



Joy

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 joy.*

INTRODUCE TOPIC & SCRIPTURE: **John 16:24** *"Ask and you will receive, so that your joy may be complete."*

BREATH-WORK & GRATITUDE

BODILY PRAYER VERSE: Psalm 118:1 *"Give thanks to the LORD, for he is good, His mercy endures forever."*

MEDITATION "Blessed Juliana of Norwich wrote these inspired words, 'The greatest honor we can give to Almighty God, greater than all our sacrifices and mortifications, is to live gladly, joyfully, because of the knowledge of His Love.' You can do this. You can think of the good you have done, not the bad, the love you have received not the hate, the laughter you have shared not the tears. You can focus on God's unchanging Love and be grateful in all circumstances. It pleases God to see you enjoy your precious life."³

In John 16 it says, 'Ask and you will receive, so that your joy may be complete'. Pursue a love-filled life and joy will surely follow. Joy is the infallible sign of the presence of the Holy Spirit."⁴ "St. Pope John Paul II explains...'Christ came to bring joy: joy to children, joy to parents, joy to families and friends, joy to workers, and to scholars, joy to the sick and elderly, joy to all humanity. In a true sense joy is the keynote message and the recurring motif of the Gospels...Be messengers of joy.'"⁵

RESOLUTION (Re-read Scripture.) The challenge of Paul is very intriguing. "Not only does he tell us not to worry about anything, he tells us to rejoice always. It seems a bit far-fetched when you consider the problems he was enduring himself. Here was a man facing trial and the danger of bodily punishment. He was flogged and imprisoned, but still he calls us to be joyful."⁶ Do I try to live a joy-filled life and see the good in things, even through trials and difficulties? What can I do today to bring joy to others? *Mary, cause of our joy, teach me to reject fear and live in Christ's Joy.*

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**; Blessed Juliana (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. 6, Excerpt reproduced with permission from Catholic Book Publishing Corp., NJ.

⁴ *Ibid.*

⁵ *Joyfully Living The Gospels Day By Day*, Fr. John Catoir, pg. 7, Excerpt reproduced with permission from Catholic Book Publishing Corp., NJ.

⁶ *Joyfully Living The Gospels Day By Day*, Fr. John Catoir, pg. 8, Excerpt reproduced with permission from Catholic Book Publishing Corp., NJ.

