



# «Always joyful»

(1Thes 5:16-18)

«Rejoice always, pray without ceasing, give thanks in all circumstances because this is the will of God in Christ Jesus for you».



# 1

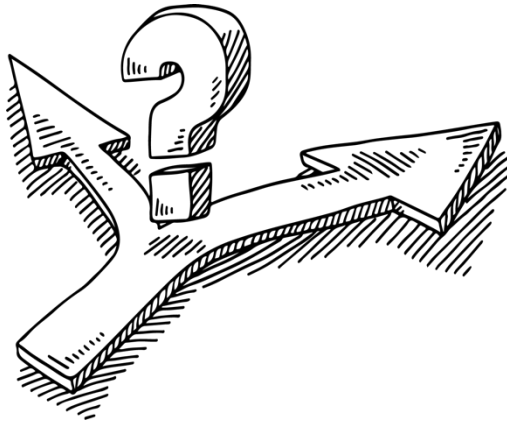
## Is it possible to command a person to be joyful?



«Paul the Apostle entreats people to be serious about living their Christian life **so that Jesus might live in them and among them, with the fullness of JOY** that he promised after his resurrection».



«**Jesus lives in those who love.** Anyone can start off on this road, loving everyone, young or old, nice or not, setting aside all selfish behavior.».



«We should give our love freely to other people, accepting the help of others, keeping alive the faith that **'love conquers all'**».

# 2

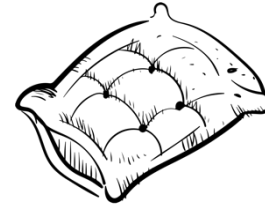
## And how can we possibly pray without ceasing?



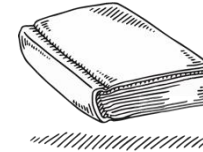
«Each one of us can become a **living prayer** by transforming everyday life into sacred moments.»



«It's a simple practice that changes us from within, transforming our activities and our whole life into a constant prayer.»



«We can pray just by doing all the little things we do every day for God.»



«There's a way to pray always that's possible for anyone. It's to **stop a moment** before each action, **renew our intention** to do it for God, and say:

## «This is for You!»

# 3

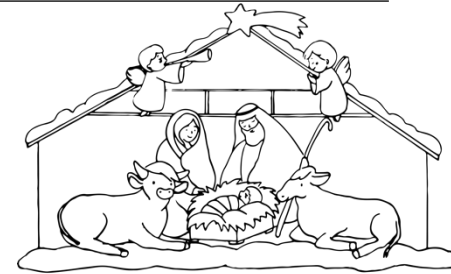
## How should we give thanks?



**Our gratitude goes to God who loves us immensely and also to all those people who help us along this journey.** Saying **THANK YOU** makes us realize that we are not self-sufficient.



**BE JOYFUL, PRAY, GIVE THANKS.** These are three things that will make us come closer to how God wants us to be and will enrich our relationship both with him and with other people.



Thus we will prepare ourselves to **live** more deeply **the joy of Christmas** and to **make the world a better place**, becoming **builders of peace** within ourselves, in our families, in our schools and with our friends...

[centrogen3.rpu@focolare.org](mailto:centrogen3.rpu@focolare.org)

Adapted by Teens4Unity from the Word of Life written by Victoria Gómez and her team