

## Worship with Us

Learning and Loving  
Together Forever

<p>Week Monday 16<sup>th</sup> December- Friday 17<sup>th</sup> January</p>	<p>Core Value Focus Joy matters to us</p>
<p>Scripture Link "A joyful heart is good medicine" Proverbs 17:22.</p>	<p>Message from the Principal</p> <p>At queen Elizabeth's, we know joy matters. As human beings, if we don't consciously cultivate joy, we risk living a life dominated by other less fulfilling emotions. Being Joyful is imperative for boosting our resilience and wellbeing; it gives us the strength and energy we need to do our important work in the world. We want every pupil and staff member to feel joyful about being a part of our QEA family; in everything we do, joy matters to us.</p>
<p>Message from the Chaplain</p> <p>Joy is a great feeling of pleasure or happiness. Positive emotions broaden our thinking, help us to learn and give us resilience in hard times. Joy can come from many sources for example success and achievement as well as positive relationships towards others. Christians believe joy makes a huge difference to our life and health both physical and spiritual. The bible says 'A joyful heart is good medicine' (proverbs 17:22). There are lots of reasons why it's hard to think, be and feel positive and have joy. Christians believe that having a personal relationship with Jesus Christ which is based on His love for us is the only way we can be truly full of joy even when our lives may be troublesome.</p> <p>Psalm 16:11b <i>In Your presence is the fullness of Joy</i></p>	<p>Discussion points</p> <p>What is Joy?</p> <p>Why is it good?</p> <p>Why is Joy difficult?</p> <p>Why is Joy important?</p> <p>Where does Joy come from?</p>
<p>Chaplain's Collective Worship Gathering Wednesday 8<sup>th</sup> January 2020</p>	<p>House Gathering</p> <p>Focus- maintaining joys in our lives is an essential part of everyday life. Making decisions to stay safe with PC Graham</p>

