



Name: _____

Date: _____

Grade: _____

CULTIVATING JOYFUL EFFORT

HOMEWORK FOR CLASS SEVEN

1. Who are the “enemies” that sometimes seem to surround us, and what are the ways in which we can “shield” ourselves from them?
2. What sort of attitude toward our spiritual work does Master Shantideva say we should cultivate?
3. While people actually do work hard trying to obtain happiness through worldly pursuits, Master Shantideva says “there’s no certainty that what they do will make them happy. The “problem that life has no certainty” is the first of the six sufferings of a human life. List the other five.
4. What is “that single work. . . which makes you happy?”

