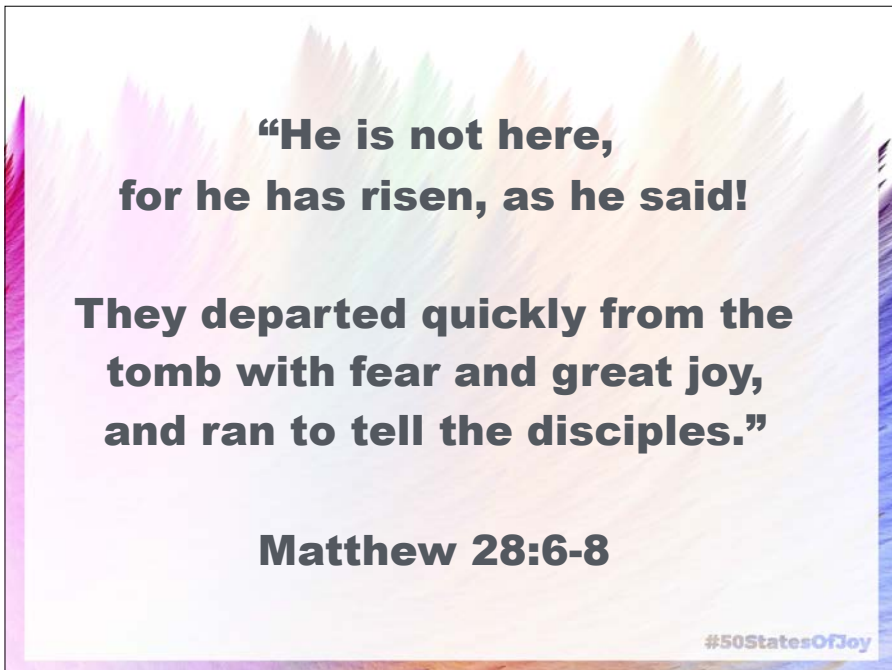




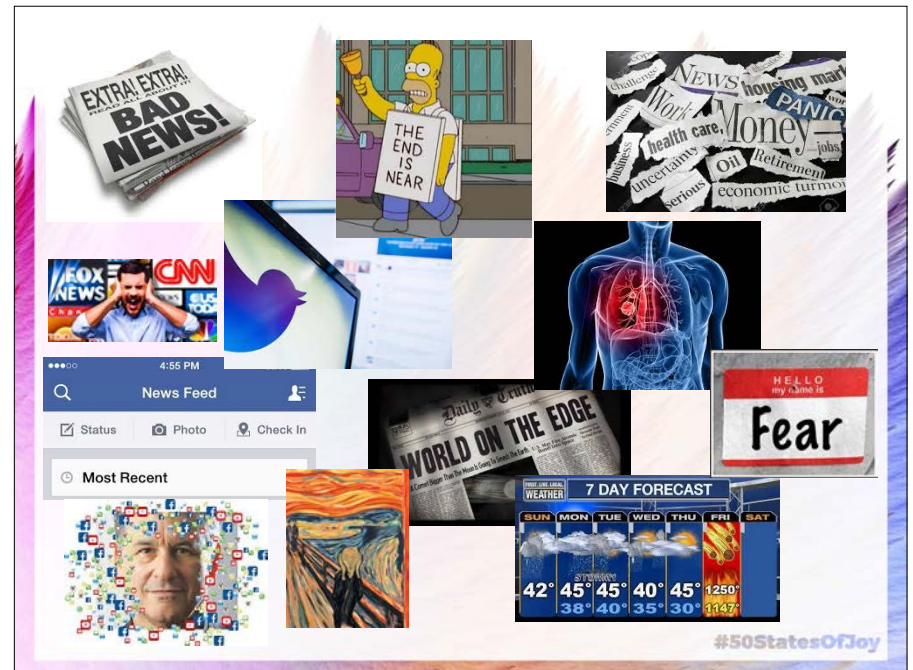
66-1



66-2



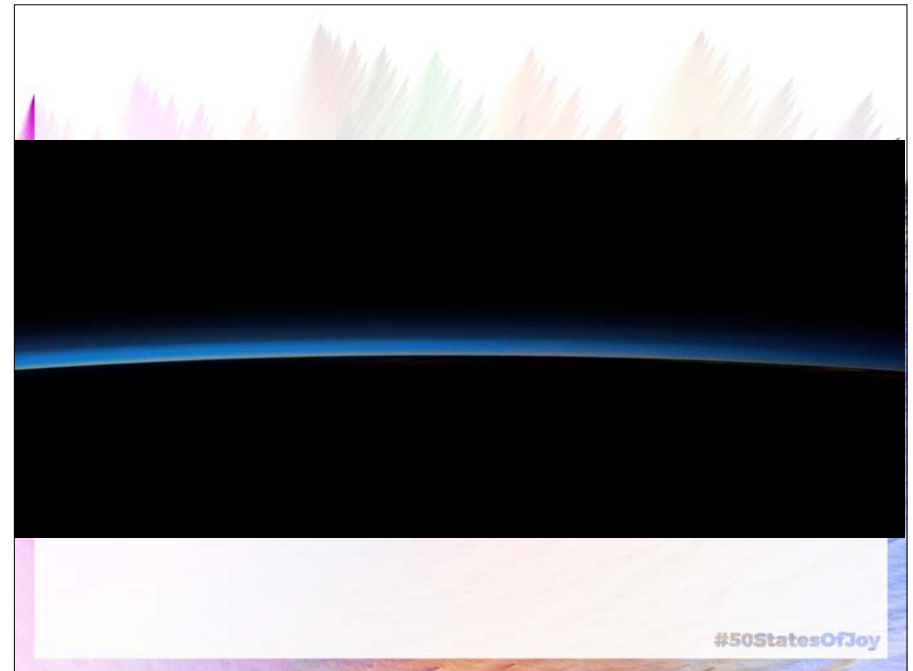
67



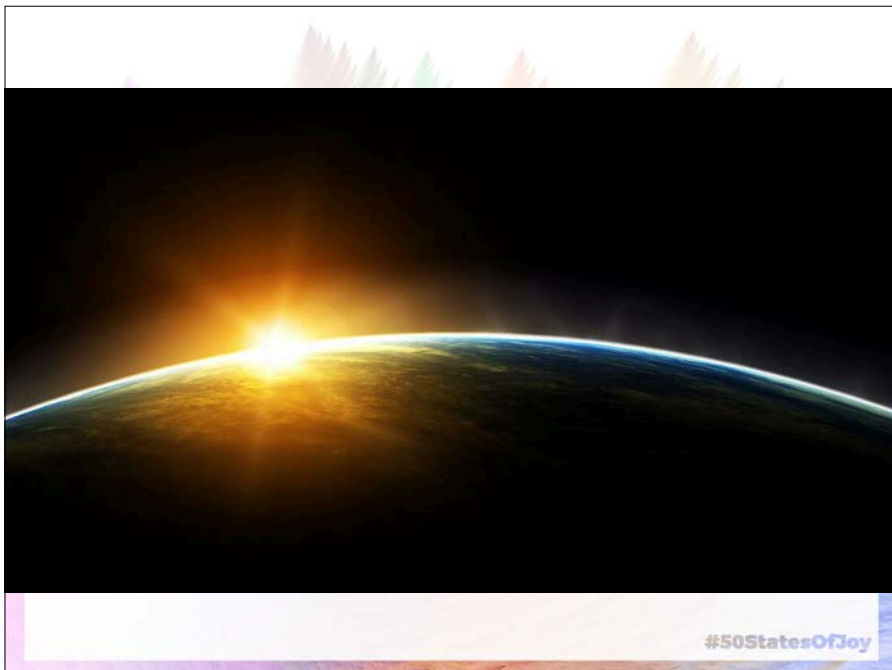
68



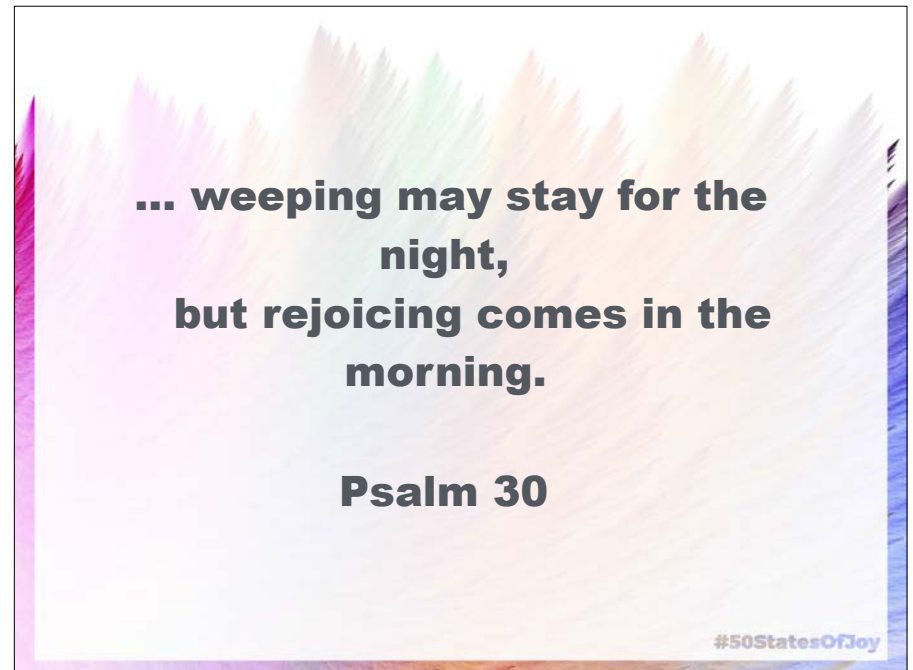
69



70



71



**... weeping may stay for the
night,
but rejoicing comes in the
morning.**

Psalm 30

72

**You turned my wailing into dancing;
you removed my sackcloth and
CLOTHED me with joy,
that my heart may sing your
praises and not be silent.
Lord my God, I will praise you
forever.**

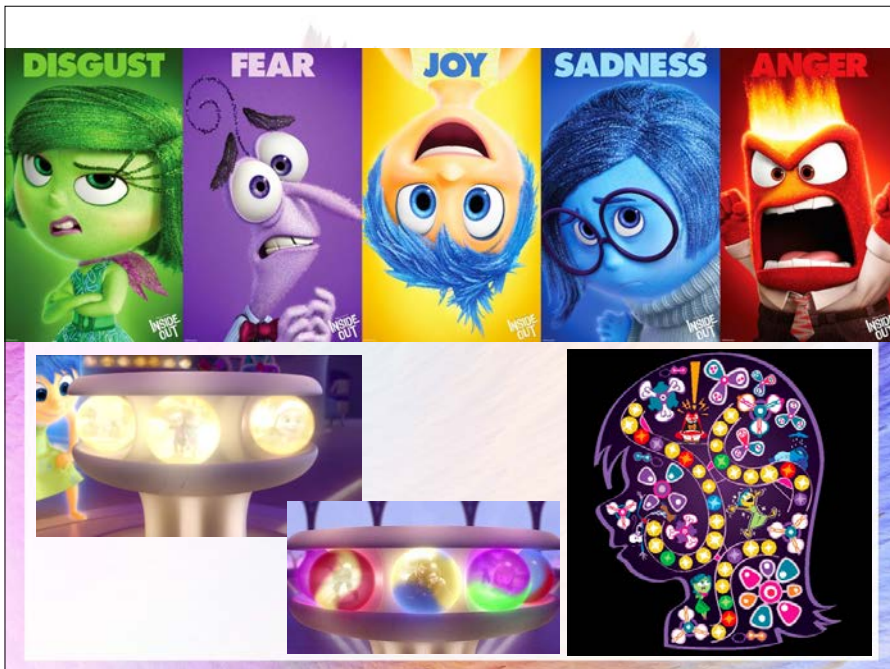
Psalm 30:11-12

#50StatesOfJoy

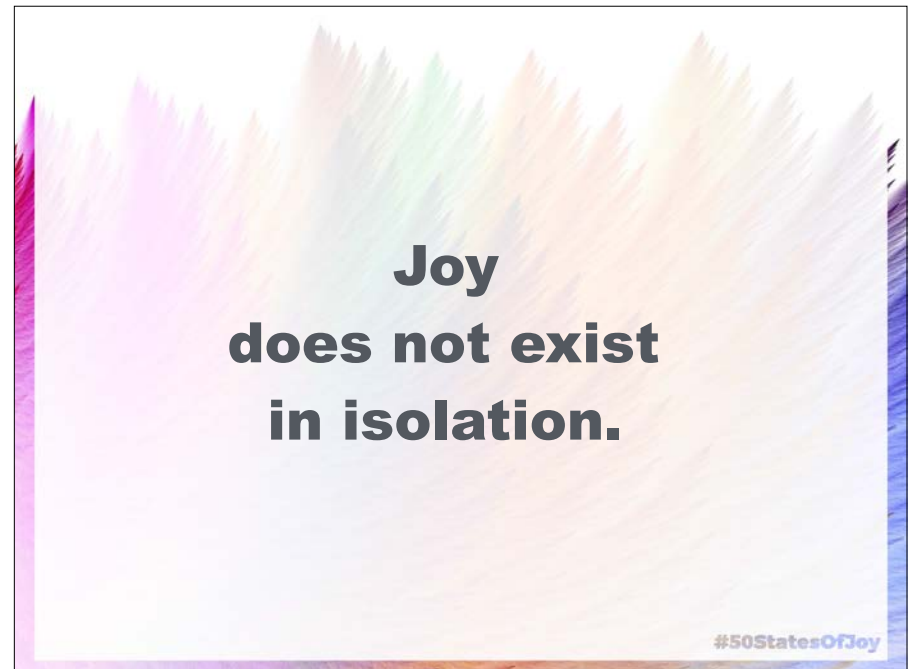
73



74



75



76

**“He is not here,
for he has risen, as he said!**

**They departed quickly from the
tomb with fear and great joy,
and ran to tell the disciples.”**

Matthew 28:6-8

#50StatesOfJoy

77

**“He is not here,
for he has risen, as he said!**

**They departed quickly from the
tomb with FEAR and GREAT JOY,
and ran to tell the disciples.”**

Matthew 28:6-8

#50StatesOfJoy

78

**“Are you asking one another what I meant when
I said, ‘In a little while you will see me no more,
and then after a little while you will see
me’? Very truly I tell you, you will weep and
mourn while the world rejoices. You will grieve,
but your grief will turn to JOY. A woman giving
birth to a child has PAIN because her time has
come; but when her baby is born she forgets
the ANGUISH because of her JOY that a child is
born into the world. So with you: Now is your
time of GRIEF, but I will see you again and you
will REJOICE, and no one will take away your
JOY.**

John 16

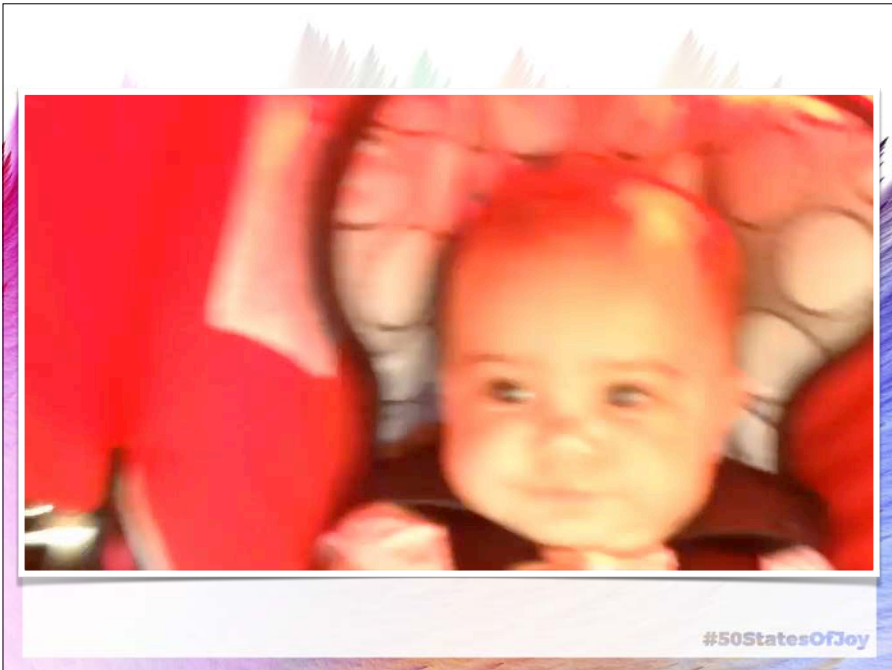
#50StatesOfJoy

79

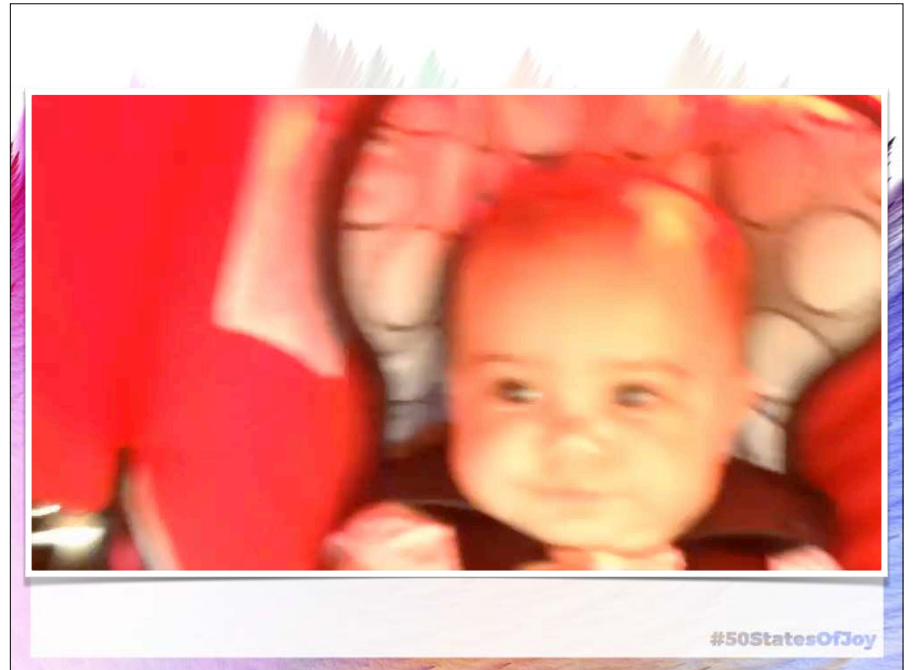
**Joy
is found in the ordinary**

#50StatesOfJoy

80



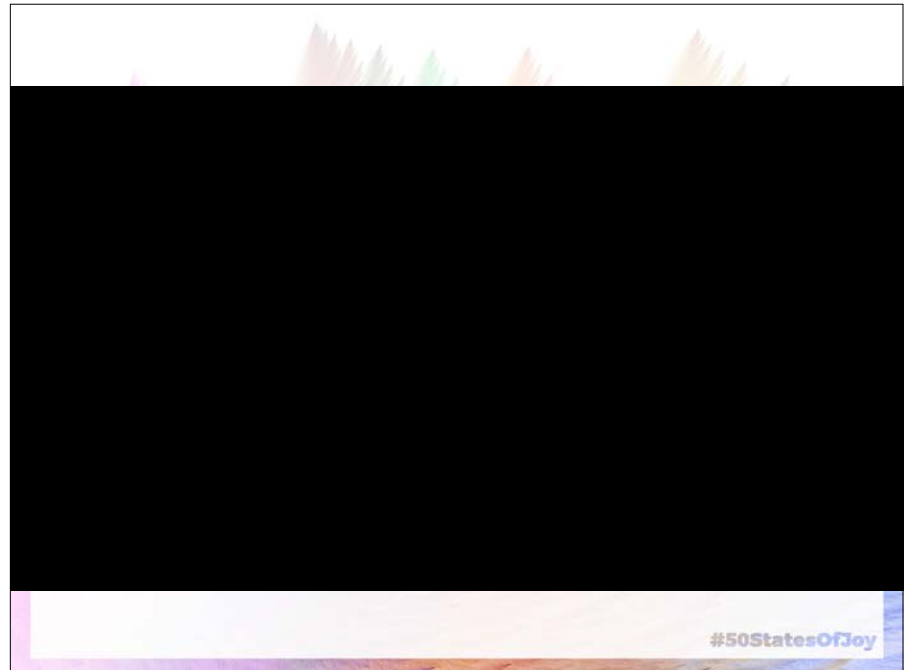
81-1



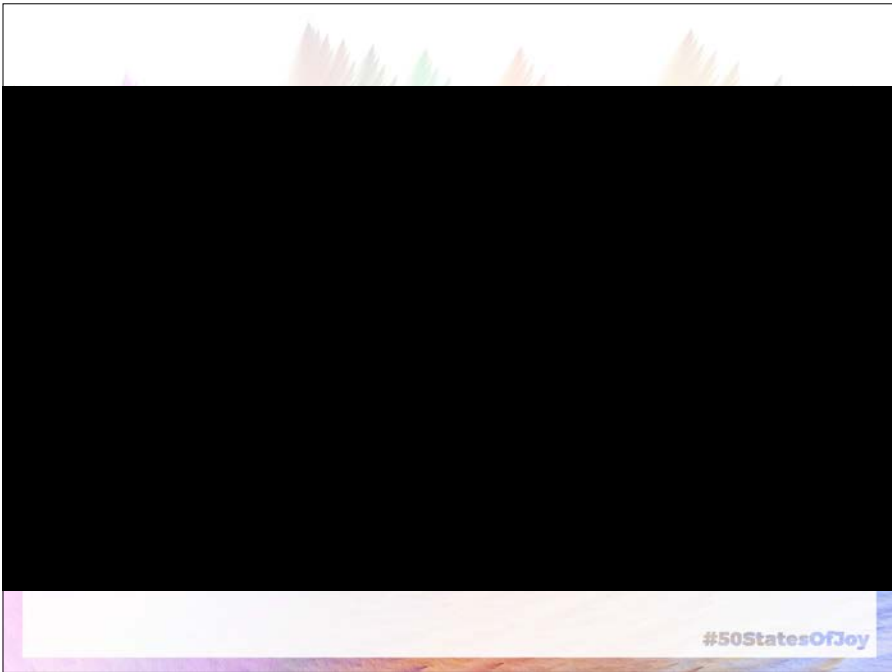
81-2



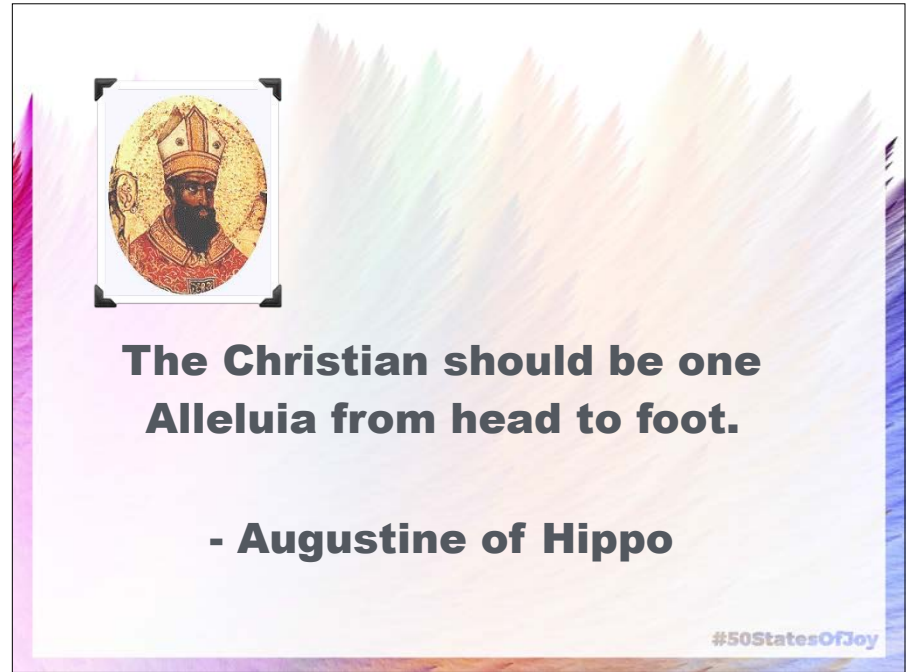
82



83-1



83-2



84



85



86

**The kingdom of heaven is like
treasure hidden in a field.**

**When a man found it, he hid it
again, and then in his JOY went
and sold all he had and bought
that field.**

Matthew 13:44

#50StatesOfJoy

87

**As servants of God we commend ourselves in every
way: in great endurance; in troubles, hardships and
distresses; in beatings, imprisonments and riots; in
hard work, sleepless nights and hunger; in purity,
understanding, patience and kindness; in the Holy
Spirit and in sincere love; in truthful speech and in the
power of God; with weapons of righteousness in the
right hand and in the left; through glory and dishonor,
bad report and good report; genuine, yet regarded as
impostors; known, yet regarded as unknown; dying,
and yet we live on; beaten, and yet not killed;**

**sorrowful, yet always rejoicing;
poor, yet making many rich;
having nothing, and yet possessing everything.**

2 Corinthians 6

#50StatesOfJoy

88

**REJOICE in the Lord always. I will say it
again: REJOICE!**

**Let your gentleness be evident to all.
The Lord is near. Do not be anxious about
anything, but in every situation, by prayer
and petition, with thanksgiving, present your
requests to God.**

**And the peace of God, which transcends all
understanding, will guard your hearts and
your minds in Christ Jesus.**

Philippians 4

#50StatesOfJoy

89

Joy is found in Service

#50StatesOfJoy

90

“As the Father has loved me, so have I loved you. Now remain in my love. If you keep my commands, you will remain in my love, just as I have kept my Father’s commands and remain in his love. I have told you this so that my JOY may be in you and that your JOY may be complete. My command is this: Love each other as I have loved you. Greater love has no one than this: to lay down one’s life for one’s friends.”

John 15

#50StatesOfJoy

91



92



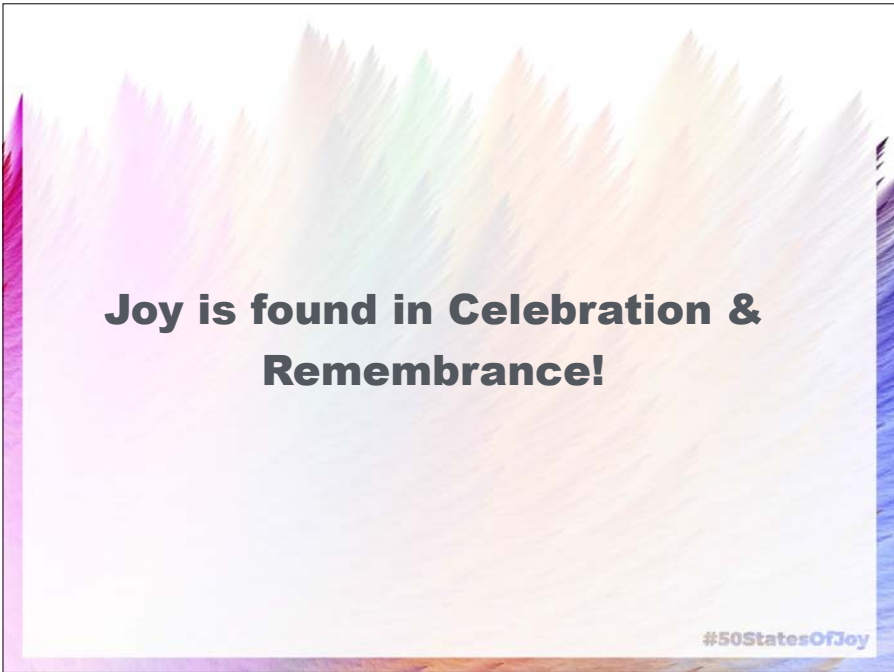
93

Therefore if you have ANY encouragement from being UNITED with Christ, if any comfort from his love, if any common sharing in the Spirit, if any tenderness and compassion, then make my JOY COMPLETE by being like-minded, having the same love, being one in spirit and of one mind. Do nothing out of selfish ambition or vain conceit. Rather, in humility value others above yourselves, not looking to your own interests but each of you to the interests of the others.

Philippians 2

#50StatesOfJoy

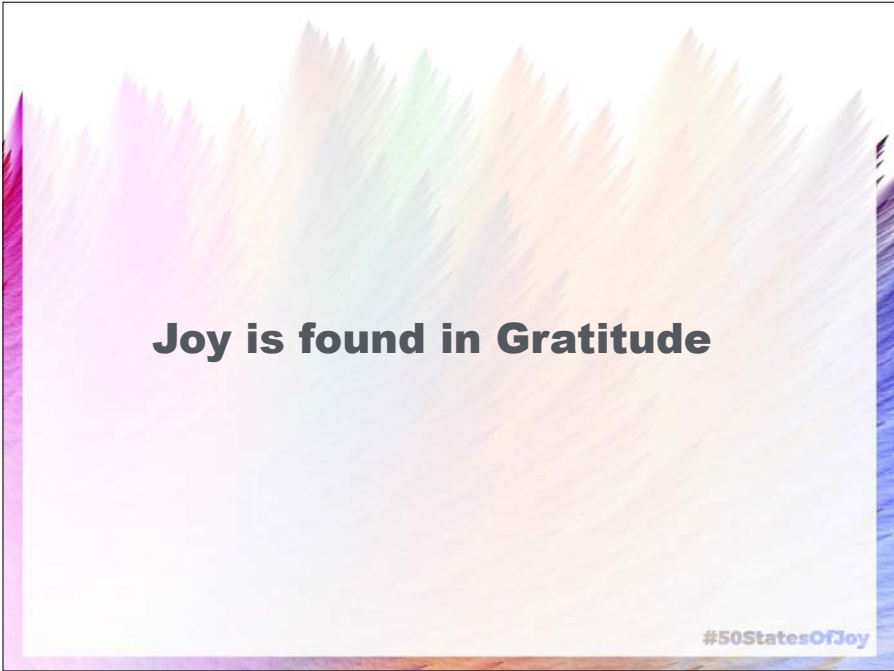
94



95



96



97



98



“Joy is the most vulnerable emotion we experience. And if you cannot tolerate joy, what you do is you start dress rehearsing tragedy. How many of you have ever stood over your child while they’re sleeping and thought, ‘Oh my God, I love you’ — and then pictured something horrific happening? Or woke up in the morning and thought, ‘Oh my gosh, job’s going great. Parents are good. This can’t last.”

#50StatesOfJoy

99

During her research Brene Brown met people who had a profound capacity for joy.

When something really blissful happened to them, they felt grateful.

“Instead of using it as a warning to start practicing disaster, they used it as a reminder to practice gratitude.”

#50StatesOfJoy

100

“Grin & Bear It”

Study: Forcing a Smile Genuinely Decreases Stress

“Smiling during brief stressors can help to reduce the intensity of the body’s stress response, regardless of whether a person actually feels happy.

“The next time you are stuck in traffic or are experiencing some other type of stress,” says Pressman, “you might try to hold your face in a smile for a moment. Not only will it help you ‘grin and bear it’ psychologically, but it might actually help your heart health as well!”



Borrow Joy

**“Joy is the best makeup.”
Anne Lamott**

#50StatesOfJoy

101

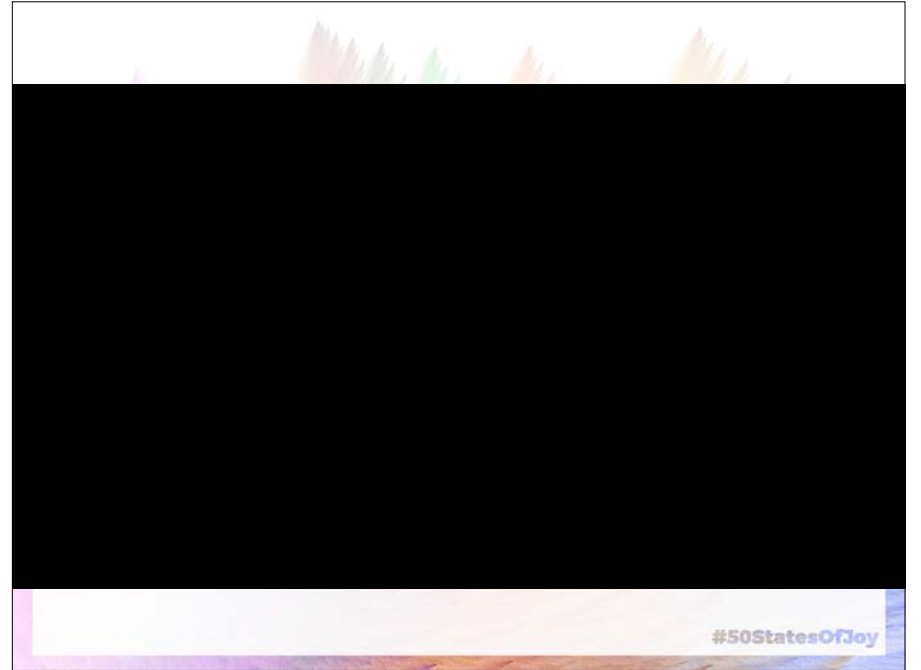


#50StatesOfJoy

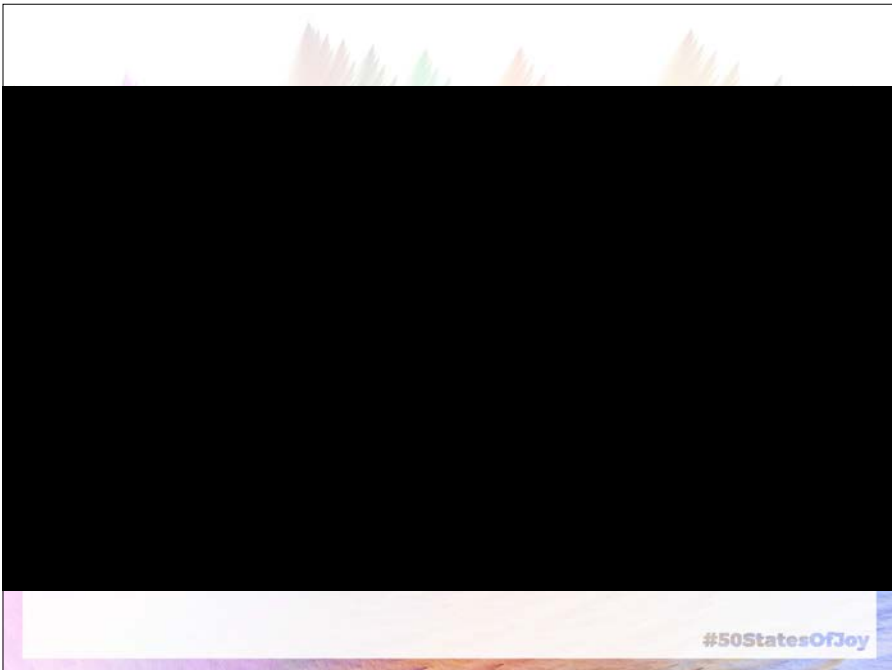
102



103



104-1



104-2



105