

JOY Quizzes and Questionnaire

THE JOY OF LIVING

WHERE AND HOW???

Intent of these materials.

Joy springs from mature values and attitudes.

GENERAL INTRODUCTION

This Exercise is based on the Joy Quizzes and Questionnaire.

The questionnaire has two parts, both dealing with the subject of joy.

Part 1 of the questionnaire, aims at eliciting from the participants, what they think about joy. It concerns mainly with ideas and thinking

Part 2 of the questionnaire, is personal and subjective, even confidential. It aims at making the participants aware of their experiences and feelings of joy in their lives.

It invites and encourages 'them to share with the group what they feel about their lives. It touches the level of emotions.

For lack of time, not all the questions found in the questionnaire or quiz may be covered in one session. Choose only a few selected questions from each part.

If the number of participants is large split them into smaller groups.

The most important thing about the questionnaire is not the answers you get from the participants, but how are you tackle and use them. According to the answers you get, organize your materials for the discussions and the line of approach,

It is very fruitful to cross-check the answers the participants given to different questions. You may discover inconsistencies and discrepancies. Many replies, for instance, mentioned Mother Theresa as a person who found joy in her life. Nevertheless, the same participants wrote that sacrifice, suffering and poverty exclude joy.

You may question them thus: If poverty, suffering and sacrifice exclude joy, how could Mother Theresa is considered a joyous person? This may give you a good chance to explain the place sacrifice, renunciation, poverty, etc. have even in a joyous and satisfying life like Mother Theresa.

Actually, this exercise does not deal exclusively with joy. It goes deeper. It touches the important point of values in life. Through the answers you get in the form, you can assess the value system of the participants live by.

Help them to discover the true and solid values that should rules our lives. In this way a process of "life revaluation" may get started.

PRACTICAL HINTS

- ✓ The quizzes here below may help you to conduct meaningful sessions
- ✓ Have copies prepared for all participants.
- ✓ First let them work at them in private and in silence.

- ✓ Next, they may share and discuss their replies in small groups of about 6
- ✓ Secure moderators for the small groups. The moderators could meet before the sessions to agree on the main aims, ideas and methods for the day.`
- ✓ One of the members in the small groups will act as secretary and take short notes on the group proceedings.
- ✓ Finally, the entire house with the Moderator may hold discussions and debates
- ✓ To close down the event, a shared prayer session would be a fitting finale. For hints for the closing prayer session, see Appendix at the end of these notes.

IT'S ALL ABOUT JOY

PART 1: My Ideas About Joy

1. WHAT IS JOY- _____

2. WHERE CAN WE FIND IT? _____

3. HOW CAN WE GET IT? _____

4. WHAT IS THE RECIPE OF JOY?
 - What are its ingredients? _____
 - What's their Proportion? _____
 - How to cook them?
5. THE FAMILY OF MISS JOY IS: (Explain, Give reasons for your answers)

Her Father: _____

Her Mother: _____

Her Brothers and Sisters: _____
6. THE RELATIVES OF THE JOY FAMILY ARE: (Find as many as you can and show their relationship)

Relation one: _____

Relation two: _____

Relation three: _____

Relation four: _____

- 7 ENTER IN THE BOXES BELOW THE FIVE MOST WANTED ITEMS TO BE HAPPY AND THE FIVE LEAST WANTED ONES AND TELL WHY.

You add others not mentioned below.

Health	Success	Belief in God	Purpose in life
Honesty	Sex	Self-respect	Pleasure
Money	Luck	Love for others	Friends
Religion	Popularity	Prayer	Power
Acceptance	Independence	Unselfishness	Food.
Social Life	Degrees	Gadgets	Big House
Marriage	Children	Influence	Freedom.

<u>MOST NECESSARY</u>	<u>LEAST NECESSARY</u>
1. _____	1. _____
2. _____	2. _____
3. _____	3. _____
4. _____	4. _____
5. _____	5. _____

8. OBSTACLES & IMPEDIMENTS TO JOY AND HAPPINESS.

WHICH ITEMS MENTIONED BELOW WILL NOT ALLOW JOY IN LIFE AND WHY

Tick off the items you feel are 'joy-spoilers'.

Greed	Guilt	Poverty	Sickness
Generosity	Sacrifice	Purity	Selfishness
Renunciation	Fear	Pride	Stinginess
Lust	Religion	Suffering	Forgiveness
Honesty	Pleasure	Bad Habits	Virtue
Selfishness	Obedience	Revenge	Hatred
Sin	Anger	Remorse	Sharing
Old age	Self-respect	Weakness	Loneliness
Lack of Friends	Enemies	Prayer	Addictions
God	conscience	Church	Temptation
Parents	Hard Work	Pain	Meaninglessness

PART 2. My Experiences of Joy. My Feelings

1. MENTION THREE MOMENTS OF GREAT JOY IN YOUR PAST LIFE. AND WHY.

Moment one. _____

Moment Two _____

Moment Three” _____

2. WHICH ARE THE THREE SADDEST INSTANCES IN YOUR LIFE AND WHY?

1st Instance : & Why : _____

2nd Instance: & Why: _____

3rd Instance : & Why: _____

3. MENTION THE NAMES OF THREE PERSONS WHO BROUGHT JOY INTO YOUR LIFE, AND HOW?

1st Person _____ HOW? : _____

2nd Person _____ HOW? _____

3rd Person _____ HOW? _____

4. ALL IN ALL, DO YOU CONSIDER YOUR LIFE, A LIFE OF JOY OR A LIFE OF SADNESS?

Explain: Why? _____

5. WAS IT WORTH BEING BORN TO LIVE THE LIFE YOU LIVED?

Give reasons _____

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6. IF YOU HAD TO BE BORN AGAIN, WHAT SORT OF LIFE WOULD YOU LIKE HAVE?

- 7; WHAT SORT OF A PERSON WOULD YOU LIKE TO BE? FANTASIZE.

FINAL CONCLUSIONS;

DESCRIBE THE STEPS YOU NEED TO TAKE TO ATTAIN JOY AND HAPPINESS IN YOUR LIFE.

1 _____

2 _____

3 _____

4 _____

5 _____

APPENDIX

Closing Prayer Session.

- At the end of the sessions, the participants may meet for a closing prayer session.
- The main purpose of the prayer session is to interiorize the main ideas of the day.
- The prayer mostly should be shared and spontaneous.
- The participants in groups or individually will be given time and hints on how to prepare for the prayer session.

Suggested Readings for the Prayer Session.

Mt 5/11-11	Be glad and rejoice
Lk. 10/20	Rejoice that your names are written.
Jn. 15/ 11	I tell you these things that you may have joy.
Lk. 2/10	The Angels to the Shepherds.
Lk. 1/46-55	Canticle of Our Lady.
Acts. 13/52	The Disciples were filled with joy.
Jn 1/1 - 4	I write these things that you may rejoice.
Ga. 5/22	The spirit produces love, Joy. peace.
Ph. 4/4	Rejoice in the Lord always

Suggested Hymns:

- Rejoice Ye, Children of the Lord.
- I sing because I am happy.
- Joy is like the rain.
- Rejoice in the Lord always.
- I got something.
- Jesus is the joy of living.
- No one can give me that Peace.
- I'm rejoicing night and day.
- Peace is flowing like a River.