



ADVENT SPIRAL WALK: WEEK 3 – JOY
December 13, 2020

Scripture: John 15:11

“I have said these things to you so that my JOY may be in you, and that your JOY may be complete.”

The Meditation on JOY

“JOY is the most infallible sign of the presence of God”

- Pierre Teilhard de Chardin

“Joy is a mystery because it can happen anywhere, anytime, even under the most unpromising circumstances, even in the midst of suffering, with tears in its eyes....”

- Frederick Buechner

Question 1: When has joy broken unexpectedly in your life?

Question 2: How can you allow joy to be woven more fully into your comings and goings and the ups and downs of life?

We invite you to, like Mary, “ponder these things in your heart” in the coming week. Notice where you do or do not feel JOY. As you pay particular attention to JOY this week it might be helpful to journal those noticings whether using the little notebook or your own journal to do so.