gentle.
Happiness is being truthful and

DISCUSSION

Who can remember what ways of being happy that Jesus gave us?

Does Jesus give any other ways of being happy?

Has anyone ever tried any of the ways of Jesus?

What happened?

SHARING

Give out the picture cards, and have the children complete them with words which describe the activity in the picture. It may help to discuss what the scenes show as they work.

Lead the children to see that all the happy scenes are also scenes of peace: no one is fighting or quarrelling.

This is why they are happy.

Have the children share their ideas on how they might change unhappiness into happiness.

Today Jesus tells us how we can be happy.

honest.
Happiness is sharing what you have.
Happiness is being peaceful.
Happiness is being ready to suffer for God.
Happiness is rejoicing that your reward is very great in heaven.'

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

ACTIVITIES

> Next week is going to be experiment week: we are going to experiment with the ways that Jesus gave us for being happy. Try a different way each day.

> Give out the blank cards, and explain to the children that each day when they have experimented they tick the card.

1	5
2	6
3	7
4	8