

Praying Through This Week 5th September 2021



JOY: a blessing beyond measure...Jesus wants to share His joy with us...

I have told you this so that my joy may be in you, and that your joy may be complete;" (John 15:11)

How wonderful - Jesus is telling His disciples – and each of us- that true and lasting joy comes from the love of His Father. And more – Jesus wants each of us to know and experience that same joy from God that He knew so well– He freely shares and gives us His joy so that we may know true and lasting joy...

Perhaps pause for a moment and remember a time when you have experienced the deep joy of Jesus' love for YOU...

*What did it feel like? How does your heart, your body respond to that awareness?

*Rest for a while in the joy of that love...explore every detail of how you are feeling now, about that joy of knowing that Jesus' love and joy is **IN** you.

Is this the joy that Henri Nouwen talked of when he said:

"Joy is the experience of knowing that you are unconditionally loved by God" ...

*Which words in that short sentence "speak" to you as you read? Talk to God, to Jesus, about the joy that those words light in your heart - perhaps thanking God for those "heart feelings" of joy.

John tells us that Jesus' joy is the basis for the disciples joy...it is Jesus' joy that is in them...

We are Jesus' disciples - can the words of Dorothy Day help us to share that joy with all whom we meet in **our** discipling?

"How necessary it is to cultivate a spirit of joy. To act joyfully brings joy to others, which in turn makes us feel joyful." (Dorothy Day).

Pat.