



Prayer 4: Joy

To begin

In the name of the Father, and of the Son and of the Holy Spirit. Amen.

Centre yourself now in silence. Take five deep breaths in and out. Allow your mind to become a little quieter. Put everything except this prayer away from you. Give yourself a few minutes of stillness to calm yourself before you begin. Become aware of God's Spirit with you inspiring you in your prayer.

My prayer today

Lord Jesus, there are so many sad and worrying things happening in the world today. What's happening, especially in terms of the Covid 19 virus, can make me feel very anxious but I pray that your joy would fill my heart and give me courage and strength. I pray that these times of worry will soon be replaced by times of joyful laughter and peace. You knew death – death on the cross – but you shared with us your Resurrection joy; wiping away every tear from sad eyes, helping those blinded by sorrow to see new life and new possibilities where before there was only fear and death. This is what we celebrate at Easter.

I pray for Easter strength and peace, that I would be able to face everything with the confidence of knowing you are with me and that you have promised to draw near to each one of us and be with us in every circumstance of life that may come our way. I pray that your joy and laughter may flow through me to others who are facing similar difficulties and hardships — and that together we may maintain an ever-deepening trust in you the source of all of our joy. Amen





Above is an image that shouts 'joy'!

But instead of reflecting on this image, why not reflect on one of your own. Find a picture on your phone or in an album of a joyful time you have had recently. Spend some time reflecting on that image. (Try not to get distracted or to spend too long trying to find 'the best photo'! Pick one quickly!)

As you reflect on the picture, take a moment to be grateful for the people in the picture and the experience that gave you that joy. Have a moment of deep and joy-filled remembering.

Also give yourself permission to feel a kind of nostalgia for those times. It's okay to want to return to those simpler times and to other times of joy. But remember God is with you now as much as he was with you in those times of joy. Pray in hope that these kinds of happy times will return. Allow yourself sit with the consolation of that Easter hope.

A word from scripture

Romans 15: 13 I pray that God, the source of hope, will fill you completely with joy and peace because you trust in him. Then you will overflow with confident hope through the power of the Holy Spirit.

To conclude

Pray these or words of your own in response to today's prayer.

- Lord, sometimes during these days I seem to be able to touch joy in a different way. Life has slowed down. I see things a bit differently. I notice what perhaps I didn't notice before; a chat with a friend over the phone, shared messages, a conversation with a family member, the greetings of people in my area when I got out for a walk. We're all in this together. Help me to stay open to these moments of real joy.
- Lord, it's easy to be distracted. Give me the discipline to avoid mindless scrolling on my phone or endless binge watching of news. You know what it is that I need, help me to be faithful to my own sense of what I need to. Help me to focus on what is important and to ignore all that I don't need. Allow me to feel deep joy from doing what I know needs to be done.
- Lord, even though I'm thankful for everything I have, it's okay to admit that I miss a lot of things at the moment. Give me and my family and friends, the gift of patience as we await a time of fun reunions in the future. You love me, thank you for that love.

Conclude by saying slowly the Our Father.... .. and by blessing yourself, In the Name of the Father, and of the Son and of the Holy Spirit. AMEN



Ár nAthair

Ár n-Athair, atá ar neamh,
Go naofar d'ainm, go dtagfadh do
riocht,
Go ndéantar do thoil ar an talamh,
Mar a dhéantar ar neamh.

Ár n-arán laethúil tabhair dúinn inniu,
Agus maith dúinn ár bhfiacha,
Mar a mhoithimidne dár bhféichiúna
féin,
Ach ná lig sinn i gcathú,
Ach saor sinn ó olc,
Amen

Our Father,

Who art in Heaven,
hallowed be Thy name;
Thy Kingdom come,
Thy will be done
on earth as it is in Heaven.
Give us this day our daily bread;
and forgive us our trespasses
as we forgive those
who trespass against us;
and lead us not into temptation,
but deliver us from evil

Amen.