



LESSON -11

CHRISTIAN LIFE : A LIFE OF HAPPINESS

Objective (Learning Outcomes)

To make the students understand the true meaning of living joyfully as a Christian

Starter:

Ask the children to give one word or phrase for what it takes for them to be truly happy for the rest of their lives. Introduce the hierarchy of needs from the textbook. You can give examples of worldly successful people battling depression/suicidal tendencies. Eg. Deepika Padukone.

Is there a better scale for measuring happiness?

Presentation:

Does being a Christian mean that life will be happily ever after?

Is it ok to pursue happiness or is a Christian expected to sacrifice all material things and live only for the Lord?

Ask the children to share their thoughts.

Read aloud in class the parable of the Prodigal son (Luke 15: 11-32)

Fundamental concepts of Christian Happiness:

Concept	Key points for learnings (take-aways)
Risen Jesus	The fact that Jesus defeated death gives us hope in life. For a Christian death is not the end but the gateway to new life. Living a life worthy of the risen Lord is the true source of happiness.
Joy in the Holy Spirit	Every child of God is equipped with the companion Holy Spirit. The gifts and the fruits of the Spirit can equip us to lead a fulfilling life
The Gospel	The Good news of Jesus is a great source of inner joy. His life, passion, death and resurrection offer us the perfect example of leading a life pleasing to God our creator immaterial of what goes on at the outside.
Evangelization	We cannot say we truly care for and love our friends if we keep the joy of Jesus to ourselves. Our life should spread joy and solace to those around us. Eg. St. Carlo Acutis
Preserving the cosmic goodness	Nature is God's grand canvas. There is nothing more beautiful than the creation. Preserving our environment and living in harmony with nature gives us inner joy.
Joy in suffering	Sufferings offer great opportunities to experience God's tender care. Like the many saints, we can convert our sufferings to joy. Eg. St. Alphonsa
Build heaven on earth	Every young man and woman should aspire to build heaven on earth through their vocation, be it building a family, community or parish.

Universal brotherhood	We can never experience completeness of joy without loving our neighbors as ourselves.
Sacraments	Sacraments of Reconciliation and Holy Eucharist offer us the source of infinite love. Never let go of a sacramental life
Resolve doubts	God created us as rational beings able to question, reason and choose. Every social norm and moral issues can be questioned and understood in the light of the Christian teaching. Knowing the truth frees us. (eg. Questions on abortion, LGBTQ+ etc.) Encourage children to write down their doubts and send them to the diocesan team for circulating answers from subject experts.

Group Activity:

Now read the parable of the prodigal son again and discuss in the light of the above table in what ways the prodigal son figured out and experienced true joy?

True Christian Joy is not about things outside of us, it is all about us perfecting our love and relationship with God through faith in Jesus with the help of the Holy Spirit. No one can take away this joy from us!



Bible verse:

“I have said these things to you so that my joy may be in you, and that your joy may be complete.” John 15:11

Habit Formation :

1. Pray daily: Ask the Holy Spirit to guide your thoughts, words, and actions.
2. Share joy: Spread kindness and reflect Jesus' love wherever you go.⁷