



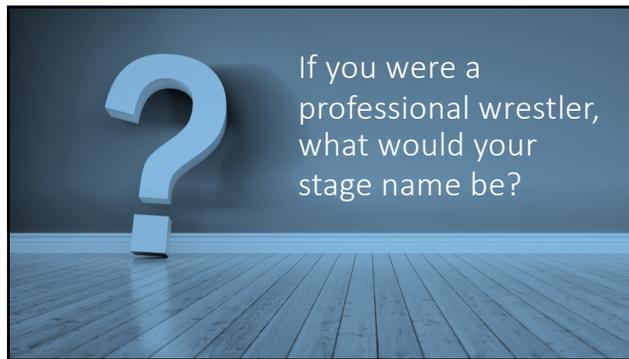
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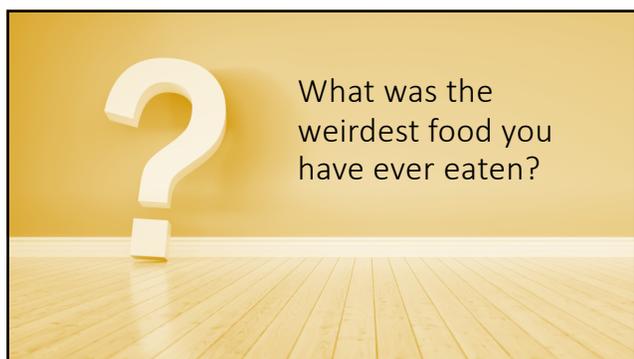
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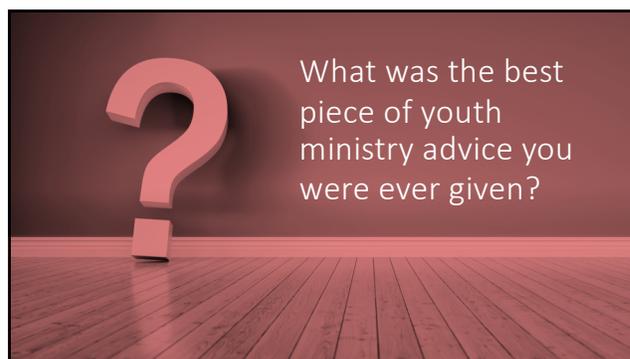
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A Reading from Paul's Letter to the Philippians

Rejoice in the Lord always. I shall say it again: rejoice! Your kindness should be known to all. The Lord is near.

Have no anxiety at all, but in everything, by prayer and petition, with thanksgiving, make your requests known to God.

Then the peace of God that surpasses all understanding will guard your hearts and minds in Christ Jesus.

Finally, whatever is true, whatever is honorable, whatever is just, whatever is pure, whatever is lovely, whatever is gracious, if there is any excellence and if there is anything worthy of praise, think about these things.

Keep on doing what you have learned and received and heard and seen in me. Then the God of peace will be with you.

10

What speaks to you today?

11



God of all comfort
All our delight is in You.
As a deer longs for streams of water
So our hearts long for You.

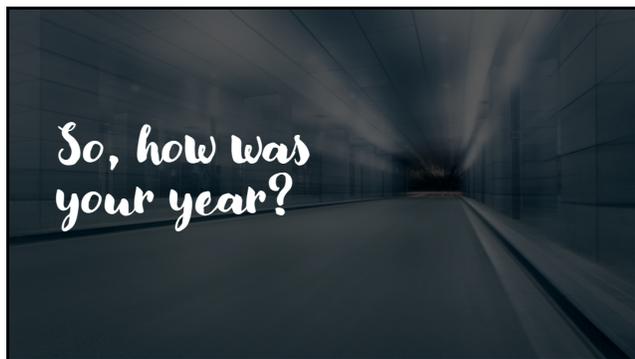
Your blessing restores us.
Your love sustains us.
Your Word guides us.

Even as we fast, You fill us.
Even as we pray, You answer.
Even as we cry, You comfort.

When we seek, we find.
When we knock, You open.
When we ask, You bless.

Lord help us to give as You give,
With open hands and hearts.
Teach us to live as You live,
With joyful and generous hearts. Amen. (CRS)

12



13



14

Joy in the Old Testament

Eight Words	
שמחה	Simchah
שמח	Samach
ששון	Sason

15

Joy in the Old Testament

The ultimate joy is found in God and in His works.

16



17



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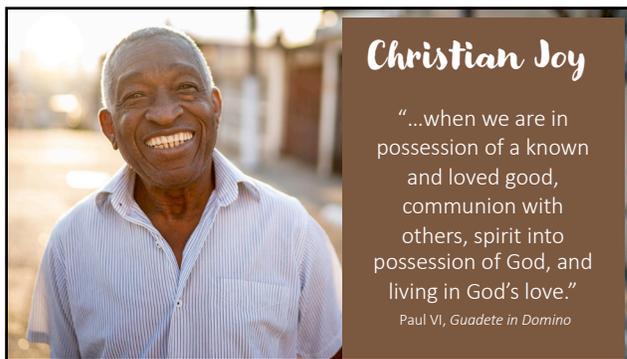
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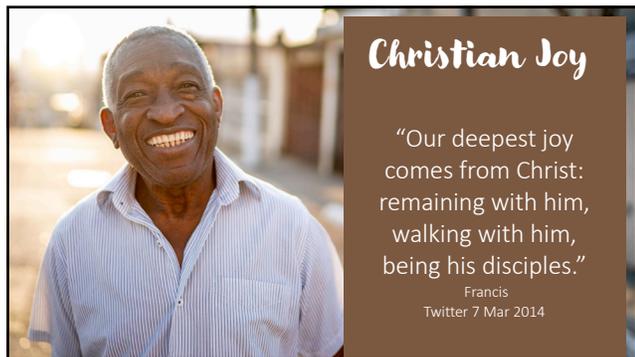
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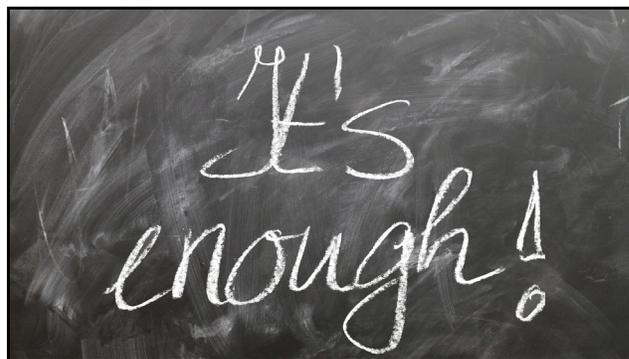
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**Why do we
need it?**

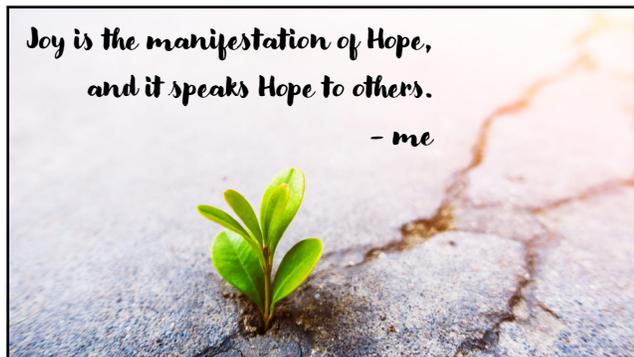
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**"It is indeed in the midst of their
distress that our fellow men need
to know joy, to hear its song."**

- C.S. Lewis

30



**Joy is the manifestation of Hope,
and it speaks Hope to others.**

- me

31



**Where
Does Joy
Come
From?**

32

Bible Study

Group A: Romans 5: 1-5
Group B: Luke 1: 5-14
Group C: Romans 15: 13
Group D: Psalm 65: 6-14
Group E: 1 Peter 1: 3-9

How do you hear where joy comes from in these passages?



33

Where Does Joy Come From?



34

Joy Comes from The Holy Spirit

It is the Spirit himself who guides us. He is the author of joy, the creator of joy, and this joy that is in the Holy Spirit gives us true Christian freedom.

Without joy we Christians cannot become free. We are enslaved to our sorrows.

Francis,
Homily, May 31, 2013



35

Living in Joy



36



37



38



39



40

“Is it not normal that joy should dwell in us, when our hearts contemplate or rediscover, in faith, the fundamental and simple reasons for joy?
God has so loved the world that He gave His only begotten Son;
 through His Spirit, God's presence does not cease to enfold us with His tenderness and to fill us with His life; and we are journeying towards the blessed transfiguration of our life in the path of the resurrection of Jesus.
 Yes, it would be very strange if this Good News, which evokes the alleluia of the Church, did not give us the look of those who are saved.” Paul VI, *Gaudete in Domino*



41



Blessed are you, Lord God:
 Blessed are you for ever.
 Holy is your name:
 Blessed are you for ever.
 Great is your mercy for your people:
 Blessed are you for ever.
 Amen!

42



Psalm 111:
1-2, 4-5, 9-10c

I will give thanks to the LORD with all my heart in the company and assembly of the just. Great are the works of the LORD, exquisite in all their delights.

He has won renown for his wondrous deeds; gracious and merciful is the LORD. He has given food to those who fear him; he will forever be mindful of his covenant.

He has sent deliverance to his people; he has ratified his covenant forever; holy and awesome is his name. His praise endures forever.



43



Divine Praises

Blessed be God.
 Blessed be His Holy Name.

Blessed be Jesus Christ, true God and true man.
 Blessed be the Name of Jesus.

Blessed be His Most Sacred Heart.
 Blessed be His Most Precious Blood.

Blessed be Jesus in the Most Holy Sacrament of the Altar.
 Blessed be the Holy Spirit, the Paraclete.



44



Divine Praises

Blessed be the great Mother of God, Mary most holy.
Blessed be her holy and Immaculate Conception.

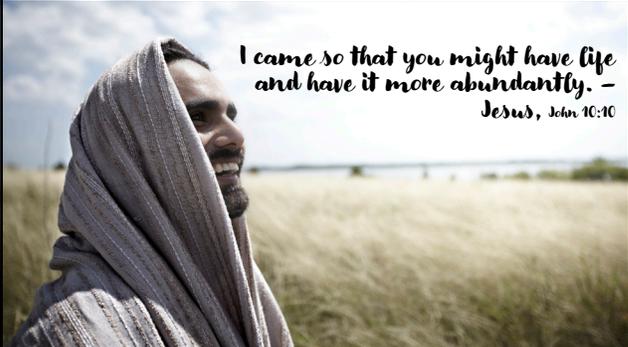
Blessed be her glorious Assumption.
Blessed be the name of Mary, Virgin and Mother.

Blessed be St. Joseph, her most chaste spouse.
Blessed be God in His angels and in His Saints.

May the heart of Jesus, in the Most Blessed Sacrament, be praised, adored, and loved with grateful affection, at every moment, in all the tabernacles of the world, even to the end of time.
Amen.



45



*I came so that you might have life
and have it more abundantly. -
Jesus, John 10:10*

46