

Worksheet  
More Joyful Everyday Serving

This worksheet accompanies the article, [More Joyful \(& Less Dreary\) Everyday Serving](http://theEquipper.org) on [theEquipper.org](http://theEquipper.org). It is a way to increase our joy in serving, particularly when serving is difficult.

**Happiness** is a good thing, a gift from God. It occurs when good things happen, so it is fleeting and dependent on circumstances.

**Joy** is more durable. It's that quiet confidence, that peaceful core, that flows from what deep inside us rather than from immediate happenings.

**First, look at "happiness."** List some areas where you serve; include ways you serve at home (such as doing laundry or home repairs), at work (writing software or running meetings), and at other organizations (teaching Sunday School or working at Habitat for Humanity). Include some of the serving you enjoy a lot and some that aren't so much fun. For each, note your happiness (not joy) level.

Where I serve	Happiness level

Thank God for the joy that this serving brings you!

Now, consider all the ways you serve, in all areas of your life. Estimate the percentage of serving that brings you happiness all or most of the time.

How do you feel about the balance of "happy" areas of serving to difficult/unpleasant ones? If not, what steps might you take to adjust the balance?

The truth is that some ways we serve are unpleasant or unhappy most or all the time, and we can't change them, or we shouldn't change them. Jobs and relationships simply can be frustrating or challenging. That's when joy in serving is most needed and most important.



When you're in difficult circumstances, when you have to draw deep to find contentment or purpose or joy, what have you drawn on in the past? How has that helped you face that difficult circumstance?

Who do you go, or what do you do, to refill that bucket in your core with resources you can draw on in difficulties?

If you want help in filling the joy in your core, when your serving is challenging, consider:

1. **Talk to your heavenly Father.** Begin or renew or increase time each day when you can bring your concerns to the One who always listens, and you can listen to the all-powerful One who cares about you. Use online or print daily devotions, or pick up a Bible reading plan.
2. **List scriptures that speak to you.** A handy go-to list can be a life-saver and a joy-refiller! Gather those scriptures on God's grace or his promises, or use a search to find verses with certain words like peace and freedom. A long list on the topic of joy is at the end of [this article, "Where's the Joy?"](#).
3. **Who do you know?** Who seems to have that core of calm confidence, of enviable joy? Who listens well, has a mature spiritual perspective? Talk to them. When our resources are low, God can point us to others who can walk alongside.
4. **Gratitude List.** Make a mental or physical list of things you are grateful for. Doing so on a regular basis, or anytime you're facing a challenge, is a joy-builder.
5. **What builds up my core of joy?** Since it may be different for each of us, take time to figure out what has helped you in the past, and what might help in the future. We all face challenges in the serving God has called us to do. But He doesn't leave us without resources. Discerning – and using – resources He has given us helps refill our bucket of joy.

**My next steps.** List at least one next step that could increase your joy in serving

- 1.
- 2.
- 3.

**Remember:** Having joy does not mean faking it. God can handle your honest feelings. Having joy doesn't mean feeling happy in tough times. We can have a deep core of confidence and peace even when other emotions run high.

*You will go out in joy and be led forth in peace. Isaiah 55:12*

