

JoyKeeper Mantra

If joy is merely a feeling . . .

I will experience it only when things go my way.

I'll wonder if it's wrong to feel sad.

I'll be tempted to hide my emotions from others and even God.

Storms will shake not just my confidence, but also my faith.

I'll wonder why God gives it to some and not to others.

Because joy is a knowing . . .

I experience joy both in the ups and in the downs.

I am unafraid to ask God to meet me in my sadness.

I choose to live in transparency with others and with God.

I am grounded in my faith and my roots run deep.

I believe with my whole heart that joy is for me too.



Suzanne Eller *se*
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