

PAUL'S HAPPINESS (based on 2 Corinthians 6:3-10)

I've had to put up with all sorts of things – dangers and hard times and all sorts of difficulties; I've been flogged, put in prison and beaten up; I've had to work like a slave, go without sleep and food.

People have sometimes honoured me, and sometimes insulted me; sometimes praised me, and sometimes blamed me. They thought I was lying, yet I always tried to tell the truth; they called me a nobody, yet everybody knew me; my life wasn't worth living, yet I have enjoyed every moment of it; I've had a rough time, yet they haven't finished me off; many things have made me sad, yet I've been a very happy man.

FROM PAUL'S LETTER TO THE GALATIANS

(based on Galatians 5:16, 17, 20, 22-23)

Let the Holy Spirit guide all that you say and do.

What our selfish selves want is the opposite of what the Holy Spirit wants.

Selfishness keeps us from being the kind of people the Spirit wants us to be.

When we think only of ourselves, we become rivals.

We are jealous of one another and bad-tempered.

We fight and disagree and get angry.

We become enemies and divide up into groups and form gangs who hate one another.

People who behave like this do not know what the Kingdom of God is about.

But if the Holy Spirit guides us, we live in love, joy and peace.

We are patient, kind, full of goodness, trust, gentleness, faithfulness and self-control.

