



Joyful Contentment

PRAYER INTENTIONS, SIGN OF THE CROSS & OPENING PRAYER (Standing or kneeling*) *Glory to you, Lord. "Make my body healthy and agile, my mind sharp and clear, my heart joyful and contented, my soul faithful and loving."¹ Let my heart, therefore be holy, true to you O Lord my God, so that all may know I belong to You². Have mercy on us, and be with us today as we think about joyful contentment.*

INTRODUCE TOPIC & SCRIPTURE: Psalm 16:11 *"You will show me the path to life, abounding joy in your presence, the delights at your right hand forever."*

BREATH-WORK & GRATEFULNESS

BODILY PRAYER VERSE: *"Lord, give me the grace to love more."*

MEDITATION "To be lifted up in the joy of the Lord is an experience we might call a mystical grace. Perhaps such moments are more common than we think. There are times when you feel God's love deeply, and other times you feel nothing. In these matters, feelings are not facts. God is always loving you"³ whether you feel it or not.

"Joy is possible even in difficult circumstances. Joy is nothing like the happiness of a fun time; rather it is more a deep inner contentment, which comes from the knowledge of God's love."⁴ "Christ declared, 'No one comes to the Father except through Me' (Jn 14:6). The human heart longs for love. Without love there is no joy. If you really love, you will be willing to make sacrifices. Joy and surrender go hand in hand."⁵

RESOLUTION (Re-read Scripture.) Lord, you are unchanging Love no matter how I am feeling right now. You love me no matter what I have done. "Teach me to love You more and more, that my joy may be full."⁶ Do I pray every day so that I can grow deeper in love with Christ? Do I let that love be a light in me so that I can give peace and joy to others? Come Holy Spirit...
Mary, cause of our joy, help me to grow in love, peace and joy and to share it with others.

ENDING PRAYER (Kneeling*) *Lord, we thank you for this opportunity to be able to come together - to work on ourselves and strengthen ourselves, physically as well as spiritually. May all we do glorify You.*

*Mary, Cause of our Joy, **pray for us**; St. Joseph: **pray for us**; St. Peter (or saint of the day). **pray for us**. In the name of the Father, and of the Son, and of the Holy Spirit, Amen.*

¹ St. Thomas Aquinas

² Based on 1Kings 8:61 and 43

³ *Joyfully Living The Gospels Day By Day*, Fr. John Catoir, pg. 12, Excerpt reproduced with permission from Catholic Book Publishing Corp., NJ.

⁴ *Ibid.*

⁵ *Joyfully Living The Gospels Day By Day*, Fr. John Catoir, pg. 9, Excerpt reproduced with permission from Catholic Book Publishing Corp., NJ.

⁶ *Ibid.*

