

# J OY



Romans 12:12

BE JOYFUL IN HOPE, PATIENT IN AFFLICTION, FAITHFUL IN PRAYER.

YOUTH FRIDAY · 23 NOVEMBER 2018

# J OY



Romans 12:12

BE JOYFUL IN HOPE, PATIENT IN AFFLICTION, FAITHFUL IN PRAYER.

YOUTH FRIDAY · 23 NOVEMBER 2018



# **JOY**

## **What does it mean?**

**If you look it up in the dictionary it says:**

**‘a feeling of great pleasure  
and happiness’**



**Have you heard people say.....**

**He shouted  
with joy!**

**She cried  
tears of joy.**

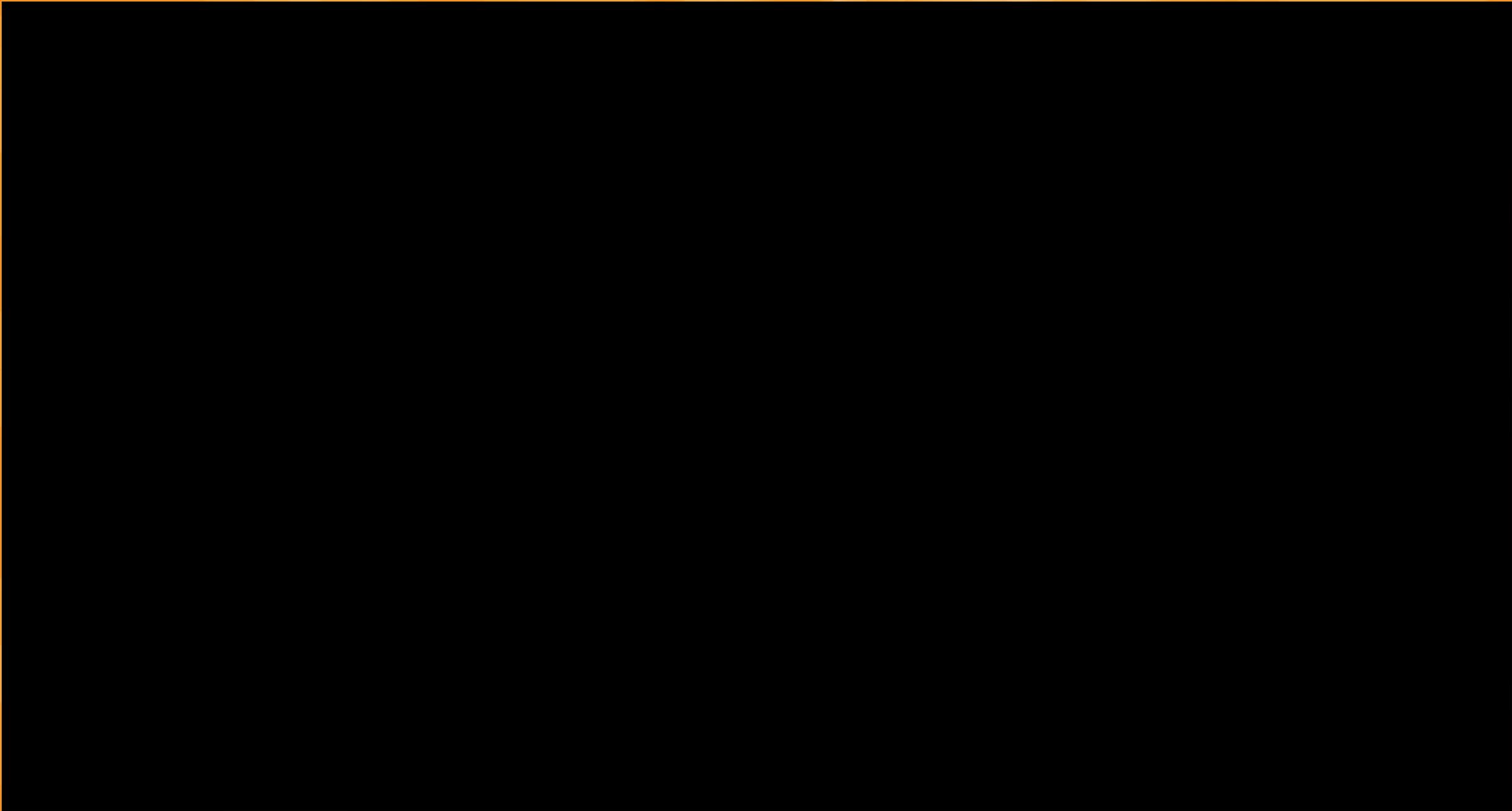
**It was a joyful  
celebration.**

**I'm full of the  
joy of life.**



**When have you felt joy?**

**What made you feel that way?**



“

**What is this joy? Is it having fun?  
No: it is not the same. Fun is good, eh?  
Having fun is good. But joy is more,  
it is something else. It is a gift.**

**Joy is a gift from God. It fills us from within.  
It is like an anointing of the Spirit. And this  
joy is the certainty that Jesus is with us and  
with the Father.**

”

**Pope Francis**



“

**We hear the word ‘joy’ quite a lot in the  
New Testament – at the beginning:**

**‘When the voice of your greeting came to my ears,  
the babe in my womb leaped for joy.’**

**‘Be not afraid for behold I bring you good news of a  
great joy which will come to all the people.’**

**‘When they saw the star, they rejoiced  
exceedingly with great joy.’**

”



“



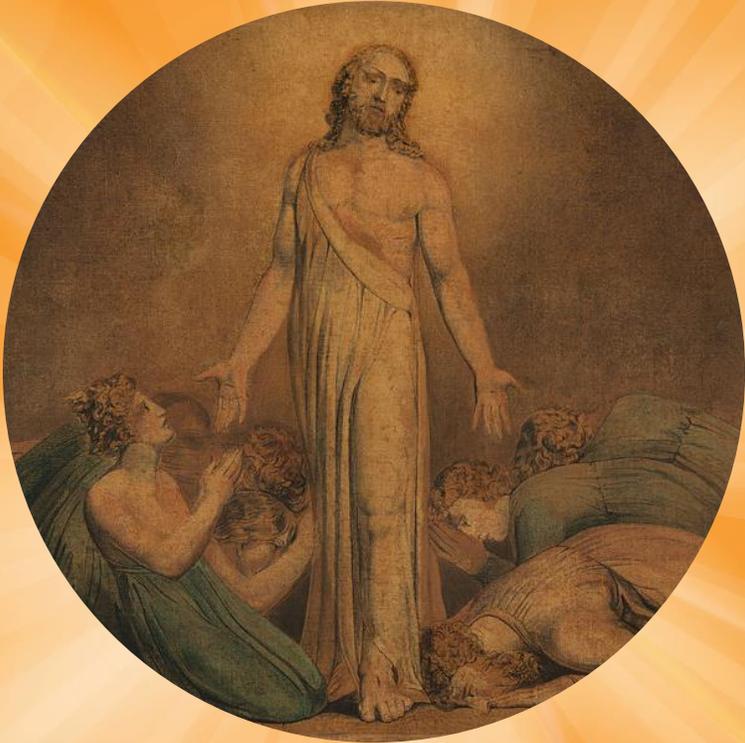
**And the end:**

**‘So they departed quickly from the tomb with fear and great joy, and ran to tell his disciples.’**

**‘And while they still disbelieved for joy and wondered, he said to them, ‘Have you anything to eat?’”**

**‘After saying this he showed them his hands and his side. The disciples were filled with joy at seeing the Lord.’**

”



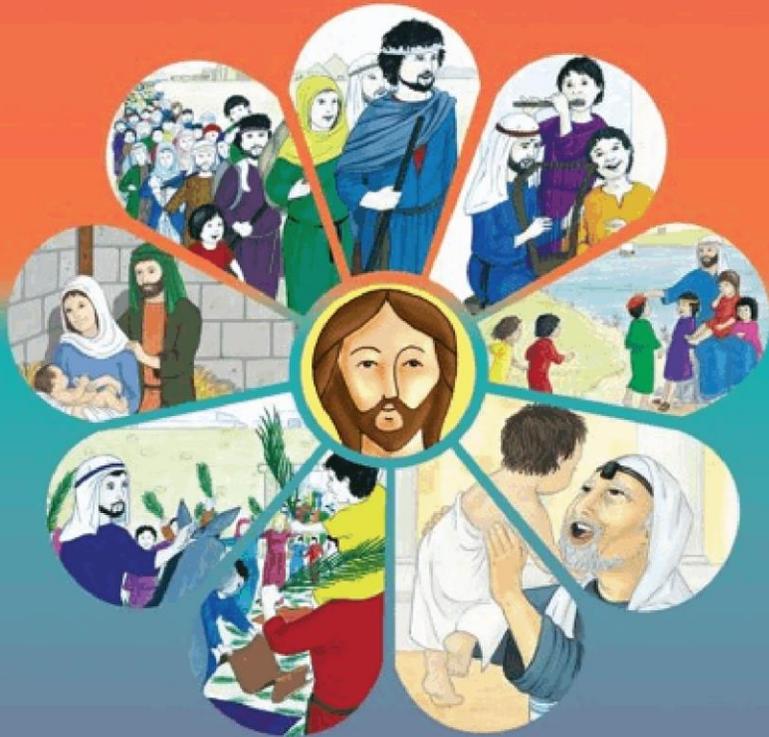
**In St Paul's letter to the Romans he tells us to be joyful**



Romans 12:12

BE JOYFUL IN HOPE, PATIENT IN AFFLICTION, FAITHFUL IN PRAYER.

# Good News



**Let's read the whole  
passage in God's Story**



**Dear Friends,  
We all have been given lovely gifts.**

**When you give, give with a loving heart.**

**If you have a job to do, do it really well.**

**If you are helping someone, do it happily.**

**Be real in your love for each other.**

**Do not just pretend to be good.**

**Love and care for each other as  
good brothers and sisters.**

**Be whole-hearted and enthusiastic in all you do.**

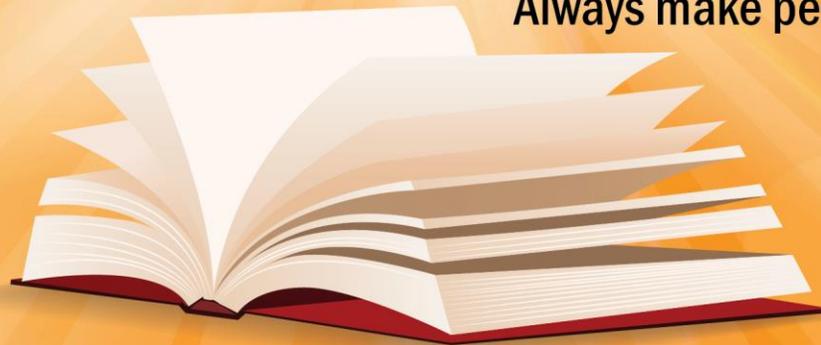
**Be joyful.**

**When things get hard, keep on going.**

**Pray regularly.**

**Share what you have with people in need.**

**Always make people feel welcome.**



**St Paul is teaching us how to live good lives.**



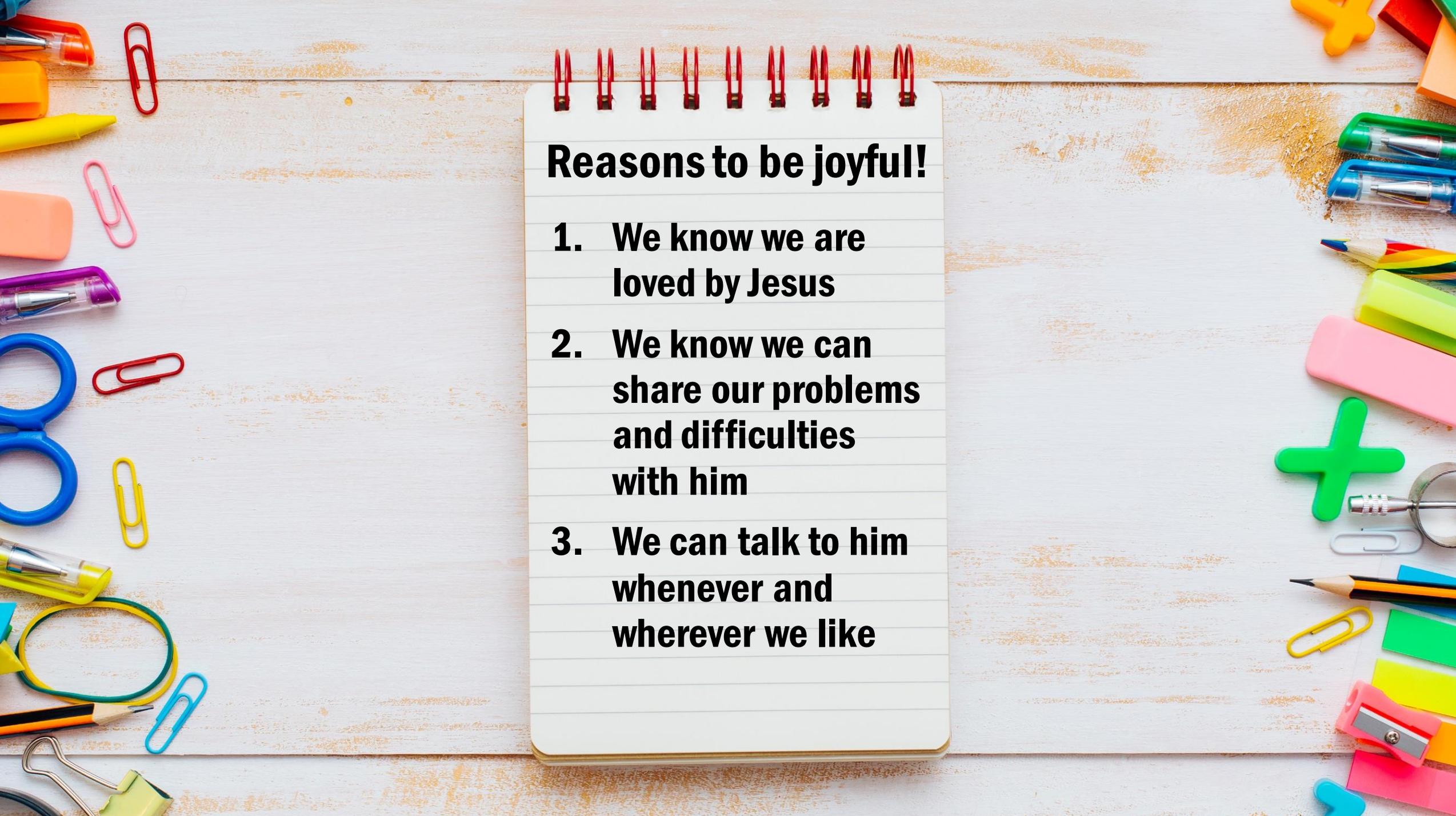
# J OY



Romans 12:12

BE JOYFUL IN HOPE, PATIENT IN AFFLICTION, FAITHFUL IN PRAYER.

**Be joyful. When things get hard, Pray regularly.  
keep on going.**



## **Reasons to be joyful!**

- 1. We know we are loved by Jesus**
- 2. We know we can share our problems and difficulties with him**
- 3. We can talk to him whenever and wherever we like**



# **A special way to pray**

**We can share our day with Jesus, every day.  
Just talk to him about the good bits  
and not so good!**

**A bit like someone at home asking you  
'How was your day?'**

**Jesus wants to know  
how your day was too!**



# 5-minute **CHALLENGE**

**#TheExamen**



Please click button to start video.



# The Examen



**Let's also remember the work of the Youth Ministry Team (YMT) who work in our diocese to help young people follow Jesus.**

**We want to thank them on Youth Friday by fundraising for them by (whatever fundraising activity is scheduled for your school)**



[www.ymt.org](http://www.ymt.org)



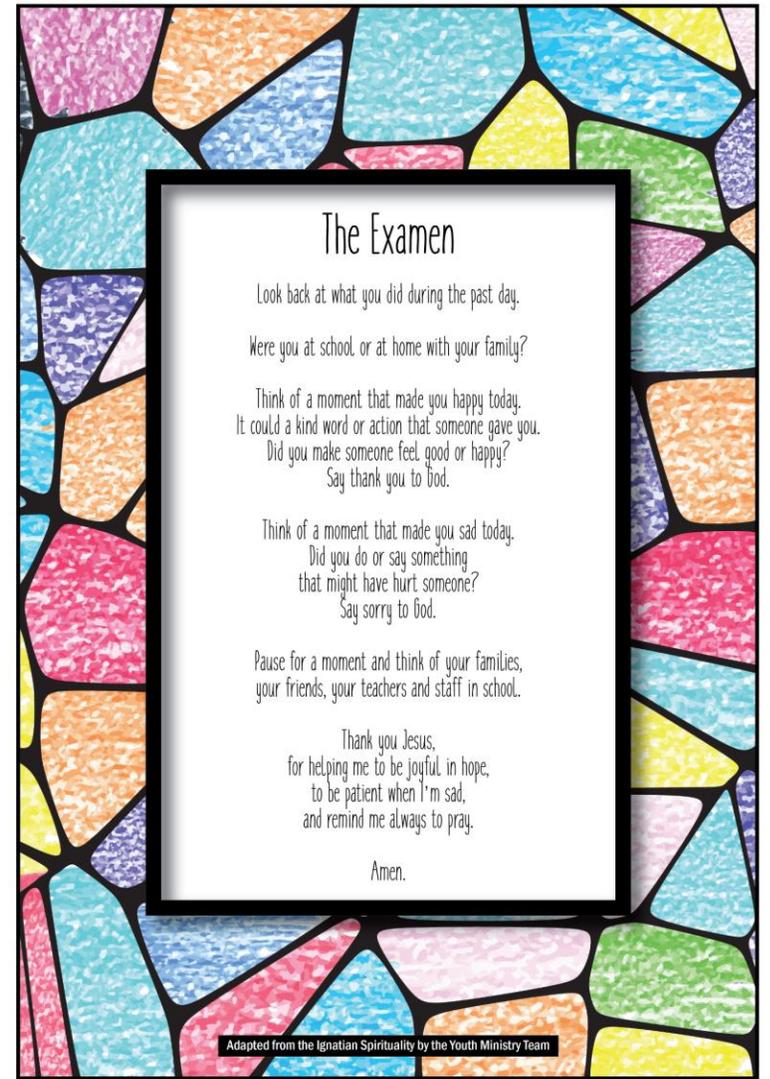
## The Examen

Look back at what you did during the past day.  
Were you at school or at home with your family?  
Think of a moment that made you happy today.  
It could be a kind word or action that someone gave you.  
Did you make someone feel good or happy?  
Say thank you to God.  
Think of a moment that made you sad today.  
Did you do or say something that might have hurt someone?  
Say sorry to God.  
Pause for a moment and think of your families,  
your friends, your teachers and staff in school.  
Thank you Jesus,  
for helping me to be joyful in hope,  
to be patient when I'm sad,  
and remind me always to pray.  
Amen.

Adapted from the Ignatian Spirituality by the Youth Ministry Team

**How could we use  
The Examen every day**

- **at home**
- **or at school?**



## The Examen

Look back at what you did during the past day.  
Were you at school or at home with your family?  
Think of a moment that made you happy today.  
It could be a kind word or action that someone gave you.  
Did you make someone feel good or happy?  
Say thank you to God.  
Think of a moment that made you sad today.  
Did you do or say something that might have hurt someone?  
Say sorry to God.  
Pause for a moment and think of your families,  
your friends, your teachers and staff in school.  
Thank you Jesus,  
for helping me to be joyful in hope,  
to be patient when I'm sad,  
and remind me always to pray.  
Amen.

Adapted from the Ignatian Spirituality by the Youth Ministry Team





J OY



Romans 12:12

BE JOYFUL IN HOPE, PATIENT IN AFFLICTION, FAITHFUL IN PRAYER.

YOUTH FRIDAY · 23 NOVEMBER 2018

# Joy

Romans 12:12

BE JOYFUL IN HOPE, PATIENT IN AFFLICTION, FAITHFUL IN PRAYER.

YOUTH FRIDAY · 23 NOVEMBER 2018